




ZING Your Way To Happiness!



With Ruth Anne Wood

ZING Your Way To Happiness!

A portrait of Ruth Anne Wood, a woman with long dark hair, smiling slightly. She is wearing a dark top. The background is dark.

Hi I'm **Ruth Anne Wood** from **Scripting For Success**, and I've worked with all kinds of clients in the last two decades who:

- Struggled with feeling in the flow of life.
- Were being dragged down by others.
- Resented past mistakes and losses.
- Were using words that blocked their **ZING!**



Ruth Anne Wood



Let's talk about the ZING!

Zing noun /zɪŋ/ \ Definition of *zing*

1: a shrill humming noise

→ 2a: an enjoyably exciting or stimulating quality :
ZEST really put some *zing* into this industry— Erwin Fine

b: a sharply piquant flavor barbecue sauce with *zing*

zing verb zinged; zinging; zings

Definition of *zing* (Entry 2 of 2)

intransitive verb

zinged 1: to make or move with a humming sound

→ ZIP SPEED



I think of ZING as a feeling that travels up and down my body when I'm in the zone and everything feels really, really good!



*If you love this
conversation about
how to ZING, at the end
I'll show you how you can
get help to ZING Your Way
To Happiness Daily!*



***What are some things
that make you ZING?***

Mentally?



Type your Mental ZINGS in the chat box.

***What are some things
that make you ZING?***

Mentally?

-Travel

-A stimulating conversation



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Mentally?

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***What are some things
that make you ZING?***

Mentally?

- Travel
- A stimulating conversation
- Feeling really heard/ seen



What are some things that make you ZING?

Mentally?

- Travel
- A stimulating conversation
- Feeling really heard/ seen
- Learning something new



Grand Canyon Peak with Jason

***What are some things
that make you ZING?***

Emotionally?



Share your Emotional ZINGS in the chat box.

***What are some things
that make you ZING?***

Emotionally?

-Sharing in a friend's success

-Watching a romantic/ spiritual movie

-Being recognized for my contributions

-Helping and mentoring others



***What are some things
that make you ZING?***

Emotionally?

- Sharing in a friend's success
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Being One Center ZING Talk

***What are some things
that make you ZING?***

Physically?



Type your Physical ZINGS ideas in the chat box.

***What are some things
that make you ZING?***

Physically?

-Dancing



***What are some things
that make you ZING?***

Physically?

-Dancing

-Feeling loved



***What are some things
that make you ZING?***

Physically?

- Dancing
- Feeling loved
- Doing the work I love



***What are some things
that make you ZING?***

Physically?

- Dancing
- Feeling loved
- Doing the work I love
- Surrounded by nature



What are some things that make you ZING?

Physically?

- Dancing
- Feeling loved
- Doing the work I love
- Surrounded by nature
- Working with my amazing students



Leadership Trainer At A China University

***What are some things
that make you ZING?***

Spiritually?



Type your Spiritual ZINGS in the chat box.

***What are some things
that make you ZING?***

Spiritually?

-Journaling

-Being with my tribe

-Following my heart's desires and higher purpose

-Making a positive, lasting difference in my life and others

-Staying in the feel good zone more of the time



What are some things that make you ZING?

Spiritually?

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-Following my heart's desires and higher purpose

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***What are some things
that make you ZING?***

Spiritually?

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***What are some things
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Spiritually?

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- Being with my tribe
- Staying in the feel good zone
- Following my heart's desires and higher purpose



What are some things that make you ZING?

Spiritually?

- Journaling
- Being with my tribe
- Staying in the feel good zone
- Following my heart's desires and higher purpose
- Making a positive, lasting difference in my life and others



Columcille, Bangor, PA road trip

*Why don't we feel that
ZING often enough?*



Sometimes that ZING is lost doing years of giving away over \$200K-\$500K+ of unpaid goods and services in the last 5-40 years.

- Doing work for free
- Taking pay cuts
- Clients that didn't pay
- Free room and board
- Helping others when you couldn't afford it.



Ruth Anne Wood
Scripting For Success

What if you put some ZING into these energy draining stories?

- Doing work for free
- Taking pay cuts
- Clients that didn't pay
- Free room and board
- Helping others when you couldn't afford it.



Ruth Anne Wood
Scripting For Success

HOW?

- Doing work for free
- Taking pay cuts
- Clients that didn't pay
- Free room and board
- Helping others when you couldn't afford it.



Ruth Anne Wood
Scripting For Success

Change your story from VICTIM to **GENEROUS PHILANTHROPIST!**

- Doing work for free
- Taking pay cuts
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Scripting For Success

Change your story from VICTIM to **GENEROUS PHILANTHROPIST!**

- ~~Doing work for free~~ **ZING! It's now your gift!**
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ZING! It's now your gift!



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- ~~Helping others when you couldn't afford it.~~

ZING! It's now your gift!

OK, Ruth, but I don't feel the ZING or GIFT!



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ZING! It's now your gift!

I Get It! Neither did I or my clients until...



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ZING! It's now your gift!

We cleared the mental and emotional blocks!



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ZING! It's now your gift!

So, let's go over some of these clearing **TOOLS!**



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Scripting For Success

Clearing Tool #1

Stop using WORDS that **BLOCK**
~~communication~~ with yourself and others
because it creates

Clearing Tool #1

Stop using WORDS that **BLOCK**
~~communication~~ with yourself and others
because it creates too many steps,
setbacks, or obstacles to your ideal results!

#1

I've worked with all kinds of clients in the last two decades that didn't know they were using WORDS that **BLOCKED** communication with themselves and others and created too many steps, setbacks, or obstacles.



#1

WORDS that **BLOCK** communication
with yourself and others

Timing

Conditions

Qualifiers

Shoulds

STOP including words that have “**timing**”,
“**conditions**”, “**qualifiers**” and “**shoulds**” ...

#1

WORDS that **BLOCK** communication
with yourself and others

Timing

Conditions

Qualifiers

Shoulds

After I got the job I bought a new car.

Turn what you want into a News
Headline and read it out loud.

~~Timing~~ ~~Conditions~~ ~~Qualifiers~~ ~~Shoulds~~

Just say...

“She Loved Her New Car!”

*Ironically, while putting
together this very
"ZING Your Way To
Happiness" talk
the transmission in my car
died on a Thursday. :-)*



“She Loved Her New Car!”

*My husband was freaking out staying up
until to 3 am looking for a new car for me...*

“She Loved Her New Car!”

Friday, I was feeling **numb** about losing my car that I had just sunk another \$3K into and I didn't feel that **ZING** for anything for sale.

“She Loved Her New Car!”

THEN 6AM that Saturday...

I had my **ZING** moment!

I love his car. Jason loves to shop.

I'll have Jason's car!

He can shop for a new one!



“She Loved Her New Car!”

“And So Did He!”



“She Loved Her New Car!”

Within 5 Days...

- The **Suzuki** became a tax write off donation. **ZING!**
- I took over payments for the Subaru Crosstrek. **ZING!**
- Jason found a cool hybrid to lease for two years, a Toyota Venza. **ZING!**



“She Loved Her New Car!”

Clearing Tool #2

WORDS that **BLOCK** communication
with yourself and others

AVOID **mean** self talk and **negative** chit chat.

#2

COMPLAINING

**Why did they have to...?
If only they had laws that...**

#2

RETELLING THE PAST

This one time at band camp...

#2

JUDGING YOURSELF AND OTHERS

**If I just paid attention to those stupid ROAD
CLOSED signs my car would be fine.**

Clearing Tool #3

Avoid ~~years of therapy rehashing the past.~~
Speak about what feels really, really good
even if it hasn't happened yet!!

#3

Abraham-Hicks says, “**It’s the [ZING] feeling** that lines you up to what you desire.

Don’t wait to get the thing you want to start focusing on that **feeling of having it.”**

#3

That's why I created **The ZING METHOD...** to help you get to that **ZING** feeling **faster** and **access it more quickly** after setbacks.

-Ruth Anne Wood

#3

**I HAVE
WONDERFUL
RELATIONSHIPS
AND INTERESTS!**

**I HAVE
INSPIRING
PLANS!**

**I FEEL
GRATEFUL!**

#3

In bed, I often start my morning listening to:

- Abraham-Hicks
- The School Of Greatness
- Something uplifting
- 888 hz on miracles and manifestation

#3

*How are you calibrating your day for more **ZING**, high vibration moments?*

#3

Then when I'm **ZINGING** I write "**I FEEL**" statements:

- **I feel** blessed to be teaching ZING METHOD today!
- **I feel** excited about the other presentation I'm doing "**JOIN THE WATER CONSCIENCE PROJECT!**" with friends on raising the frequency of water and recharging with nature!
- **I feel** grateful that I love my new car and Jason loves his!

More Clearing Tools

Daily GAME

Remember to be loving to yourself, others and the situation no matter what!

Surround yourself with players of the **"ZING Your Way To Happiness"** game using tools to **clear negative conversations** with yourself and others.

ZING Your Way To Happiness!

Use Tools To Clear The Past

Ho'oponopono Prayer:

I love you.

I'm sorry.

Please Forgive me.

Thank you!

ZING Your Way To Happiness!

Use Tools To Clear The Past

*“We’re either guided by ~~past~~
memories or **divine inspiration**.”*

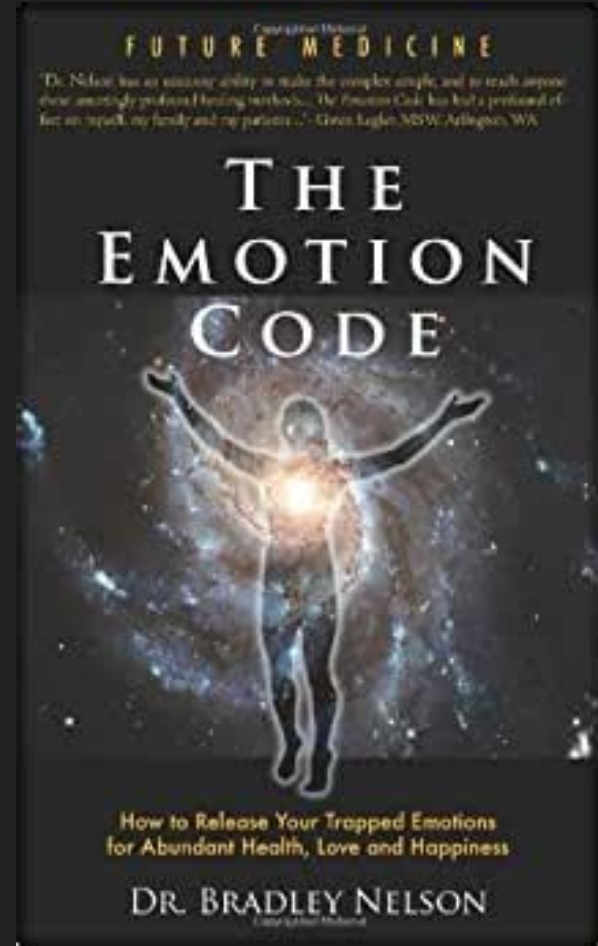
-ZERO LIMITS, a book on Ho'onopono Prayer

ZING Your Way To Happiness!

Use Tools To Clear The Past

*“You will soon find you are
doing the things you once
thought was a dream.”*

-THE EMOTIONAL CODE
by BRADLEY NELSON



The Emotion Code™ Chart		
	Column A	Column B
Row 1 Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Unreceived	Effort Unreceived Heartache Insecurity Overjoy Vulnerability
Row 2 Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
Row 3 Lung or Colon	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
Row 4 Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
Row 5 Kidneys or Bladder	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
Row 6 Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless



ZING Your Way To Happiness!

Use Tools To Clear The Past

- Emotional Freedom Technique (EFT) tapping on acupressure points to clear blocked emotions.



Just focus on your ZING!

Set aside a couple hours a week to practice listening and responding to your divine intuition:

- Start your day listening/watching something uplifting.
- Do some stretching, yoga or exercise.
- Go to the park and walk in nature.
- Call a friend.
- Doodle and journal.
- Get in you car and follow where it leads you!
- Do something inspiring and share it with others.

Just focus on your ZING!

- For me it was my husband buying me a **\$6 harmonica** near our friends' beach house. I played that **C harmonic** in my seat at various shows for **three months** until they **invited my on stage!**
- Then I got courage to play at open mic.
- Then Jason gifted a **7 harmonica blues set** and I could **play along even more** with **seasoned players** on blues night!
- **#SoMuchFun**



Just focus on your ZING!

- Then, on a whim I bought a violin and started playing (for the first time since preschool) along with youtube videos.
- Then I started playing the violin at my seat until Mike invited me to the front!
- **Every week I find more joy, playing/
ZINGING with others!**

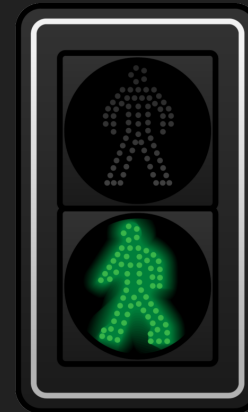
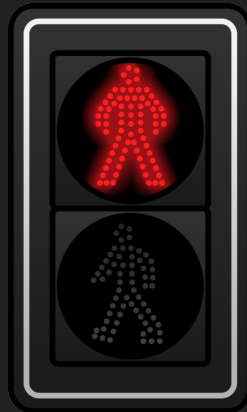


RUTH, MIKE, JULIE AT OPEN MIC!

Just focus on your ZING!

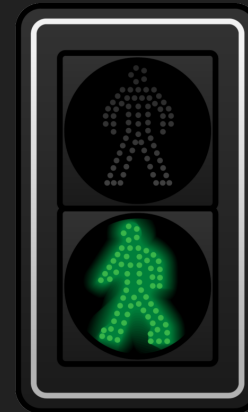
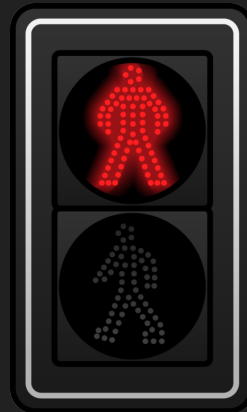
So, Ruth WHAT'S THE ZING METHOD?

You either feel in the **flow** or **f-r-i-c-t-i-o-n**.



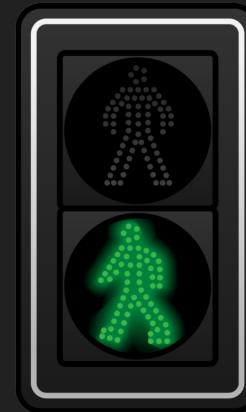
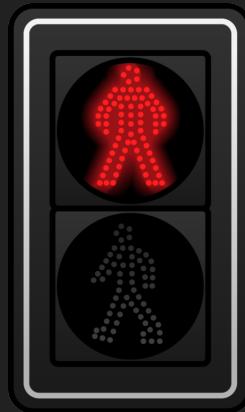
Just focus on your ZING!

➔ When you feel in the **flow** TALK ABOUT THINGS YOU **LOVE!**

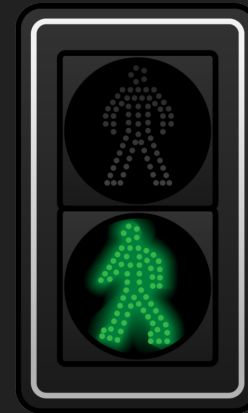
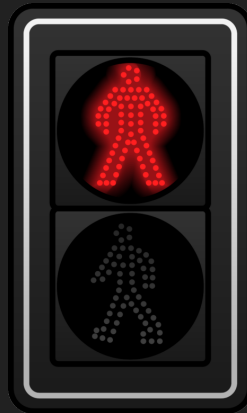


Just focus on your ZING!

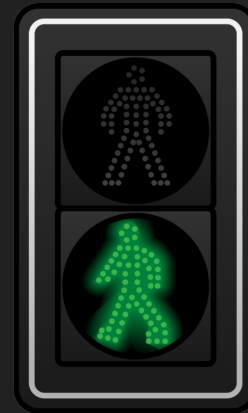
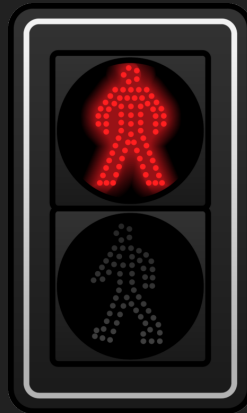
- ➔ When you f-e-e-l f-r-i-c-t-i-o-n... STOP and
- ➔ Use the **tools** we mentioned for mental and emotional **clearing**!!



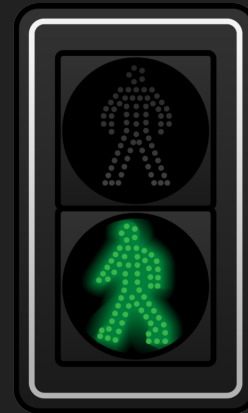
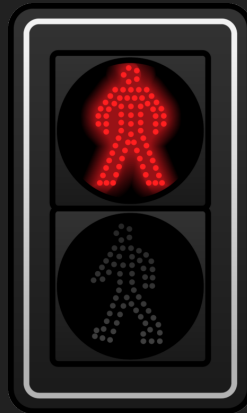
What if you were reminded daily by a group of manifestors how to ZING?!



Imagine how much more quickly you would ZING to happiness and stay in the feel good zone with ongoing support!

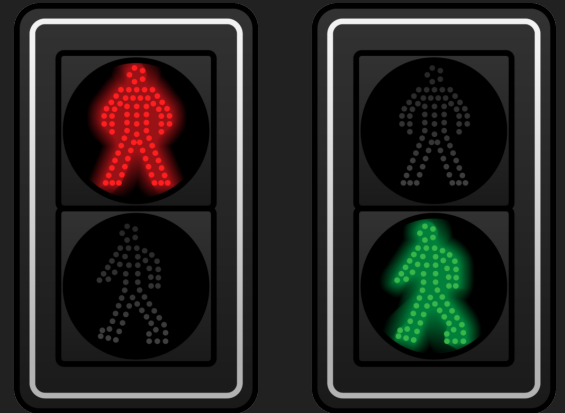


What if you could stop those negative emotions and debilitating thoughts dead in their tracks?



Type in the chat box what you would do if you were inspired daily and felt that ZING of sheer delight!

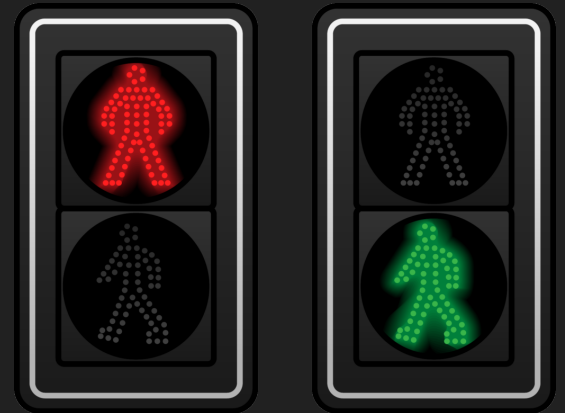
-Love myself more



Type in the chat box what you would do if you were inspired daily and felt that ZING of sheer delight!

-Love myself more

-Exercise

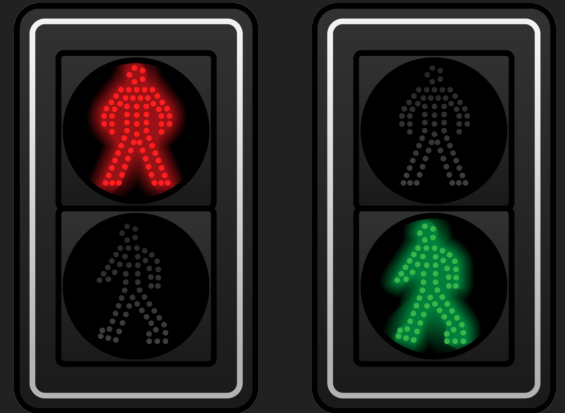


Type in the chat box what you would do if you were inspired daily and felt that ZING of sheer delight!

-Love myself more

-Exercise more

-Leave my job



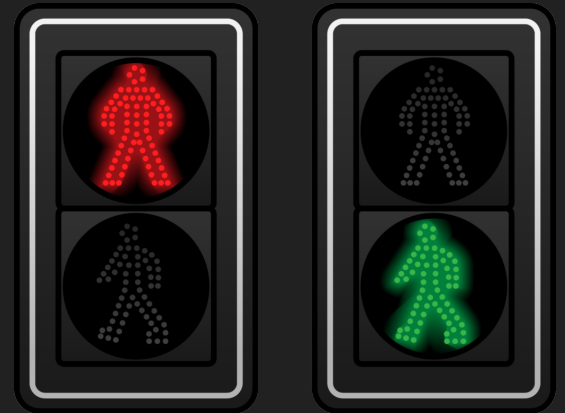
Type in the chat box what you would do if you were inspired daily and felt that ZING of sheer delight!

-Love myself more

-Exercise more

-Leave my job

-Worry less



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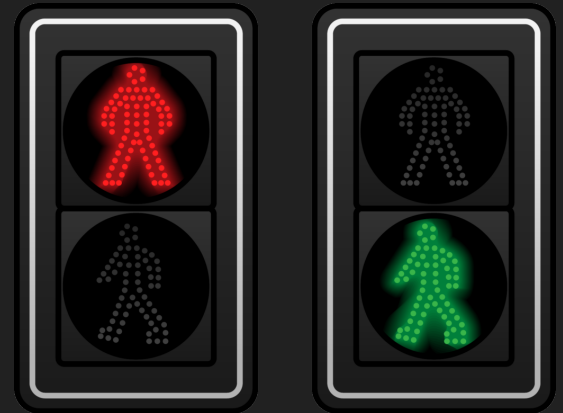
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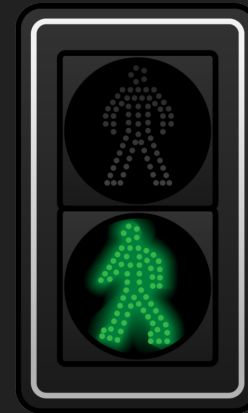
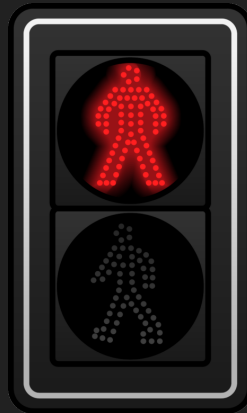
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-Worry less

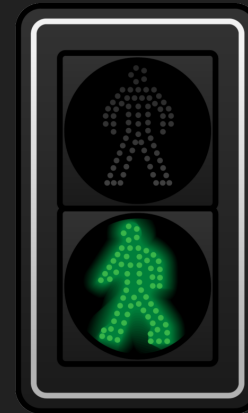
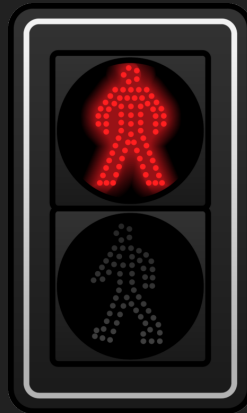
-Be more creative and adventurous



Suppose you had regular check in
where a group of dedicated *ZINGERS*
would remind you to stop your
negativity and go follow your bliss!



Imagine how much quicker you could stop your negativity and go connect with your intuition and inspiration!



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Opt-in and get a free handout of today's talk.

Want a gift trial membership and access to the **ZING METHOD** members area?

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ZING Your Way To Happiness Q & A

With Ruth Anne Wood

