

The background of the cover is a photograph of a tropical beach. On the left, there are several palm trees. The water is a vibrant turquoise color, and the sky is a clear, bright blue. The overall mood is serene and aspirational.

YOU ARE  
ALREADY  
LIVING THE  
LIFE OF  
YOUR  
DREAMS

Ophelia Nicholson

# *Breathing Prosperity*

This book is brought to you by

[www.breathingprosperity.com](http://www.breathingprosperity.com)

Please feel free to give this book away! Help someone else realize that they are already living the life of their dreams

Page 2

[www.breathingprosperity.com](http://www.breathingprosperity.com)



**YOU ARE ALREADY LIVING THE  
LIFE OF YOUR DREAMS!**

Page 3

[www.breathingprosperity.com](http://www.breathingprosperity.com)

**YOU ARE ALREADY LIVING THE LIFE OF  
YOUR DREAMS**

**BY  
OPHELIA R. NICHOLSON**

FOREWORD BY  
LAKEITHA L. SIMMONS

## **Dedication**

To my amazing kids who have helped me dream a bigger and much grander dream just by their existence.

## **Acknowledgements**

I would like to thank my prosperity partners Shauna, LaKeitha and Peggy for their invaluable experience and insight on this journey that is my life.

I would also like to thank my family for their amazing help and support and faith in me.

## Contents

---

**Foreword / LaKeitha L. Simmons**

1.Are you crazy?

2.How I realized I was living the life of my dreams

3.What exactly are dreams?

4.Remembering our dreams

5.All dreams began with a thought

6.Why does my life look the way it does?

7.You are not the same person

8.What does all this information mean?

Exercises

Foreword  
By LaKeitha Simmons

‘She’s nutz.’

This is exactly what I thought when Ophelia called me to tell me that we were already living the life of our dreams. I didn’t know about her, but I had dreams that extended beyond my two bedroom apartment and shoe string budget.

I had dreams that included curing homelessness (at least in my city and the surrounding area), becoming insanely wealthy and then teaching others to do the same, driving a brand new Volvo XC90 in black with black leather seats . . . yummy.

As you can see, I had big dreams. My life looked nothing like this. As usual, however, I listened to her talk, and to my utter amazement, she was right!

That day, I was living the life of my wildest dreams and did not know it, until I received that incredibly moving phone call.

Not 30 days prior to this phone call, I was sharing, with my husband and two children, one bedroom in my husband’s sister’s two bedroom apartment.

We did not have a car. He did not have a job and we were all getting on each other’s nerves. What’s worse, I felt completely hopeless to any remedy to this situation, because I was breastfeeding my son full time and our credit was far from impressive.



On the day of that conversation, I was living in my own, spacious two bedroom apartment. The apartment itself was a dream come true in that I was no longer sharing a small space meant for two or three with five people. I was in my own space; a HUGE victory for any woman.

It gets better, though. This apartment had been newly renovated. The kitchens and bathrooms were completely new. The floors were real tiles. No one uses real tiles anymore, especially not in an apartment.

The cabinets are absolutely beautiful. I had, for a very long time, wanted to live in a space where the kitchen and bathrooms looked like the ones on TV or in magazines and there I was, standing in my showroom kitchen and I finally got it. Ophelia was right.

I'm sure that as you read on, you will find that you too are living the life of your dreams and you will be inspired to continue to dream. You will dream bigger, bolder dreams than you ever dared to dream before.

## **CHAPTER ONE**

### **Are You Crazy?**

That's what you're thinking, right? She's crazy... I am so not living the life of my dreams...so far from it. As a matter a fact, my dream life and I don't even know each other.

Well, I'm not crazy and you are in fact living the life of your dreams and as you read I will explain more so you can truly appreciate that the life you now have is, in fact, the life of your dreams.

Later in the book, we will discuss how you can change the life of your dreams to the one you currently want, but for right now, let's talk about your current life.

Think about your car, your home, your job, the money in your bank account, your kids,

your spouse and your clothes - everything that is your present life...

What don't you like about your current life? What do you like about your current life?

Start writing a list of the things you no longer like in your current life, and a list of the things that you do like.

One will be a DON'T LIKE list, and the other will be a LIKE LIST. How many things on the DON'T LIKE list did you ask for, or did you like at one point in your life?

Well you've heard of the Law of Attraction right? Of course you have...like attracts like. Your thoughts become things; your thoughts are creative...

If you haven't heard of the Law of Attraction you might want to put this book down and look it up...

There are numerous Law of Attraction teachers, myself included, who will enlighten you on the subject, but back to the topic at hand.

Most people are creating the life of their dreams by default. They have given up all power to create, and therefore feel that the life they now live isn't the one they truly want. They feel as though their life is already planned out by God/Universe and they play a small, insignificant role, over which they have little, or no control; and that decisions they make are useless or small and don't matter anyway since the course of their life is already planned out.

Do you want to figure out how to create the life you want? You are living the life of your dreams anyway; you might as well live the one you truly want, right?

Well...continue reading.

*Breathing Prosperity*

## CHAPTER TWO

### How I realized I was living the life of my dreams...

Well, you might be wondering how I figured out I was living the life of my dreams. This actually happened by accident.

I was going about my regular life, just getting by, living from paycheck to paycheck, and feeling like my life wouldn't have amounted to much more than everyone else; until I decided that I wanted prosperity and massive wealth. I realized that so many people go the route alone, thinking it's the best way, but I thought a prosperity partner would help me grow at a faster pace than me on my own.

I met, and have since had, more than a prosperity partner, but a true friend and business partner. I highly recommend that anyone who is pursuing wealth or prosperity get a prosperity partner.

On one of our many talks, we discussed the fact that we both loved the idea of traveling so much. We could picture ourselves on vacations all around the world; visiting all the luxury hotels, sunbathing on yachts, but for some reason we just never traveled.

I wanted to visit every country I could think of, yet I would never take vacations. Why weren't we traveling if we truly wanted this so badly? Well we have no money ~ we both agreed that was the reason. That's the only reason you don't have the things you say you want, right?

So we had a brilliant plan. We would look for real reasons to answer the question '**Why aren't we traveling?**' Not long after our search began, deeper reasons began to come out. We both realized that we couldn't travel even if we wanted to. We had lots of background issues waiting to be resolved!

I started to compile a list. I needed to get a new passport for my daughter, as I had lost it. I had also lost her birth certificate in a move to our present home. I needed a passport for my son. (Lots of traveling I was going to do with no stuff for my kids. I could see me now, going exactly nowhere; Italy, Paris here I come – NOT!)

Why had I let all of these things pile up in the background? My life was a giant mess, full with so many things left undone. I had procrastinated so much.

Although she lived in Canada, my prosperity partner had to get a new passport, and had other little stuff to clean up relating to her traveling, but as long as we blamed the money, we never uncovered the real reasons we never went anywhere.

So I decided then I'd start a folder called Travel documents and I would start putting together everything that I would need to travel. I wanted the only reason between me, and the life of my dreams to be money.

As the months passed, my travel documents folder was becoming full. Everyday I would do just one more thing to get me a little bit closer to the life of my dreams...and I would say to myself "**One step closer to the life of my dreams**".

Well, one morning, quite a few months later, I received a package in the mail. It was my son's passport. Well, you can just imagine my excitement!

Things and thoughts that I had put into action were becoming reality. Then it hit me like a ton of bricks. A few months ago his passport was a **DREAM**. Granted a small dream, but a dream, nonetheless, and that morning I began to realize that my entire life was a series of dreams that had turned into reality.

I began to think back to 10 years before I had my son, when having a child born in America was purely a dream to me...now I was here getting his passport in the mail.

15 years prior, living in America was a dream; one that I would spend quite a bit of time imagining. In fact, I can name quite a few people who would give their left foot to live in America, and although we are oblivious to it, the truth is that people die every day, just trying to make that one dream come true.

You've heard the stories. Some you hear often, and some you never hear about; people taking boats, swimming across the Atlantic, coming across the borders from Mexico, just for a chance to be in your very shoes right now. These people are risking life, limb and prosecution just for a chance to be an American, just for the chance to have some of the opportunities that you do.

A lot of these people don't make it across, but the dream or thought is strong enough for them to risk their lives.

I remember when seeing snow for me was a dream. By the way I truly dislike snow, now that the novelty has worn off. I remember when I would see anything white and think "Oh my god! It's snowing in Jamaica". Then I realized "No! Wait, that's just lint..."

It was a dream at that time for me to be able to see my breath when it was cold...It would be 60 degrees, which was and for the most part still is freezing by my standards, but I'd have on a sweater, and be watching to see my breathing against the cold air. I would imagine what it would be like to be living in America.

When I was broke, a better job, more money and nicer co-workers were just a dream; something I didn't have, that I truly wanted. When I first started trading Forex, making \$50K in a month was a dream.

At one point, having a car was a dream. I remember I knew exactly what I wanted; black, with black leather seats, fully loaded with sunroof and CD player. I made 5 trips to the car dealer before I got that car. He would keep calling me, and I would go to see a white car, with black leather seats, because his dream was to sell me a car – **any car**.

The first house I bought at one point belonged to someone else. There was the day I walked in and wanted to own it. I remember knowing the code to the house before I bought it, and I'd bring people by, and go inside just to sit in the house! It had no furniture, and I would just sit in it - horrible blue and purple carpets and all. I even brought my family by to see the house, and we sat in it for hours.

That was a dream. So were my second, third houses and all the houses that followed those. Even my tenants were a dream, since at one point I had an empty house, and no tenant, and a mortgage that I couldn't pay, due very shortly.

My 42 inch flat screen TV was a dream. It wasn't always sitting on my bedroom wall. At one point, that wall was totally blank, until I thought it would be cool to have a nice TV on it. I remember telling people I would buy it, and I was laughed at. They aren't laughing anymore.

This book at one point didn't exist, until I thought, "Hey, I could be an author and name the book "You are Already Living the Life of Your Dreams", all of which took a total of 5 minutes.

Waking up this morning was a dream, because yesterday we weren't sure we'd wake up this morning.

## CHAPTER THREE

### What exactly are dreams?

Well, for most people a dream is something big, or huge, that you want to achieve, that you haven't quite achieved yet; but most people think a penny isn't money. It's so small they throw it away, and never use it, except for decoration, of course, or to fill up the cup holder in their car.

But dreams come in all shapes and sizes. Most people don't call it a dream, unless it's a mansion or an expensive car. I classify dreams as anything that I want to have, that I don't have yet, because I'm dreaming about it, and I want to experience it. It may be as small as my next meal, or as huge as 100 billion dollars.

As long as you believe dreams are these grand huge things that you want, and don't have, then it's easy to see why you don't realize that your current life is the life of your dreams.

Maybe you are too caught up in the Hollywood version, or your neighbors' version, or your family's version; and too busy trying to change your dreams everyday, or you have forgotten your dreams of yesterday, last year and from 10 years ago.

One of the Laws of the Universe is called the Law of Gestation, which means that everything in the physical world takes time to happen. Thoughts and actions take time to bear fruit.

Imagine if you got pregnant today, and had the baby tomorrow...then the baby wouldn't be fully formed, would it? Even if you were four months pregnant, the baby couldn't live outside the womb...when you are seven months pregnant the baby has a chance...but the perfect time for everything to come together is nine months, as all organs and everything else is fully formed and functional...



So what happens during these nine months? Well, not only does the child grow, and become able to function outside of the womb. That time also gives the mother time to get used to the idea that a baby is coming. It gives the family time to get clothes, gifts, maybe set up a nursery, talk to older kids and mentally get used to the idea of becoming a parent.

It is the same process with all other creations, all other thoughts that take physical form.

So why is it that people are so patient with the dream of having a baby, but impatient with all other dreams?

*Breathing Prosperity*

## CHAPTER FOUR

### Remembering our dreams

Many people want massive wealth, or for their life to change, and they expect it to arrive in the mail the next morning (not that it couldn't arrive in the mail); but for most, it doesn't happen that way.

It takes time for you not only to create the result you want, but to manifest it, and during this time you are preparing to deal with, or get used to the thought, or the idea, of what you want - even refining the idea, sometimes realizing the idea isn't what you truly want.

Sometimes it's really good that it didn't just appear, or our lives would be in a far worse mess than we can imagine.

#### Exercise

So right now, think about your life 10 years ago...Try as hard as you can to remember what dreams you had 10 years ago. I'm hoping you are at least 10 years old, or your dream at the time may have been to be born, but let's just take for granted that you are older than 10 years old.

So we are looking back at ourselves 10 years ago.

Write it all down ~ everything you wanted to have at that point, 10 years ago.

Did you have a journal?

Do you know where to find it?

Did you tell a friend or family member about the things you wanted?

Ask someone in whom you confided if they can remember anything you wanted 10 years ago.

Now, how about five years ago, one year ago and six months ago?

Now how many of these dreams are you currently living, or have you achieved?

If you did the exercise properly, really thought about it, you would realize that you have achieved, or are living 80%, if not more of them.

If you didn't spend the time doing the exercise, I suggest you put down the book and do the exercise before continuing.

*Breathing Prosperity*

## CHAPTER FIVE

### All dreams began with a thought

If we are taking everything that we want, and don't have, and calling it a dream, then it is safe to say that all dreams began with a thought.

The clothes on your back, the food in your stomach (or your cupboard), the house in which you live, the bed where you sleep, the car that you drive, your spouse (or lack of a spouse), your kids, your job, or your business - they all did not exist in your life at one point.

There was a time when they were all dreams, and before they were dreams, they were all thoughts.

You imagined what your life would feel like or be like with these things added, and you wanted to experience them.

Every aspect of your life, at some point, you wanted. You say "I didn't want the debt", but you wanted the thing that came along with the debt, or whatever you exchanged for the debt; maybe it was a house, the car or the car repairs, the clothes.

Debt was just a way to live a certain dream - a means to an end - a way for you to get to your dream faster. Now granted, it may not have been a well planned out dream, but it was a dream just the same.

Think about a debt you have, no matter how big or small. What did you get for that debt? Think about it.

You received something in return for the debt - an equal exchange - but right now, you think what you received was far less than the debt you now carry around.

Think before the debt, back to the point where you wanted that particular dream, where no debt was too great just as long as you got what you wanted.

Back then you didn't think what you were receiving was small. Actually you thought the deal was pretty fair, or else you wouldn't have entered into the debt to begin with. For the most part you not only thought it was fair, but that you got the far better deal!

What has debt done for you?

Most will say nothing, or made me angry, or made me have a horrible ulcer worrying about the debt, but what has debt done for you? It allowed you some comfort!!

For some people debt allowed an extra night of sleep knowing they could pay the mortgage on time. For others, it was the ability to feed their kids when they had no cash...For some it was Christmas gifts, but you fast forward a few years, and now this same debt is a horrible thing. Amazing how time changes our perception of things.

Take away the debt you are complaining about, and the **GIFT** this debt brought with it.

How different would your life be right now?

How has time and thought changed the meaning of your dreams?

## **Exercise**

Make a list of all the debt you currently have in your life.

Beside the list write what gift/s the debt brought along with it, and remember your life before you had these things.

Write down how your life would be different if you never got those gifts.

## CHAPTER SIX

### **Why does my life look the way it does if I'm already living the life of my dreams?**

One of the most amazing things about being human is every dream, or creation, leads us to want to dream bigger, or to create a bigger dream than the ones we had before.

One of the main reasons your life looks the way it does right now is YOU WEREN'T SPECIFIC ENOUGH. Thought you'd never have to hear that again, right?

And so we got a version of what we wanted, but it wasn't the complete version.

See, we spend a lot of time looking at what we don't want, but very little time being very specific about what we do want.

I remember one day I wrote what my perfect guy looked like; I thought I wrote everything ... everything that was, except his personality. Well within 3 days the guy matching my description showed up, with a personality I couldn't stand!

My prosperity partners and I were doing a project once, and I have to tell you it's the hardest thing - waiting for 3 other persons' opinions. At one point during the project, there were objections about different things, for example one was about the color we were using for the project.

For the first time, I truly understood how GOD/UNIVERSE operated (minus my frustration, of course). But I kept thinking, "If you just tell me what color you want, I'll make it happen. I don't care. I want whatever you want, but **you have to know what you want.**"

You can't just say I don't like the red balloons - well what color balloons do you want?

Days, weeks, months passed, and no answer came.

Well, I can't read minds of people, and neither can the Universe/GOD.

The universe/GOD will give you exactly what you want every single time...IF you just tell it/him what you want...but if you give a general description then that's what you get; something fitting that general description.

Another reason your lives are the way they are, is because YOU FORGET THE DREAMS YOU PUT INTO CREATION.

As time goes by, you forget that last week you wanted something, three years ago you wanted something else...and when you add the fact that you weren't specific in the first place, it's easy to see that when it comes into your life three or four years down the line, you don't even recognize it.

You treat it as some random thing happening to you. Ever see someone wanting a red car, but not saying 'I want a red car that runs smoothly and is reliable'? Well, then they get the red car, but it breaks down every day, and they say "This isn't what I wanted!"

Or someone with a spouse; they wanted this person at one point. But now it's more like "This isn't what I wanted!" Maybe they forgot to ask for someone who was faithful, or for someone who had the same values as they did.

Did you ever truly know what you wanted? Did you ever write it down? Or were you too busy, saying "I don't want to be single anymore, I want a spouse" "I don't want to be broke anymore; I want to have more money"?

**News flash: a penny is more money.**

So when the Universe sent you that one penny laying on the floor it fulfilled your wishes.

“That's not what I meant!” you say. Remember, the Universe/God can't read minds. You never said how much. So maybe you didn't know how much you wanted, or even better, you didn't want to decide because if you did, you may not get as much as you could get, right?

Well, 'more money' is very general, so it may not be quite what you had in mind by the time it gets here.

How about the job that you have; did you think about describing your co-workers? How about the boss you wanted? Nope, you didn't because you didn't really believe you had any control.

The next reason is **YOU KEEP CHANGING YOUR MIND.**

How many times have you changed your mind in the last hour, or the last year? We change our minds all the time, constantly rearranging and changing and readjusting the thought, and so by the time it gets here it's virtually unrecognizable, but the biggest reason that your life looks the way it does is.....



## **CHAPTER SEVEN**

### **You are not the same person...**

You aren't the same person you were yesterday. Scientifically, it has been found that our bodies are constantly changing, creating new cells, organs, skin, and muscle; changing, and in the same way we are changing everyday. Yes, the essence of who you are remains the same, but you aren't the same person that you were last year, or 10 years ago.

You've changed. Not just physically; you've grown in knowledge and in wisdom. You continue to grow everyday. So how can you really appreciate those dreams that you put into action 10 years ago, 20 years ago, five years ago, when you have had different experiences and you have changed and grown and expanded?

Do you still wear the same clothes that you did 10 years ago? Do you still wear the same hairstyle?

### **Exercise**

In your journal or the space below, answer these questions.

How many different ways have you changed in the last 10 years?

How has your body changed?

How have your decisions changed?

How has your education changed?

How have your values changed?

## CHAPTER EIGHT

### What does all this information mean to me?

It means that once you realize that you are living the life of your dreams, even if it may have been a poorly created dream, you will see that ALL your dreams have to come true.

**They have no choice...**and so with this knowledge, you never have to wonder if you will achieve anything ever again. It will become more of, “When will I achieve it?” or “When it comes, will it be exactly the way I wanted it?”

How do you make sure it is exactly what you want?

You start to get really specific when you are creating it, or thinking about it, and you make sure that if it were delivered tomorrow, it would be exactly the way you want it because you have thought about every aspect of it...because the tomorrow may be in 3 years or it maybe in 10, but be sure that the tomorrow **WILL** come, and this dream, no matter how big or small, will eventually be **DELIVERED!**

Will it be everything you want it to be?

Only you can decide, and as you constantly remember all the things you have created, and you think about the time before they existed, you will realize that the life you are now living is, and will continue to be **THE LIFE OF YOUR DREAMS!**

Why not start today to make the life of your dreams a much better one than the one you have now?

DREAM A BIGGER DREAM.  
LIVE A BIGGER DREAM.

Wait before you go!

## You have just read

**YOU ARE ALREADY LIVING THE LIFE OF YOUR DREAMS** by  
Ophelia R. Nicholson  
For more information, please visit [www.breathingprosperity.com](http://www.breathingprosperity.com).  
This book was brought to you by

*Breathing Prosperity*

PLEASE

Dont forget to give this book away! Help someone else realize that they are already living the life of their dreams.

Please also check out our recommended resources for other free ebooks,articles, videos and recommended sites  
[www.breathingprosperity.com](http://www.breathingprosperity.com) or [just click here](#)

Contact the author [ophelia@breathingprosperity.com](mailto:ophelia@breathingprosperity.com)

*Breathing Prosperity*