

AS IF is not just a book to read, it is a commitment to eight weeks of living the life you crave. You are the Star, Producer and Director of the latest production of living your life AS IF. Spirituality as a key to change helps unlock rooms within you; ideas begin to flow and take root. AS IF becomes I AM. This is the performance of your lifetime-discovering your Sacred Self!

**AS IF**

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# AS *if*

An  
8-week adventure  
to discovering  
YOU!



MAUREEN DELANEY, PH.D

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### **CHAPTER THREE: YOUR ACTING ASSIGNMENT**

The next eight weeks will be as follows.

A new persona each week, along with new accoutrements each week. You will be changing your notes to yourself each week, reading different material, working on a new you. However, you will bring into each new week the persona of the previous week(s). You will follow the weeks as presented. They will build a solid foundation for the new you!

I have made a couple of suggestions that may help you. I will include quotes to post around your house, your room, your computer, your work environment. If they don't help you, throw them out and make your own. I have also included meditations you may wish to try. Again, if they don't speak to you, use your own.

*MAUREEN DELANEY, PHD*

This is your movie. You are the star, the director and the producer. You are also the advertising agency. As such, you will be showing the world your new persona and what the world can expect to see in you from now on. Advertise this new you. Act the part, be the part, and let the part become you.

Have fun with it. This is not drudgery; something you have to do. This is an exercise in joyfulness. You are on the road to becoming your Sacred Self. You are becoming that which you desire. You are becoming the Divine Being that you are. Enjoy!

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