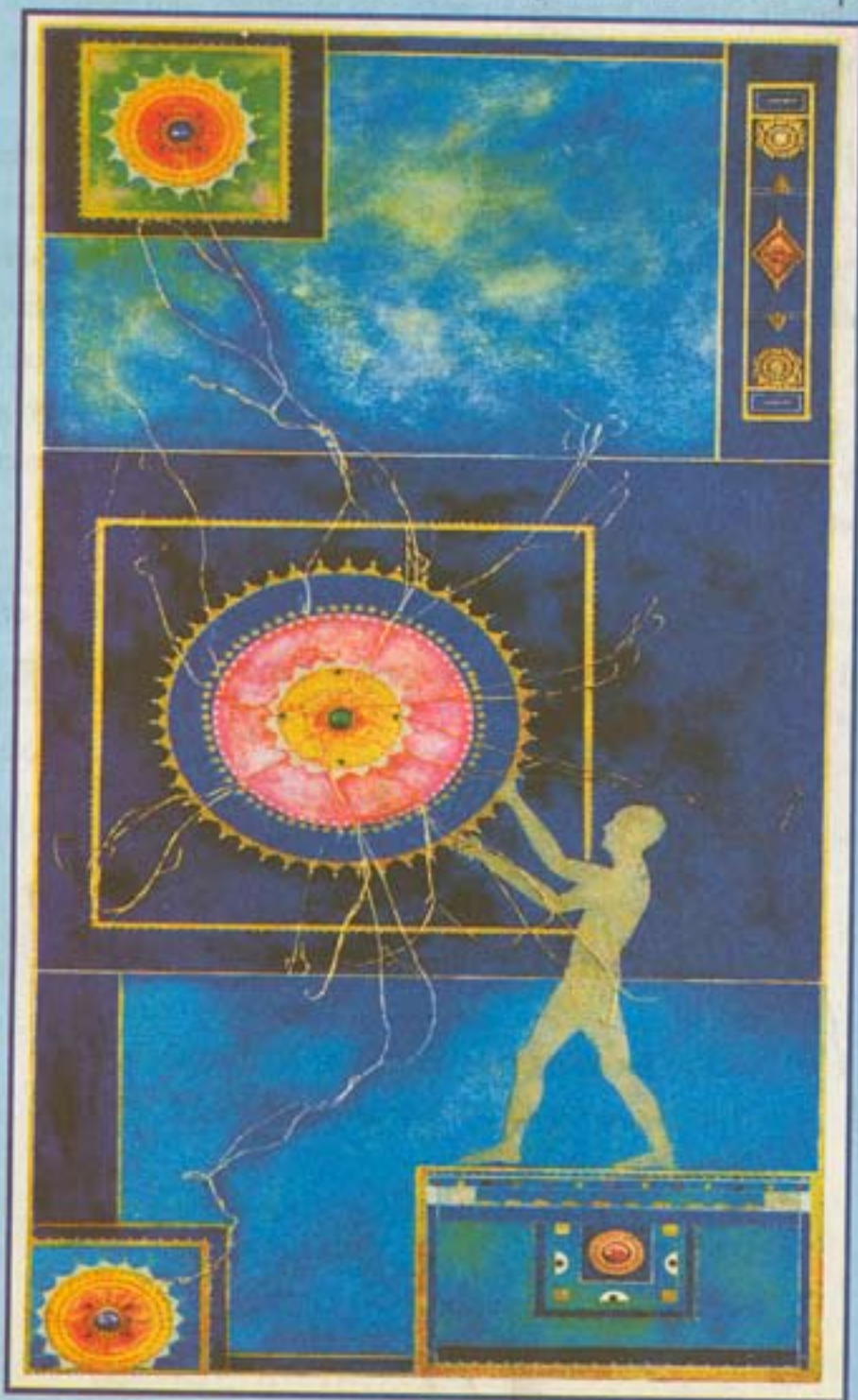


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YOUR DESTINY SWITCH

Barbara DeGraw: For those readers who may not know who you are, Who are you?

Peggy McColl: The most important role in my life is that of Mother and Spouse! My family and my friends are important to me. Additionally I am committed to my passion which is to serve the world in the highest and best way for the good of all concerned.

My personal mission is: to make a positive contribution to the lives of millions of others.

I am a New York Times Bestselling author of the book *Your Destiny Switch: Master Your Key Emotions, and Attract the Life of Your Dreams*. One of the ways I serve others is with my highly interactive website portal called <http://www.destinyswitch.com> which provides visitors with valuable destiny-achievement tools such as: a free emotional analysis that allows a visitor to determine their emotional levels (with recommendations to switch on the powerful, creative and positive emotions). The site also provides tools for our visitors to learn how to tap into the most powerful and positive emotions and how to avoid and manage the negative and destructive emotions.

BD: How is "Your Destiny Switch" different from self-help books?

PM: On many levels I believe it is different (I also believe it is complimentary to other books). I've never seen or read another book that expresses the human emotions on a "scale" such as I have created with *The Scale of Human Emotions* found in *Your Destiny Switch*. Plus, *Your Destiny Switch* is incredibly simple. The book deals with the impact of our emotions on our lives (the creation and the destruction of emotions), plus it explains how to notice where your emotional levels are and provides many techniques to "switch" to more positive and empowering emotions. It is a practical guide, with charts, tables and has a *Destiny Planner* which explains how to implement these ideas into one's life.

BD: What is a destiny switch?

PM: This is probably the question that I am asked more than any other question. A destiny switch is our "inner control

energy panel". It consists of a series of dimmer switches; similar to what you would see on a dining room wall. The dimmer switch on a wall will illuminate the light in the room to its brightest expression or darken the room by pushing the switch to the lowest level. Inside of us are emotions and they are on a scale. At one end of the scale (the brightest or highest level) are the positive, empowering and creative emotions at the opposite end (the darkness or lowest level) are the negative, disempowering and destructive emotions. Let's look at the emotion of LOVE. At the highest end of this emotional scale is LOVE; therefore, at the lowest end of this scale is HATE. In between there are varying degrees of this emotion and in the middle is "indifference".

BD: What is the importance of our emotions in turning on our destiny switch?

PM: Turning on our destiny switch involves engaging and expressing in the most powerful and positive emotions we have. Inside of us, (all of us) are positive emotions. There are 12 of them (you will find the *Scale of Human Emotions* in *Your Destiny Switch*). Since our emotions play a key role in what shows up in our lives we need to pay attention to them - pay attention to what we are "feeling" and choose to switch to a more positive emotion when we are feeling any type of negative emotion. Positive emotions are creative and supportive and feel good. Negative emotions are destructive and do not support us and they feel bad. We only need to be aware of what we are feeling and we'll instantly know if we are feeling a good emotion or a bad emotion.

BD: How do we get unstuck in our emotions?

PM: In *Your Destiny Switch* I recom

mend a 3 step process. The steps are: 1) Observe 2) Decide and 3) Switch.

Getting unstuck involves all three of these stages. We first need to notice (or observe) the emotion we are feeling at the present moment. Second, we need to decide if this emotion is supporting us or not and decide that we are going to switch out of this emotion and the next step involves using a "switching strategy" to change how we are feeling.

BD: Can we really just choose not to focus on our emotions or do we have to acknowledge them before we let go of them?

PM: Great question. I believe we can do both. We can acknowledge the emotion and switch to another emotion, or we can simply switch or let go of another emotion without acknowledging the emotion. At some level, we are acknowledg-



AN INTERVIEW WITH PEGGY MCCOLL

ing the emotion always....even if it is only for a brief moment. We must have acknowledged the emotion if we have consciously or subconsciously decided to switch.

BD: What is a false positive feeling?

PM: A false positive feeling would be attempting to pretend to feel a certain emotion but we really haven't connected to the vibration of the emotion. For example, if I recommend to someone to increase their feeling of faith (believing that they will accomplish a certain goal) and they do not really feel that feeling and they are only pretending to feel the feeling of faith, this would be considered a "false" positive feeling. However, there is a saying that goes like this "fake it until you make it". The "fake it" part of that statement could be related to a false positive feeling. I firmly believe that if we choose to pretend and we continue to pretend really really well (as Jody Foster suggested to a child actor), we will turn/convert that false positive feeling to a very real positive feeling.

BD: How important is visualizing?

PM: Visualizing is very important WHEN it is combined with emotion. I believe that if we visualize and we are detached from what it feels like to have that which we are visualizing about, it is a waste of time. HOWEVER, when we visualize and we connect to and really feel the feelings of having, and experiencing that which we desire, that is where the magic of the law of attraction lies.

BD: Should we add sounds, smells, feeling, touch to our visualizations?

PM: Feelings should definitely be added (and only the positive and support and creative feelings).

If one can add sounds, smells and touch - Yes, they all enhance the visualization exercise.

BD: What happens if we keep visualizing, keep our thoughts positive, let go of emotions, etc and still can't manifest what we desire? Are we just really stuck?

PM: Great question and my answer is: "you are not necessarily stuck". If you

are staying focused on what you desire by visualizing, keeping your thoughts positive, connecting to the positive emotions and the feelings that make you feel good and you haven't achieved or manifested your desire it could simply be because you are on the brink of achievement. Your goal could be just around the corner. Similar to a plant that is growing within the earth and the shoots have not surfaced yet, it does not mean that the plant is not growing - the Universe is doing it's job of growing the plant, but it may be happening in a time period that you are not aware of. There is a time and period for everything. Once you plant your seeds (your goals and desires) and you nurture them, they will manifest in Divine time. We can not always determine or dictate what that "time" is but it will manifest. Patience can be a tremendous virtue in this case.

BD: What is one thing we can do today to activate our destiny switch?

PM: Act as if that which you desire is already here. Feel the feelings of having the desire. Connect to and express the emotions you would feel when you have achieved your desire. Do this now, in the next moment, in the next hour, later today and tomorrow and continue to do so, and you will see your destiny manifest itself for you. And, most importantly, give thanks for the achievement of your desire. Gratitude plays a key role in destiny achievement. Add the feeling of gratitude to the other feelings that you will feel when you have achieved your goal.



Peggy McColl is a New York Times Bestselling Author and an internationally recognized expert in the area of destiny achievement whose purpose is to make a positive contribution to the lives of millions of others.

She has been inspiring individuals, experts, professional athletes, and organizations to reach their potential for the past 25 years. She is the president and founder of Dynamic Destinies Inc., an organization committed to delivering sound principles for creating lasting and positive change.

Peggy is the International best-selling author of the New York Times Bestseller book *Your Destiny Switch* (Master Your Key Emotions, and Attract the Life of Your Dreams) Foreword by Neale Donald Walsch.

Your Destiny Switch isn't just another self-help book. It's a powerful concept and process that can consciously and creatively transform your life. You could call it a paradigm shift in creative consciousness, a shift that speaks to your demand for a richer and more experiential engagement in your quest for growth. More than a book, *Your Destiny Switch* allows you to balance your key emotions in order to reach your destiny.

Peggy McColl supports this work with a wealth of reference materials that provide an abundance of valuable and usable life-changing tools: state-shifters, the scale of human emotions, performance indicators, measurement tools, and a daily and weekly destiny planner. This book will help you understand your own creative power by way of your emotions and, more important, show you how to use this power to create desired results by tapping into a powerful energy source within.

Peggy lives in Quebec, Canada, with her son, Michel, and her husband, Denis. You can contact her at: peggy@destinies.com or through her Websites: www.destinies.com or www.yourdestinyswitch.com.

