

hooked. It so fed my soul that something in me changed forever. I had been dying of thirst and it was like pure, cold, crystal clear water. Here was someone of whom I could ask questions, interrogate, argue, discuss and learn. I started coming once a week, then every day, then practically around the clock while Rajni was “in residence” in my area.

Eventually I had learned not only a different way to think regarding just about everything, but a completely different - and much more joyful - way to live my life. I admit I was desperate—for one thing I had been seriously considering suicide—but the tools I seized to survive my catastrophe became a lifetime method not to avoid that or any other crisis in future, but simply to choose joy instead.

This book is the story of what I learned in that five months that so changed my world and of what I teach others that they too may survive their own life crises and remember to choose joy in the very next moment.

As I got fed with my new way of thinking, feeling and living, I began teaching others, at first in psychic readings and later in weekly classes. Even as the lengthy workout bankruptcy proceeded over a seven-year period, I was finding considerable joy with my newfound career. I attended large international psychic fairs and lectured all over the world in Greece, Peru, Hawaii, the Caribbean, Bali and Canada. Even in the midst of my ‘crisis’ I was having full time joy.

Since that time I have learned to live this way - by choosing joy. The biggest help has been the toolkit of information and personal growth techniques I’ve assembled which I pass along to you here.

Choose joy. It works.