

## RESOURCES

The following are links to the many teachers, mentors, creative artists, and motivational speakers mentioned throughout *POWER UP YOUR DREAMS!*

Andrea Sooch, Actress, [www.andreasooch.net](http://www.andreasooch.net)

Betsy Finkelhoo, Author of *Power Affirmation Journal*, [www.finkelhoo.com](http://www.finkelhoo.com)

Billy Gilman, Singer & Recording Artist, [www.billygilman.com](http://www.billygilman.com)

Christine Gail, Author of *Unleash Your Rising*, [www.UnleashYourRising.com](http://www.UnleashYourRising.com)

Denna Babul, Author of *The Fatherless Daughter Project*, [www.dennababul.com](http://www.dennababul.com)

Dolly Parton, Legendary Singer, [www.dollyparton.com](http://www.dollyparton.com)

Remake of her song "9 to 5" called "5 to 9"

Short version: [www.youtube.com/watch?v=v4FYL8twE6Q](http://www.youtube.com/watch?v=v4FYL8twE6Q)

Long version: [www.youtube.com/watch?v=y8jF96hoF9M](http://www.youtube.com/watch?v=y8jF96hoF9M)

Emily Fletcher, Founder of Ziva Meditation & the M-Word technique, [www.zivameditation.com](http://www.zivameditation.com)

Erin Stutland, Author of *Mantras In Motion*, [www.erinstutland.com](http://www.erinstutland.com)

Hal Elrod, Author of *The Miracle Morning*, [www.halelrod.com](http://www.halelrod.com) & [www.miraclemorning.com](http://www.miraclemorning.com)

Jack Canfield, Author of *The Success Principles*, [www.jackcanfield.com](http://www.jackcanfield.com)

John Assaraf, Author of *Innercise*, [www.johnassaraf.com](http://www.johnassaraf.com)

Lewis Howes, Creator of The School of Greatness podcast, [www.lewishowes.com](http://www.lewishowes.com)

Marisa Corvo, Singer & Recording Artist, [www.marisacorvomusic.com](http://www.marisacorvomusic.com)

Mary Morrissey, Founder of *Brave Thinking*

*Institute*, [www.marymorrissey.com](http://www.marymorrissey.com), [www.bravethinkinginstitute.com](http://www.bravethinkinginstitute.com)

Mike Dooley, Creator of *Notes from The Universe*, [www.tut.com](http://www.tut.com)

Stig Severinsen, Author of *Breatheology*, [www.breatheology.com](http://www.breatheology.com)

Vishen Lakhiani, Founder & CEO of Mindvalley, [www.mindvalley.com](http://www.mindvalley.com)

3 Questions YouTube video: [www.youtube.com/watch?v=f8eU5Pc-y0g](http://www.youtube.com/watch?v=f8eU5Pc-y0g)

## **FURTHER RECOMMENDED READING**

*Building Your Field of Dreams* (1997)  
by Mary Manin Morrissey

*Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families*  
(1987)  
by Charles L. Whitfield

*Inner Bonding: Becoming a Loving Adult to Your Inner Child* (1992)  
by Margaret Paul

*The Map of Consciousness Explained: A Proven Energy Scale to Actualize Your Ultimate Potential*  
(2020) by David R. Hawkins

*Raise Your Vibration: 111 Practices to Increase Your Spiritual Connection* (2016)  
by Kyle Gray

*The Universe Has Your Back: Transform Fear to Faith* (2018)  
by Gabby Bernstein

*Unleash Your Rising: Lead with Intention and Ignite Your Story* (2019)  
by Christine Gail

*10 Secrets for Success and Inner "Peace"* (2016)  
by Dr. Wayne W. Dyer

## **END NOTES / REFERENCES**

### **Introduction**

<https://capitalistcreations.com/youve-got-some-looming-childhood-issues/>

### **Chapter 3**

<https://www.pressconnects.com/story/news/local/2019/03/18/ask-scientist-how-do-thoughts-work-our-brain/3153303002/>

<https://eric.ed.gov/?id=EJ1155571>

<https://www.healyourlife.com/do-you-make-a-difference>

<https://www.youtube.com/watch?v=0JHVvYpCRmg>; <https://innerself.com/content/personal/happiness-and-self-help/4879-authentic-wisdom.htm>

<https://www.collective-evolution.com/2014/09/27/this-is-the-world-of-quantum-physics-nothing-is-solid-and-everything-is-energy/>

<https://www.britannica.com/biography/Nikola-Tesla>;  
[https://en.wikipedia.org/wiki/Nikola\\_Tesla](https://en.wikipedia.org/wiki/Nikola_Tesla)

<https://ed.ted.com/lessons/brian-greene-on-string-theory>

### **Chapter 4**

[https://en.wikipedia.org/wiki/Émile\\_Coué](https://en.wikipedia.org/wiki/Émile_Coué)

<https://www.psychologicalscience.org/news/releases/smiling-facilitates-stress-recovery.html>

<https://thework.com/instruction-the-work-byron-katie/>

### **Chapter 5**

<https://blog.dce.harvard.edu/professional-development/3-ways-boost-productivity-morning-ritual>

<https://www.bravethinkinginstitute.com/blog/life-transformation/5-ways-to-have-your-best-day-ever>

<https://spacioustherapy.com/brain-changes-improves-mindfulness-interventions-meditation/> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3345952/>

<https://www.thecut.com/2019/05/i-now-suspect-the-vagus-nerve-is-the-key-to-well-being.html>

<https://www.healthline.com/nutrition/12-benefits-of-meditation#10.-Helps-control-pain>

<https://www.washingtonpost.com/news/inspired-life/wp/2015/05/26/harvard-neuroscientist-meditation-not-only-reduces-stress-it-literally-changes-your-brain/>

<https://mindworks.org/blog/how-meditation-changes-the-brain/>

<http://www.ijahss.com/Paper/05102020/1179451276.pdf>

<https://centrespringmd.com/docs/How%20Habits%20are%20Formed.pdf>

## **Chapter 6**

<https://www.countryliving.com/life/a35953/savers-morning-routine/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3734071/>

<https://pubmed.ncbi.nlm.nih.gov/10052073/>

<https://pubmed.ncbi.nlm.nih.gov/25167363/>

<https://neurosciencenews.com/musicians-brain-connections-17611/>

<https://www.ucf.edu/pegasus/your-brain-on-music/>

[https://www.youtube.com/watch?v=-\\_xf8WpvUA4](https://www.youtube.com/watch?v=-_xf8WpvUA4)

<https://www.apa.org/monitor/2013/11/music>

### **Music Therapy Findings:**

Premature babies: <https://pathways.org/music-to-their-ears-how-music-therapy-benefits-premature-babies-in-the-nicu/>

Depression: <https://www.healthypeople.gov/2020/tools-resources/evidence-based-resource/music-therapy-for-depression>

Parkinson's: <https://www.apdaparkinson.org/article/music-therapy-parkinsons-disease/>

<https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626>

## **Chapter 7**

[https://en.wikipedia.org/wiki/Law\\_of\\_attraction\\_\(New\\_Thought\)](https://en.wikipedia.org/wiki/Law_of_attraction_(New_Thought))

<https://www.drwaynedyer.com/blog/manifesting-your-desires/>

<https://www.developgoodhabits.com/online-vision-board/>

<https://twitter.com/marymorrisey/status/1241814544864985090>

<https://www.youtube.com/watch?v=1fHI2CS33a4>

<https://www.marymorrisey.com/blog/shifting-your-vibration-by-mary-morrisey/>

<https://m.facebook.com/marymaninmorrisey/photos/a.210506852315349/4148482381851090/?type=3>

[https://en.wikipedia.org/wiki/Don%27t\\_Worry,\\_Be\\_Happy#Certifications%20Chapter%2012:](https://en.wikipedia.org/wiki/Don%27t_Worry,_Be_Happy#Certifications%20Chapter%2012)

<https://www.facebook.com/watch/?v=1201680506531307>

<https://www.fearlessmotivation.com/2018/09/27/overcome-any-fear-john-assaraf/>

<https://halelrod.com/4-proven-ways-to-breakthrough-your-fears/>

<https://www.medicalnewstoday.com/articles/326434#overview>

<https://www.jackcanfield.com/blog/tapping-therapy/>

<https://www.healthline.com/health/eft-tapping#treatment>

## DESIDERATA

*GO PLACIDLY amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.*

*Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.*

*Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.*

*Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.*

*Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.*

*Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.*

*Take kindly the counsel of the years, gracefully surrendering the things of youth.*

*Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.*

*Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.*

*And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.*

— Max Ehrmann, © 1927