

FEATURED AUTHOR

Internationally recognised destiny achievement expert, Peggy McColl (pictured left) will be visiting South Africa in March 2008. Desté Pratley brings readers some insight on this dynamic author who creates her own destiny by following the very message she preaches.

When you turn up any dimmer-switch light panel, you increase the level of light that you're experiencing – or, for our purposes, the degree of positive emotion. If you turn down the switch, you become less positive, perhaps experiencing negative feelings. Peggy McColl, author and goal-achieving mentor, calls this your 'destiny switch'. All of the emotions on your 'destiny switch' are readily available. Accessing them is as easy as entering a dark room and flipping on a switch. Even when you're not feeling positive and energetic, the emotions are inside of you. Each of us creates our own drama in our lives and relationships, and we can also choose to not create it. You can feel love no matter how others act, just by raising and lowering your 'destiny switch'.

'I used to think that something outside of me would fix my life and make me feel better,' said Peggy, author of *Your Destiny Switch: Master Your Key Emotions*, and *Attract the Life of Your Dreams*. 'But for as long as I held on to that false belief, I remained stuck in an unbalanced, unharmonious place.'

Following the guidelines she offers in her book, she engaged in the most powerful emotions to create success and began selling her books into 30 countries around the world. Now she is known as the 'Queen of Online Book Promotions' and has the pleasure of applying her goal-achieving strategies to her business, operating a successful system and enjoying quality time at home with her family.

'I became committed to my goals by engaging the powerful emotion of faith, confidence, determination and calm. The way to success was unknown when the journey began, but consistently engaging powerful emotions caused the "way" to reveal itself and today I get to enjoy the rewards for maintaining high levels of the positive emotions,' says Peggy. The following excerpts are from the introduction of her new book, *Your Destiny Switch*.

Four Epiphanies


For most of my early years, I was living in a prison and I didn't know it. It took many years, a lot of pain, and four epiphanies for me to make the journey from a confused, unhappy teen to a self-assured, contented woman in charge of her emotions and her destiny. Today, I'm a consultant and what I call a Goal-Achieving Mentor, inspiring individuals, professional athletes, and organisations to connect to their passion, create goals, and reach their maximum potential. But I wasn't always enthusiastic, optimistic, and at peace with myself.

Over time, I discovered that as overwhelming as emotions may seem, we have the power to manage them, just as we have the potential to create our own destiny. However, like many people, I started out thinking that my emotions were controlled by people and situations outside of myself. I needed to discover my power and learn how to use it.

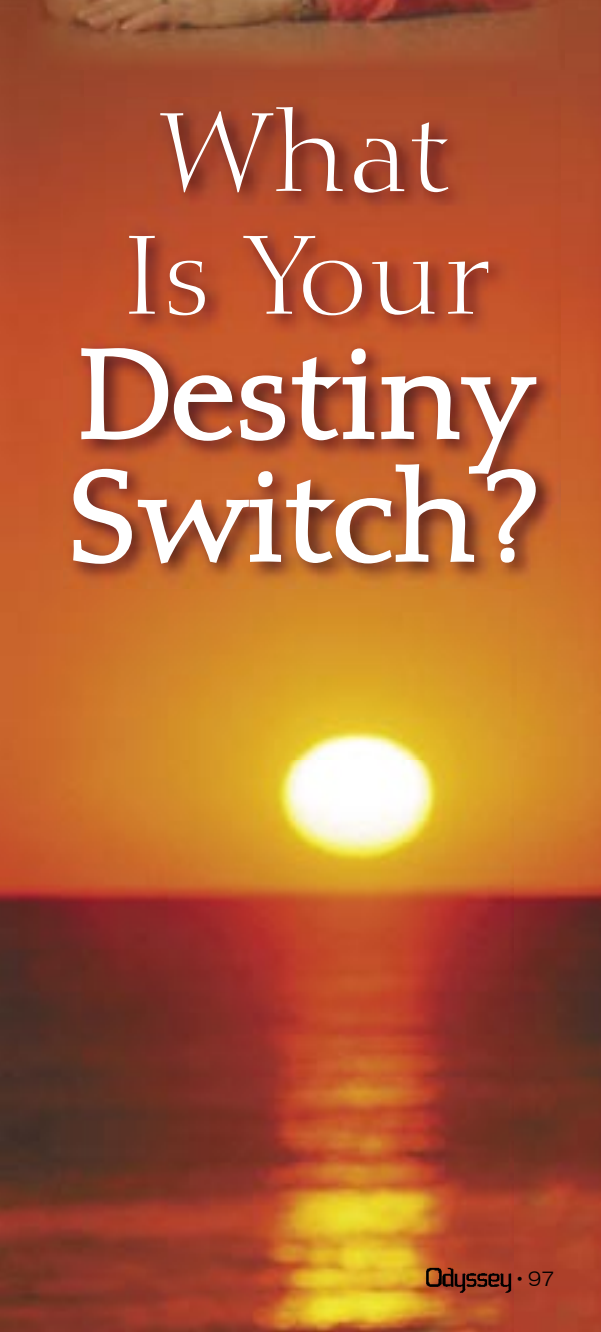
Epiphany 1

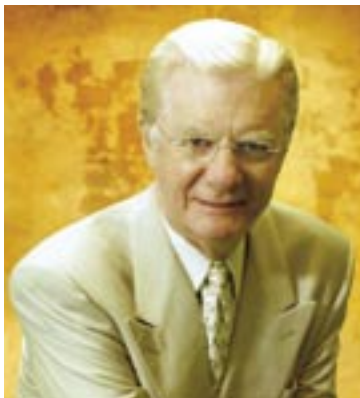
You Cannot Escape from a Prison Unless You Know You Are in One

Back in my teenage years, I was sad, lonely, and insecure. For several years, I was angry and depressed that no-one was showing up to permanently fix my life for me. I was too immature to take responsibility for my choices, and I blamed everyone for my problems and my dark feelings. I assumed, as many people do, that happiness is a state that you magically fall into when good things happen to you. It didn't occur to me that it's something we create for ourselves and I could feel content even when I had



What Is Your Destiny Switch?





Bob Proctor (pictured left), a motivational speaker, made Peggy realise the following epiphanies:

- 'Negative emotions are a prison. Managing them is the key that unlocks the door.'
- 'Positive thoughts only have the power to change your life when they're fueled by positive emotions.'
- 'Never underestimate the destructive power of negative emotions. Remember that the antidote to the poison of negativity are positive emotions.'

challenges in my life.

As the years went by, I dated many men and enjoyed several long-term relationships, but these romances never gave me any lasting sense of security or tranquility. Since men couldn't give me the happiness and peace I sought, I tried to get it through working and making money. By the time I was out of high school, I had a job doing sales for a computer manufacturer, and I was donning a business suit and talking to customers about the superiority of the company's product. I relished having influence over their decisions while earning a steady paycheck.

But the job wasn't going as smoothly as it could have. I was very frustrated – everything about the company I worked for and its managers was 'wrong'. I was unhappy and blamed them. Then one day the company hired a motivational speaker named Bob Proctor for our annual corporate morale-boosting event. I was awed by his brilliance and wisdom, and I experienced my first epiphany when he said the following: 'You cannot escape from a prison unless you know you are in one.' It suddenly dawned on me that I truly was living in a prison – a dark, cold prison of dreadful feelings – and I was the one who'd created it. My negative emotions weren't extreme or out of control, but I was plagued by a continual sense of insecurity that kept me feeling small and inconsequential. I didn't dare dream about what I really wanted to do. I was afraid that if I made a goal and didn't reach it, the disappointment would be soul-crushing.

With no vision and no sense of my own destiny, I was indeed living in a prison. One day while I was standing downtown on a busy street near the office where I worked, the clouds suddenly parted, and bright rays of sunshine warmed my face. I had this overwhelming sensation that I was going to do something big – something that would make a huge, positive difference in the lives of thousands of people who, just like me, were unhappy and confused. I didn't have a clue as to what that 'something' would be, but now that I knew that a better path awaited me, I was determined to break out of my confinement and create a happy life. I didn't know how to control my feelings, but it was clear to me that learning to do so was my central challenge.

I was starting to recognise that neither my employer nor my boyfriend had the power to create a happier life for me. I was the only one who could shape my destiny and so my self-help journey began.

Epiphany 2

Knowledge Alone Is Not Enough

I stuck to my commitment to take responsibility for my emotions, my

choices, and my life. My life was changing in many positive ways: I was working and accumulating wealth, and I had many terrific friends and a pretty good life – but that wasn't enough. I was passionately studying self-improvement. I attended every motivational seminar that I could, eagerly waited in line to grab a front-row seat and rushed out to buy all the inspirational books and tapes that the speakers recommended. I was spending more on self-help products than most people pay for housing, yet for all my devotion to my cause, it was becoming obvious to me that this endeavour wasn't making me feel contented.

After 11 years of study, I started to have serious doubts about the so-called strategies for achieving happiness and fulfillment. I thought that I should be feeling terrific all the time. One day, I attended another lecture by Bob Proctor, who by now was my favourite motivational speaker. This time I had my second epiphany when he said: 'Knowledge alone is not enough. Only with understanding can real application begin. And that will help bring you to the place you want to be.'

This was a true 'Aha' moment. I realised that hearing the insights of all the self-help experts I could find wasn't getting me to wrest control of my life and shape my destiny, because I hadn't internalised their wisdom. I was too busy congratulating myself for being a seeker of truth to slow down and process what I was taking in. Even the idea that I was in charge of my destiny really hadn't sunk in. Unknowingly, I'd been expecting motivational speakers to do it for me.

As a result of this epiphany, I developed a passion for deeper understanding. I realised that I needed to apply what I'd learned and actually experience the truths that these teachers were imparting to me. Why was it so hard for me to stay positive when I knew how important it was to do so? So many things could push my buttons and make me feel negative. Rather than letting my emotions continue to rule my life and imprison me, I decided that it was time for me to search further to figure out why I was at their mercy and what to do about it.

Epiphany 3

It Only Takes a Little Bit of Poison to Kill

By this point, I was married to a wonderful man. Unbeknownst to me, I still had a deeply rooted feeling of unworthiness, so even though I had attracted this terrific man into my life, I was subconsciously sabotaging yet another relationship. Again, attending a seminar of Bob Proctor's sparked an epiphany for me. Bob placed two clear glasses on a table, each half full – one with coffee, the other with water. He took a teaspoon of water and stirred it into the glass that

held coffee, but I could see no change in it. It wasn't until he'd added several spoonfuls that I began to observe the coffee becoming slightly more transparent. Bob explained that this represented the effect of positive emotions on a person who has a negative state of mind.

Then Bob stirred one teaspoonful of the coffee into the glass of clear water. Instantly, I perceived the liquid changing color. He explained that this is the effect of negativity on a positive mind: It's like a tiny bit of poison. Bob's words became my third epiphany: 'It only takes a little bit of poison to kill.'

It was true. While for the most part I felt as if my life was moving forward, each time I experienced something that brought a negative emotion, I immediately returned to that devastated, hopeless feeling I'd experienced when I was a teenager in misery. Instead of trying to be more positive, I let my toxic feelings dominate my experience, and then I felt guilty and awful for not being more in control of my emotions. It began to dawn on me that my expectations of myself were completely unrealistic. I needed to develop the habit of learning what I could from my darker feelings before quickly pulling myself out of my negative emotional state and back into a positive one.

After having my third epiphany, I started to apply Bob's words to my life, but it was too late to save my marriage. I'd always been so afraid of my negative feelings that I refused to explore them, and they had acted like a poison within my relationship.

When I look back, I remember that my marriage was filled with love, caring, loyalty, and faithfulness. Sadly, within a very short period of time, Charles and I were both so unhappy that our relationship began to unravel. Within four short years, we were divorced and living 20 miles apart. Of course, we both loved our little boy, Michel, deeply and wanted what was best for him more than anything else, so we shared custody. Against all odds, my ex-husband and I created a solid, respectful, loving relationship as co-parents; in fact, we're still friends. But it was sad to realise that our divorce wouldn't have been necessary if I'd only recognised my toxic feelings of unworthiness years earlier.

Epiphany 4

To Have It All, You Have to Be Willing to Give It All Up

My journey of self-discovery continued for a few more years, and I was expanding my sense of myself and my own identity. I had a growing sense of well-being and satisfaction, and I adored being a mother and taking care of my son. I was enjoying my life as a single woman and investing plenty of quality time in my relationship with Michel. In addition, I bought a lovely, beautifully decorated four-bedroom home in a wonderful neighborhood. I was making a good living, earning more and more each year. I sensed that I was on the path to my destiny of helping others.

I was feeling optimistic about life and more secure than ever as I consciously worked on developing a sense of worthiness. I was bravely facing my difficult negative emotions, learning what I could from them and actively choosing to replace them with more positive feelings. However, there was still something missing. Financial worries, and fears that I might not find love again gnawed at me. I didn't know why I was so restless and was experiencing a sense of lack. It

didn't occur to me that my emotions were causing me to feel vaguely dissatisfied, because they were so subtle that I often didn't recognise them. The harder I worked to keep what I had and grab for more, the greater the fear I felt. Then my income began to drop, and I frantically tried to figure out what I was doing wrong professionally. I took some necessary risks to boost business, but what I didn't realise was that by focusing on what I didn't want to experience (namely, fear, anxiety, and lack), I was holding myself back from achieving what I did want – contentment, calm, and abundance. I was terrified of losing my business and my home, and I was getting sucked into a whirlpool of negativity. I questioned my self-worth and wondered how I could have the nerve to teach others about being successful. I was dangerously close to losing everything that I'd worked so hard to achieve.

Fortunately, I read a book by Deepak Chopra, *The Seven Spiritual Laws of Success* that led me to my fourth epiphany: 'To have it all, you have to be willing to give it all up.' I thought about Dr Chopra's words and tried to apply them to my own life. I realised that if I did so, I'd truly be able to stop being so afraid. But did I have the courage to surrender it all? The truth is that I didn't necessarily have to give up everything I had (I didn't have to relinquish my house, for example), but I understood that I had to be willing to give it all up. I realised that there was no reason to be possessive when it came to my material wealth if I could just have faith that everything in my life could be created again, because I'd created it in the first place. If you have the power to build, you have the power to rebuild. In my head, I trusted that money is just an outward manifestation of the abundance and wealth that's experienced within, but I had to be convinced of that in my heart. I finally understood that labouring to create the things I wanted for myself wasn't nearly as effective as working hard to create my desired emotions.

If I wanted to be confident, I had to create the feeling of confidence, and the universe would respond by helping me succeed. If I hoped to be wealthy, I needed to create a feeling of richness and abundance, and the universe would bring me prosperity. Of course, I had to work to make the most of the opportunities that the universe presented to me, but I now knew that I didn't have to continue to frantically struggle to achieve my goals.

When I began to genuinely believe that I'm more than what I have – that I'm not defined by what I've achieved, and I don't have to point to material goods as evidence of my worthiness – my life started to change dramatically. I created the emotions that I wanted to feel, and the newfound power within me allowed me to grow and prosper as I'd never done before in my life. ○



We have four copies of *Your Destiny Switch* to giveaway. Send your details to Odyssey by 15 January 2008.

Peggy McColl SA Tour, March 2008 :

Tuesday 4th – 6pm, Evening Talk, Cape Town
Wednesday 5th – 2-5pm, Afternoon Seminar, Cape Town
Thursday 6th – 6pm, Evening Talk, JHB
Friday 7th – 6pm, Evening Talk, JHB
Saturday 8th – 9am, Day Seminar, JHB

Peggy McColl is an internationally recognised expert in the area of destiny achievement and has for the past 25 years been inspiring individuals, experts, professional athletes, and organisations to reach their potential. Having a technology background and a passion for goal-achievement has proven to be a huge asset for this best-selling author and speaker who is also the president and founder of Dynamic Destinies Inc, an organisation 'committed to delivering sound principles for creating lasting and positive change'. Peggy's other books, *On Being ...The Creator of Your Destiny*, *The 8 Proven Secrets to SMART Success*, and *On Being A Dog With A Bone*, are sold and distributed in over 30 countries. Peggy lives in Quebec, Canada, with her son, Michel, and her husband, Denis.