

SIMPLICITY

The Power of Simplicity

"Handling the Roller coaster of Life with Grace and Joy"



Anthony Davie

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Simplicity in Action

“Handling the Roller coaster of Life
with Grace and Joy”

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For You,
My Dear Reader, may you find the wings to fly to your
highest dreams

In memory of Chula



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Inspirations and Thanks

This book, like any other work, would not have been possible without a huge number of people who's name doesn't appear on the front cover. I owe a huge, huge "Thank You!" to my inspiration to start writing this book- Evelyn Ch'ng who through her own persistence and quality brought her own book out some months ago. She has inspired me daily through her dedication to help the people she trains and reaches. She is a true mentor to thousands and my best friend, companion and the greatest partner anyone could have.

I cannot go further without thanking from the bottom of my heart, T Harv Eker, Blair Singer and Larry Gillman each of whom in different ways have really, really touched my life deeply. They opened my eyes to the full potential of living by their example. Harv's program "Millionaire Mind Intensive" was a watershed event in my life. Since taking that program and the many, many that followed I've grown to be the person I truly am. For that there are no words that do justice to the beauty of helping someone become a better person. That is my goal and mission for my life to do the same. This book is the first step on that road. It exists because of their dedication to their art.

I have met extraordinary people on my journey, people who I now consider brothers and sisters. My Chinese brother Fredrick Wang is a true Enlightened Warrior and I am privileged to know him. I know he and I have much road to travel together in the future. I wish our journey well. The same is true of Deborah Torres Patel, the depth of light and joy you bring by just being you is beyond description. I am in awe of the people I am blessed to have as friends. Giselle, Paul and Fernanda you are all true sons and daughters of Pachamama. Your light and commitment to bringing the light into the dark is incredible. Matthias for being far, far more than the Greenest Person on the Planet, you are a fabulous human being first. Chris you have given me pure support and friendship over the years, may you find the fulfillment you richly deserve.

The most profound inspiration I have found is seeing the changes in others as we have journeyed together: my brothers and sisters in Superstars and Braveheart, we are part of a global journey of change. I am continually amazed at the depth and warmth of people whom whilst I have not known long in terms of time, in terms of depth we have traveled lifetimes together. Richard and Veronica Tan of

Success Resources and all the staff, Lena, Cez, Douglas and so many more have made the journey we have all taken possible by giving first. Thank you.

I also thank my mother and father for being who they were, both their faults and strengths because without their inspiration and the lessons I learned from them I would not have had the awareness to know quality when I encountered it- their love and determination to do the best they could has taught me the essential lesson of learning to love myself.

Lastly, I thank my precious sons, Christopher and Alexander, who whilst you may be far away now, you are always in my heart and you are both my deepest inspiration and joy- no matter what has happened. You are both the reason I fight to make myself a better person and to carry out my mission because my legacy to you will be to leave the world better than I found it.

“My mission is to enthuse and nurture joy and self
awareness in people”

The proceeds of this book will go towards funding and building the sustainable wealth businesses to support The Earth Institute (www.te-i.org). The Earth Institute is a collaborative service to provide awareness campaigns and empowerment to the individual to improve the environment and our place in it to be true Stewards of the Planet Earth.

It is my contribution to change our global mindset about how we live on our only planetary home. I for one want to leave it a better place than I found it and that starts with me. The journey I have taken to be a better person is in these pages, not my life, but how I have done this in the hope that you, dear reader, will find some of this useful to improve the quality of your life.

Aho!

Aho! Is a Native American phrase honouring the truth in you and me
It means both Hello (Lakota) and Thank You (Kiowa) and Amen (Cherokee).

It is also an acronym for “above highest obstacle”

Volume 1

The Clearing

Before we can build anything new, first we must clear the old.

"Any journey begins with who we are and ends up with who we
become."

Anthony Davie



Ready, Set... Live!

Welcome

This book is about simply living well and living your dreams. We are addicted to complexity and often do not believe that the simple stuff really works. We have put locks on the doors of our dreams, now it is time to release them.

It is also about investing in yourself. If you want life to invest in you, with riches, happiness and love you need to invest in yourself first. This book is exactly the right place to be. It is full of proven, practical exercises that are easy to follow and as a bonus a huge resource list of other books and seminars that can take you further. But first you have to invest the time and effort to grow.

But you know what? The biggest obstacle to having the life we want is our beliefs. At first sight that may sound pretty weird, right? Our beliefs are what make us, us after all.

Well, no. A belief is a firmly held idea about something or someone that we rarely question. That is all. We have loads of beliefs, about sex, relationships, money, god, religion, politics, spiders, the weather, our grandparents, peanuts and the list goes on and on and on.

Everything should be made as simple as possible, but not simpler

Albert Einstein

Beliefs are ideas and opinions we hold about events, people, places and things that are always either good or bad or they are right or wrong. If for example, giraffes really do not excite you one way or the other, you likely have few if any beliefs around them. But something else, like say money, has plenty of beliefs around it. These beliefs will condition the way we respond.

This book is NOT about having *less* stuff in your life, it is about having less junk in your head.

Before I continue, I want to warn you about one thing in this book. There are occasions that I will be deliberately provocative. This is not because I'm a jerk, but because if we stay in comfortable la-la land, we will learn little. Why? Well, because if we stay comfortable, we do not challenge our assumptions, we stay in places we are used to and then don't grow. Let me put it another way, let's say you want to run the 4 minute mile, do you think you will be able to do that the same way you trot around the block? No not really.

So if we are going to achieve change, we need to mix things up a little. I will talk about religion, spirituality, relationships and life events in a fairly direct manner. I do not do this to offend anyone, but to be clear and possibly shake up opinions a little, **we often only see our beliefs more clearly when they are challenged**. Are you OK with that?

The process of change is not removing something we are, but allowing it to really shine through.

Thank you for being you.

First off, let's find out something about your beliefs- there is NO right or wrong in the next exercise, just answer each question as fast and as honestly as you can- no else sees this but you, OK?

Question	Yes	No
Are you an emotional person?		
Do you think through every problem and try and find the best solution?		
Would others say you do not react much to outside events?		
Do you often lose your temper, even if you don't show it?		
Do you hold the same beliefs about right and wrong now that you did when you were a child or teenager?		

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Question	Yes	No
Did you belief in Santa Claus / The Tooth Fairy as a child?		
Do you still?		
Would you deep down somewhere like that to be true?		
Do you think “magic” (however you define it) exists?		
Do ghosts exist, in your point of view?		
Have you every had a strong experience that changed your point of view about something?		
Do you think that a person should hold the SAME opinions about money, relationships, religion or politics for their whole life?		
Do you think it is OK to change your point of view if new information comes along that makes sense to change your viewpoint?		
Are you proud of the opinions you hold?		
Are you clear on what your values are?		
Do you remember the last time you cried?		
Did you feel somewhat embarrassed if you did?		
Do you know why you felt that way?		
Have you ever said or done something your later regretted?		
Do you like others to show their emotions?		
Do feelings scare you?		
Can you name at least three people you love?		
Do you hold strong religious beliefs?		

Question	Yes	No
Have you always had those beliefs?		
Do you hold strong political beliefs?		
Have you always had the same beliefs?		
Do you believe making money is easy?		
Do you believe you have to work hard to make money?		
Do you believe the week starts on Sunday?		
Do you believe that man has walked on the moon?		
Do you believe evolution (monkeys to man) is correct?		
Do you believe science can solve most of today's problems?		
Do you believe you can change deeply?		
Do you believe your personality is fixed?		
Do you believe in God or some Divine Being?		
Can you name three things you believe strongly?		

OK, thanks for taking the time to do that. I have no idea how you answered, but I can guarantee you one thing, there would be very few people, if any, who answered all those questions exactly the same way as you. You are unique, and that is reflected in your beliefs, not **because** of your beliefs.

Those questions are part of your “belief system”. It is the map you use to say this is “right” and that is “wrong”. But for almost every question you answered “yes” there is someone who would answer “no”. We used to believe, no, we used to **know** the world was flat about 500 years ago. People were *killed* because they said the Earth went around the Sun. Now we would laugh at anyone who thought the world was flat. Beliefs are pretty powerful. Yet, they are just thoughts about the world and

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ourselves. We *can* choose those which empower and enliven us, it might seem hard now, but that is precisely what the exercises in this book can help you achieve, you simply need to do them.

We are addicted to complexity. We have been conditioned to look for complex answers because they are somehow more “true”. After all, if life were really that simple, then everyone would be doing it right?

No, because there are a series of agreements (see “The Four Agreements” by Don Miguel Ruiz), we have with ourselves or within our society about what is true and what is not. In almost all cases these ideas are “fashions”. They can and do change. It is a bit like the length of women's dresses. It has been shown that fashions of high or low the dresses are a reflection of economic conditions. During the Roaring Twenties dresses were above the knee, during the Depression in the Thirties, dresses dropped below the knee and gradually rose until we get the mini skirts of the Sixties and as the economy slowed in the Seventies they dropped again.

We are interconnected with our environment in so many ways that we are often unaware of. But the biggest mass of opinions that shape our life is between our ears. This complex mass of opinions, many of which are contradictory is our internal User's Manual. It has a complex set of rules about what we are allow or don't allow ourselves to do. We can also back these opinions with lots and lots of reasons. Go back and review your answers to the questions above. How fixed are your opinions? Or at the other end of the scale how fluid are your opinions? Or do you fall somewhere in between, strong opinions about a few things but not so about much else?

Where ever you are is fine- it is neither right nor wrong, it is just where you are. If we have lots of judgments about us or others that is an example of the complexity I am talking about that controls much of our lives.

I too have been and still am clearing my addiction to complexity. After all I had to be an expert in it first to write this book, right?

Despite being involved with spiritual teachings and other practices for nearly 30 years, whilst I learned a lot, I did not really solve the underlying cause within me that always came back to mess up my plans and even my life.

I have created and crashed businesses and crashed relationships. I hit the absolute bottom in my life three years ago, where I made a decision to change my life totally.

My only other choice was death, I knew deep down that if I did not change radically, I would just give up the ghost in a few years. My strength to stay the same had run out. We only change when the pain of staying the same is worse than the fear of change. Have you had a similar experience or know someone who has?

I then made the decision to really break through my deepest limits and grow in all areas of my life. Much effort, tears and thousands and thousands of dollars later, I have grown to begin to be the person I can be. This book is not my journey, although I do share bits of my life to illustrate what I have learned and how I have transformed my life.

The biggest and simplest lesson I have learned over this last 20 years is that we carry so many assumptions, opinions, ideas and rules about life that stop us from seeing the beauty and joy right in front of us. This book is about dropping all that and being free to be who we are and have the life we deserve. It will take some work on your part, so just reading this book will not “fix” your life. That's why the book is full of proven exercises.

“The U. S. Constitution doesn't guarantee happiness, only the pursuit of it.
You have to catch up with it yourself”

Benjamin Franklin

The first part of this book is about a process of reducing the “junk” we've been carrying in our heads for years and think we absolutely must have to survive. Sure, it worked, you're surviving, right? But are you living fully, completely, joyfully? I think that all of us can use some more joy and freedom in life. If you do not feel that, then please pass this book to the

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person nearest to you.

The second part of the book is a “toolbox” of skills, resources and techniques to keep on track to making your ideal life come true. This book can inspire you, but only you can make your life better. You will be guided along the way and none of **the actions are no more complicated than writing some things down or doing some very simple tasks your kids can do**. If you want to do them as a family or group of friends even better.

Louise Hay in her excellent book “You Can Heal Your Life” says “**life is very simple, what you give out comes back to you, what you believe about yourself and about life becomes true for you**”. There really isn't much more than needs to be said, she's covered it all in that quote.

But there is still the question of HOW do I do this? That is what this book is about- living a fulfilling, joyous and fun life. But to do that I need one thing and one thing only from you. Are you willing?

Your commitment to finish what you start. That's it. You don't have to say “yes or no” just yet, read on first.

This is a book with some important exercises, by completing them I have found my life transform. I have seen them transform for others. I have seen them transform the lives of people with college educations and without them, for people who speak English well and those who don't, for those who are wealthy and those who are not. I have seen them transform the lives of Americans, Chinese, Mexicans, Indonesians and many, many other cultures besides.

So I know they work across cultural boundaries. I know they may work for you, if you are willing to give them a try. So, do I have your commitment to give these exercises all you've got?

Thank you.

This book is about Simplicity in Action, so there are going to be lots of

exercises for you to do. **This is not a passive reading book.** If you insist on reading it passively and not taking action, then this is very likely a reflection of the way you live the rest of your life.

We all just figure life out as we go along. Sometimes we get it right, sometimes not. Along the way we collect some “junk” ideas as well as good ones, but we are scared to let the junk go because what would we replace them with?

This book shows it's OK to drop the junk and you don't need to replace it with anything. You just need to be you. Most of us think we are far, far smaller than we actually are. Let's get inspired!

A few months ago it struck me that nature is incredibly abundant yet it re-uses the same laws in different ways.

The old saying of “As above, so below” very much applies. Let's take a look at these natural laws:

For those who still remember their school days, these are Newton's Laws (I had to look them up on the Internet too)

- An object at rest tends to stay at rest and an object in motion tends to stay in motion unless acted upon by an external force.
- The acceleration of an object is directly proportional to the magnitude of the external force
- For every action, there is an equal and opposite reaction

They may be a little trimmed down from what's in your school physics text book, but let's look at them from another angle- they are also pretty damn good rules for living too.

For the first law, this reminds me of the saying that “Insanity is doing the same thing time and again and expecting different results”.

For example, we always put the car keys wherever we happen to drop them and then get frustrated about wasting so much time in getting ready to leave in the morning because we are always looking for the keys. Some would say, Aha! Buy a gadget that you attach to the keys that

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beeps when you press the finder. Fair enough, but would it not be much simpler to always put the keys in the same place? That way you know where they'll be?

For the second law, I tend to interpret this as *"if I sit on my butt and do nothing, nothing is pretty much what's going to happen"*.

The third law is a good example you get back what you give out. How you treat others will affect how they treat you. **How you treat yourself will affect how the universe responds to you.**

The Law of Attraction is essentially **you get what you think about the most**. Or what you focus on strongest expands.

The Third Law has a strong correspondence to the Law of Attraction, that is when it hit me that **"The Universe is Simple, WE Make it Complicated!"**

"Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius - and a lot of courage - to move in the opposite direction"

Albert Einstein

At this point you are probably going "Duh! You only just got that at age 45? I paid good money for this?"

Stop there please. Now ask yourself this question- **do I really live this in my life or do I just know it?**

My friend and mentor T. Harv Eker is fond of saying that **"I know that"** are the three most dangerous words in the English language.

Why? Simply because they stop us from taking necessary action. We have all been conditioned to think, to one degree or another, that knowing something is enough, it is a substitute for action.

It is absolutely not. Imagine you know that helping a disabled person cross the road is a good thing to do, but do not. Imagine that you know keep your promises always is the right thing to do. We all know that one, right?

Imagine that you know you need to love and accept yourself fully. Now be honest, do you really? Or are you just saying “I know that”?

When some people say the Law of Attraction is junk and doesn't work because they wanted something and it did not come about. The Law was working perfectly well, it was giving that person what they felt deepest and strongest about themselves and the world they are in. In this book you will learn how to replace the negative responses for positive ones.

Every time.

This book is about taking action. So you will need the following to get the most out of what is in here.

1. Pen or Pencil and Paper
2. Stop watch or similar for the timed exercises
3. An open mind and a willingness to change
4. A box of sweets or some treat you like

Put your best efforts into each exercise and you will be amazed at how fast you can make changes in your life.

A Note in Timing! In the Power of Simplicity seminars the timing of the exercises is controlled by the trainer. But by doing the exercises at home, you will need to make sure you follow the timing **exactly**.

This is ESSENTIAL to get the best out of the exercises. A deliberately short time is given for two reasons:

1. Work expands to fill the time available
2. Compressing the time makes it easier for your intuition to be heard, with more time, your mind will take over.

You will find that the exercises and actions that are listed here may well seem obvious and “too simple”. Well, that's the point, the mind tricks us into being complexity addicts. *“How can this simple stuff work, if it were simple everybody would be doing it!”* Well, everybody is thinking just like that, which is why very few people are doing this.

We look for “shortcuts” in life to get what we want, usually with little effort on our part. Pills for this and that, patches to stop smoking, hypnotherapy

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for snoring, the list goes on.

Why is this so common place? Because we want to not take responsibility and looking for the solution outside ourselves. If you want to stop smoking, stop. If you want to get healthy eat well and exercise. The thing is **we want to keep our limits** and bad habits **and grow at the same time**.

I don't know about you but I've never seen a tree trying to grow back into an acorn. This book is about believing in yourself by removing the layers of fear, doubt and "common sense".

"Common sense is the collection of prejudices acquired by age eighteen"

Albert Einstein

The exercises chosen for this book are simple and they work. There are other techniques and approaches, so if at the end of this process you wish to explore more, the last section is a set of resources, books and seminars I have found invaluable.

There is no "right" or "wrong" process- there is just **your** process. Trust in the wisdom within you. You may not be able to see it fully, but it is there.

You are worthy of the very best Life has to give. How do I know this? Because you are alive. What other evidence do you or I need? Now, whether we choose to believe it is another matter and that is why often we have unhappiness and lack joy in our life.

The process of Simplicity is more about removing ideas that block our growth than adding anything new. That is why this book is broken into 3 parts:

- 1.Clearing
- 2.Building
- 3.Resources

Clearing takes most of the book, since we usually have a lot of emotional and mental baggage to chuck out.

In Building I will cover some simple tools and strategies to help you manage time, money and keeping inspired. These tools are great ways to remove the excuses of why we can't do things.

In Resources you will have the full list of all the courses, books and websites that I have found valuable. It is a great place to go if you want to take your journey further after completing this book.

Lastly, there are invaluable resources on the website www.ThePowerOfSimplicity.com. You can also see if there are seminars in your area or even request for one.

Enough chatter! Let's get started with the first exercise!

Take Action! Let's start by figuring where the “baseline” is. Take out a clean page and a pen or pencil and write down as many statements that start with “I am”. Have both **positive** and **negative** qualities (one quality per sentence) that describe YOU. Write what comes to mind, try not to pause to think too much. After each quality finish up with “**because ...**” where you describe why you think you have the quality you have.

No one sees this except you, so be **really** honest with yourself

Please take 5 minutes for this – start now.

When you are done, please turn the page.



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Firstly, thank you for having taken action to improve your life. Take a moment to enjoy one of your treats fully. You've genuinely earned it.

Why? Because you took action. **Celebrate all wins.** At certain times in the book, you will have a chance to have another treat. The reason is simple: we have been conditioned for too long not to cherish ourselves and to not give ourselves acknowledgement. This changes now! **When you have a success in your life celebrate it!** After all, what we focus on expands, right? So enjoy your well deserved treat.

Next steps, let's see what can be learned from the list. Please fill in the following chart:

How many items in total:	_____
How many were negative characteristics:	_____
How many were positive characteristics:	_____
How many "because" lines did you have next to a quality:	_____
How many "because's" were about past events:	_____
How many "because's" were about parents / relationships:	_____

Now first and foremost, WHATEVER is in your list and the chart above is absolutely perfect. There are no right or wrong answers. This is a map of your beliefs about you have about you. It is NOT you.

I will point out one thing, there may be more negative items than positive. This is common, because we have been conditioned to look only at the negative, or we feel the negative is more "true" somehow.

The only reason we feel this is because we spend so much time around negative thoughts and less around positive, so positive feels unfamiliar.

Life is about Joy, abundance and fulfillment. The sun shines on all equally, the trees produce billions of leaves, the oceans teem with life. Why do we allow our lives to be so dry and lacking? Because we believe that is "the way it is" or "the way it should be because...." or "...story of some sort...". This book is about removing stories that stop us growing. We will grow a new story based on your true self which nothing can shake. Ready to move on?

Ready to Start Living?

"This is all you have. This is not a dry run. This is your life. If you want to fritter it away with your fears, then you will fritter it away, but you won't get it back later"

Dr. Laura Schlessinger

If you are breathing right now there is a reason, I don't know what it is, but you do, only it is hidden like a diamond in the center of your heart. **That diamond can shine and illuminate your life with purpose.** Life can only be simple when we know where we are going, when we have a purpose. Some people think life is about dying with the most "toys" as the T-shirt says "He who dies with the most toys wins". How? Who is going to keep score? What is your legacy? Is that what you want to be remembered for? I know there is far more to it than that. Just toys are not enough, as this story illustrates.

"If you want to take your mission in life to the next level, if you're stuck and you don't know how to rise, don't look outside yourself. Look inside. Don't let your fears keep you mired in the crowd. Abolish your fears and raise your commitment level to the point of no return, and I guarantee you that the Champion Within will burst forth to propel you toward victory"

Bruce Jenner

Multi-millionaire Ken Behring (net worth in excess of \$500m) came up with four stages we go through in using our wealth:

1. Stuff
2. Better Stuff
3. Different Stuff
4. Giving

He had the cars, houses, planes and so on. He had stuff. He still felt unfulfilled. So he figured he needed better stuff, he bought himself better cars, planes and so on. He still wasn't happy, so he figured he needed different stuff, so he bought a hockey team (the Seattle Seahawks). Was he fulfilled yet? No. One day a friend asked him to accompany him on a

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trip to Yugoslavia to help give away wheelchairs to the people who had lost limbs after that cruel war.

The first wheelchair he handed out went to a boy, who through an interpreter, asked to stay a moment. The boy looked firmly into Ken's face and the interpreter told him the boy had said "Thank you", but the boy would still not let him go. The boy then said looking directly into Ken's eyes, "I want to remember what you look like so when I reach heaven I can thank you a second time".

I can assure you there are people out there who need you to be all that you really are, just as there are people who have really touched you in your journey through life. Just like that boy did for Ken Behring.

Your gifts and treasures are yours to give to others. The exercise in this section, if you do it at 100% will help you start uncovering that purpose. The exercises in this book will polish the diamond that is you.

But first, let's start with some basic groundwork. Most people feel they are basically good, but there are plenty of skeletons in the closet which leech our self esteem and things we have done that may not make us proud, if we are being truly honest. After all, to err is human, right? Not really, it is just the best choice someone could make with who they were and what they knew at the time. That means you and me too. Let's get some clarity on how we work inside first so the exercises make more sense.

Why Good People Do Bad Things

I am sure that it would not take long for any of us to remember having done something we knew we should not or that was wrong. Yet we did it anyway, it may have been as simple as stealing a cookie, or fiddling expenses at work, or lying to our spouse, or having a drink or drug problem, or having an affair, or beating someone up, or murdering someone or attempting suicide. Do I need to go on?

The basic deal is, we are all born pretty much the same. As babies we learn the "rules of life" from our environment or parents, or other events that happen to us as we grow up. The people we learned from were

making it up as they went along too. They did the best they could with the ideas, feelings and environment they were in, just like you and me.

But the key point, is we all start the same. We start FINE and gradually get DE-FINED as Alan Cohen puts it. We get defined as a “good person”, “good worker”, “cheater”, “slacker”, “victim” and on and on and on.

We pick up these labels as we go through life. We look up to others and think, “well they are my parents / guardian / teacher / whoever AND they are an adult they must know more than me, so I will accept what they say”. Often this is almost subconscious, yet many people have left a deep imprint on us, some “good” some “bad”. All had an effect. We will do an exercise on this shortly.

No let me ask you this. Is it possible to sum up all the beauty and unique mixture that makes you really you in just a few words?

In a second, you will write out a series of sentences that describe you from different perspectives. This mosaic of images of yourself is how you see yourself. Ready to begin?

If you had to describe yourself in one sentence what would that sentence be? **Take three deep breaths, calm down and write it here [2 min.]:**

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Describe yourself as you think **your family** see you. **Take three deep breaths and start [2 min.]**:

Great job. Two more to go.

Describe yourself as you think **your friends** see you. **Take three deep breaths and start [2 min.]**:

Here is the last one:

Describe yourself as you think **your co-workers** see you if you have a job. If you are freelance, how your **customers** see you.

Take three deep breaths and start [2 min.]:

Those sentences in pretty much one form or another running around in your subconscious mind and control how you act and what you achieve.

That “identity” that you think is you, is what determines how you will respond to different circumstances in life. That identity is just a series of beliefs about how the world and you work. What you really are is much, much deeper than that.

How the Mind Works

The mind is actually made up of three parts:

- The Conscious Mind
- The Subconscious Mind
- The Heart

What?? The Heart? Yep. Bear with it for a moment.

The conscious mind is where you do your thinking you are aware of. How you work out your tax return, figure out what to cook for dinner, what excuses to give the boss for being late, that kind of thing. The conscious mind is also looking out for danger. Always. It is your own personal Homeland Security Department. It is looking for WMDs (Weapons of Mass Destruction) all the time.

Ready, Set... Live!

The subconscious mind is the part we are not really aware of, but it is where our opinions, values and ideas about ourselves lie. Much more importantly, it is also connected to the world in an odd way. What the subconscious believes we attract towards us.

These are the key characteristics of the subconscious mind:

- It uses **images** not words to communicate
- It does not understand time (past, present or future)
- It does not understand negatives (like this sentence)
- It also does not have a sense of humor (sad but true)

The subconscious “edits” out words like **not** or **no** and proceeds to take the statements as **commands** to go and create this reality. For example, if some one always says to themselves “this always happens to me!” It creates more circumstances that match of what you think about most.

Another example, “I don't want this to happen EVER again!” Delete the word “don't” and that is what you'll get. Especially with statements that have **high emotion**.

If you don't believe me, look around you. Do you see rich, successful victims? Or do you see rich, successful optimistic people with good self-esteem?

Why do all the losers loose? Because they have convinced themselves they are losers.

Now I mentioned the Heart. This is the most important part of the mind. Current research shows that the heart is connected to many events previously thought to be part of the nervous system only. It has been shown to have at least 40,000 neurons in it.

Neurons are the special kind of nerves that make up the brain. It has also been proven that more “data” goes from the heart to the brain than the other way around. Who's controlling who here, then?

If you think about it this makes sense- if you see an event (a rabid dog running at you) the heart needs to prepare to pump more blood to get you out of there fast. So of course it is connected to the mind.

Also, the heart has to be connected to every part of the body to regulate blood flow and more besides.

But the heart is connected to something much, much more important. It is the voice of your soul, just as your eyes are windows onto your soul. Your intuition speaks through the heart. There are really only two basic emotions: love and fear. Everything else is some mixture of the two with an opinion thrown in.

For men in particular, trusting emotions is harder than for women. Often for cultural reasons but also because men do not generally express their emotions clearly and women are often ruled by their emotions. I am not being politically incorrect, it is a physiological fact. Neither is right or wrong, they are just the differences between men and women that make life so rich and rewarding. Dr. John Gray in *“Men are from Mars and Women are from Venus”* covered the physiological differences and how these affect moods and attitudes brilliantly.

Back to the heart, the emotions that give us the greatest “lift” are joy, love, peace and passion are also the ones that carry no “baggage”. When you feel joy, you feel light and great.

When you feel a negative emotion, anger, sadness, depression and so on, you feel heavy and dull. The Soul speaks through the emotions that “lift” us- **never** through those that drag us down.

The last point about the heart is the most important: **when we feel something we take action**. For example, imagine you are in a store and the sales person comes up to you and you are somewhat interested, but do not want to commit to taking action, by either saying “No I don't want that” or “Yes! I'll buy it”, we often say **“I'll think about it”**. Which is code for “I'm not going to do anything, go away please”. You know what? It is the same in the rest of life too! We spend ages “thinking about it” but doing precious little! (Guilty as charged, the only reason I can see it is because I've been there more times than I can count).

When our passions are engaged we will do anything. Think about your first date, or the first time you went out with someone you **really** liked. How did you feel? Now, how about last month's budget meeting? Or cleaning the storage cupboard? Which had more passion?

Ready, Set... Live!

Which one inspired you more? If you said the budget meeting, you're clearly an accountant!

The point is that emotions trigger action. Any good salesperson knows that we desire things, buy them and justify it afterwards. Same in life.

Now in the course of this book, there are going to be lots of exercises that are designed to connect you to your Soul. If you do not like that word, insert any of these: Higher Self, Spirit, Atman, Intuition, etc. A rose by any other name would smell as sweet.

These exercises work best if you do not think deeply, just be very focused in the present and answer what you feel is right, which is why observing the time given is extremely important. The first and most important exercise in this book is to learn to trust yourself. Trust your gut, whatever you want to call it. As you get better at it, it will get easier. This is just like riding a bike, it takes some practice but you never forget how.

You may feel a bit strange or say "I don't do those kind of things". Well, I'd rather be a bit hokey and happy than messed up and proper. Besides, I don't imagine you are trying this in the middle of Times Square, right? Pick a place where you will not be disturbed and enjoy.

What have you got to lose?

How to “Get Out of My Head” and Into My Heart

“The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift”

Albert Einstein

Guidelines on how to “get out of your head”

When you are doing any of the writing actions, especially if they involve the past, clear your mind as much as you can.

- ✦ Clearing your mind can be done in a few ways, some people are physical so do 3 or 4 minutes worth of jump jacks, push ups, running around the room, whatever it takes to “get you out of your head”.
- ✦ For others try simply breathing slowly and observing your breath, focus on the out breath and just relax.
- ✦ Here's another one, bounce lightly on your toes and shake your hands at the same time, gently. You are not trying to shake yourself to pieces here. This is a great exercise to get blood flowing.
- ✦ Try sitting and just look at a flower or a candle and try not to think, if you do, just come back to the exercise
- ✦ Try anything you know that works for you.

Please do this now

Practicing Gratitude

Gratitude for what you or I have is essential to move forward in life. No matter how crap you think your life is, it IS *your life*. No one else can live it better or worse for you. If you want it to be better, then first you have to accept what you have and then become a better you, but you have to start where you are first and accept it fully.

“There is no such thing as a problem without a gift in its hands for you”

from Illusions by Richard Bach

Take Action! Please take a piece of paper and a pen and write for 10 minutes all the names of the people who have helped you along the way to get to where you are now. **Do not forget to consider the bad events too**, they all had lessons in them for you.

Next to each name, write what you learned from the experience.

Write whatever comes to mind. There is no right or wrong here.

Start now.

I'm sure if you were really getting into this, you may have found some events or people in it surprising.

Forgiveness and gratitude are probably the most powerful means of changing ourselves because we allow ourselves to be free from our past and the “need” to be angry or resentful or whatever about a given event in our past that we feel “robbed” us of something. If you feel that way, especially if it is a strong feeling, then later when we get to Dave Pelzer's story, please take extra time to absorb the lessons from his life.

I found this out “the hard way” like most people. I lived in very abusive relationships both with my father and my ex-wife. I bless both of them,

they made me much stronger and my circumstances made me look for a better way to live. If it were not for those “bad times” I would not be where I am today. I also learned, slowly, to not take things personally.

Why I allowed myself to be in those relationships in the first place we'll come to later and more importantly how anyone can break out of destructive habits and patterns.

We are going to do an exercise next that may seem a bit “hippy dippy” just go with the flow. Also, as you do it, see if your body reacts in some way. Some people find parts relax or you have a physical sensation of some kind, usually in a specific place.

This is normal. What is happening is that the “cell memory” that stores the emotions around the event is releasing some of the energy.

People in hypnotherapy report similar things when reliving an event, especially a traumatic one. If you think hypnotherapy is junk, well, doctors have found exactly the same effect when they stimulate parts of the brain directly.

The only difference is in one case you get brain surgery and in the other you don't- same results though. Keep an open mind and if you need to do the “Get out of Your Head Exercises” go ahead.

Take Action! Gratitude is a vital keystone in improving and making your life absolutely brilliant.

Spend the next **five minutes** sending gratitude (*if you find yourself thinking, simply return to the exercise*) to all the people or events you listed above, even if they are no longer here.

As you do so, thank them for your learning and let them go.
You do not owe anyone anything.

Start now.

Ready, Set... Live!

"When you arise in the morning, think of what a precious privilege it is to be alive - to breathe, to think, to enjoy, to love"

Marcus Aurelius

Now that we have put ourselves into a receptive frame of mind; We, well you really, are going to find out why you are breathing on the planet today. This is an extraordinary period of time to be alive, there is more wealth, wisdom and opportunity available to every human being on the planet right now than ever in any other period of recorded history.

If you are looking at a repossession order for your house, or many months of unpaid bills you may be tempted to say, "Yeah, right!" or something more colorful. That is your circumstance, it does not stop what I said being true and this book is here to help take your rightful share of that abundance, your birthright. Before we do though, we need to figure out why you are here. You do not need to reach for the tea leaves, or go to the astrologer or anything like that.

Life is wonderfully beautiful, we are never given problems without the means to solve them at hand.

When you have a problem, "ask what can I learn from this?". In every case I have read about, a "big problem" turned out to be the biggest blessing for every successful person I know or have read about. Bless your problems, they are a means to know more about yourself and life. But you don't have to go looking for them!

Take Action! This is one of the most important exercises in the book, it is also the simplest: **every day for 5 minutes** repeat to yourself ***"I am successful in any situation and in every area of my life"***. If you get distracted by your mind, at first you will, a lot, simply return to the exercise.

In your heart is the reason you are alive. It is where your joy comes from. To find it we'll need to do a little exercise. Please turn over the next page to take action.

Chapter Action Summary

When we write down a journal or summary of what we have learned, we deepen and strengthen the lessons we have learned. Through out the book there are sections were you will be asked to write a summary. This is a very important part of the process. Don't skip it.

Please write a summary paragraph, **in your own words**, of what the key learning and lessons you have had in this chapter are:



Finding Clarity

Finding Clarity

"I can teach anybody how to get what they want out of life. The problem is that I can't find anybody who can tell me what they want"

Mark Twain

We are going to do two exercises which are very important. If you need to do some of the "*Get out of Your Head*" exercises first, go ahead. In this next exercise, we are going to focus on what you bring with you into this life. It is important to **distinguish between** things we have **learned to be good at** as against what we are **naturally good at**. A good indicator is things you have always found easy or that you were particularly good at as a child.

Take Action! Take a clean sheet of paper and put a line down the middle. On one side put LEARNED at the top of the page. On the other side put ABILITIES.

You are now going to write a list of all the things that you have **learned** to do. Skills you took a course for, you were not good at but, persisted and became competent at in the LEARNED column.

In the next column, the ABILITIES one, you are going to write all the things you have a natural ability for, things that came really easily to you.

Take 10 minutes to complete BOTH lists. Start now.

Great! Have a treat! **Celebrate all Wins!**

In this next exercise, we are going to write down where your JOY comes from.

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Please note there is a difference between pleasure and joy. Pleasure is often physical. There is absolutely nothing wrong with enjoying physical things, like sex, exercise, etc. They are common to just about anyone.

Here you need to focus on what would bring you joy no matter what your circumstances. For me, I get a deep sense of belonging and connectedness just being in nature. I feel the same way about helping others. I take great joy when I see others grow and develop their potential, whether I had a hand in it or not. I get a great sense of peace with my dog or my sons.

What would you absolutely love to be able to do, even if you did not get paid for it? Would you paint, sing, dance, teach, have children, train dogs, etc.

The list should include things involving others, not just your wants and desires. If teaching children to read is something you've always wanted to do, write it down.

The trick here is **not to over think this- just “get out of your head” using the techniques you practiced earlier.** Look at it this way, if you use physical actions, like push ups or running, if you get absolutely nothing else out this book, at least you'll get fit and it isn't even an exercise book! So if you want get more than that, put everything into these exercises, the more you put in, the more you'll get out.

No matter how improbable your dreams, give them space to fly- if you want to walk on the moon before you die, write it down.

Watch out for the “realistic” mind: *“that could never happen, so I'll skip it”*. **Push the envelope of your dreams.** What is essential is that what you write is important for you, no matter what your mind says.

This is the time to return to the joys and passions you had as a child. Do not worry about the **how**, the Universe will take care of that one.

For now act as if the means to make any of these dreams come true is already in your life. Just pretend. That way you can focus on getting the exercise as deep as it can be for you.

Take Action! Write down a list of all the people or actions that bring you deep joy in your life. Anything goes.

No one sees this except you.

Take 10 minutes. Start now please.

*"The two most important days in anyone's life is the day they were born
and the day they find out why"*

Reverend Thomas Barclay

Anybody can have wishes, "I wish to be rich" or "I wish to be happy". But it has no traction, no pulling power. Your wishes will be like dust in the wind when things get tough.

Just because you have made a commitment to change doesn't mean you won't face tough times. You will. We all do. By the end of this journey, you will be better placed to just brush off these irritations and they will no longer be roadblocks in your life.

However, what will get you through them is the power of your passion to live your dream.

If we are going to start a journey, we need to know where we are going.

Still thinking about the "how will this happen?" Can I tell you a story before we carry on? Thank you.

Al Gore was coming to Asia where I live to speak at a Branding Conference. He was going to speak on the environment. This is a deep passion of mine, so I wanted to go.

My software company was not doing well at all, frankly I was broke. Fed up and on my way to a messy and painful divorce. Not a great state of mind to think positive, right?

Right! I was so fed up I completely let go on worrying or thinking about how I would make this happen. There were three months to go to the conference and I could not pay for the ticket to Singapore, let alone the entrance fee to the conference.

I just said to myself deep in my heart, "I want to be there without

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financial stress and enjoy the conference.”

Some weeks later I was offered a job at a property development company with strong education investments. I was working in a brand new area, nothing to do with IT. I had been there only one month, when I asked if I could go to the conference. The company said yes, paid for the air ticket and hotel.

So there I was in the conference and personally handed my letter to Al Gore as I had envisaged. What was the key? I was so fed up, I just let go of trying to figure out how to make all this work. I just wished for it deep down.

Who would have said that was the road I would take to make my dreams come true? In addition, that new job solved many other problems and gave me a huge base of stability during the coming divorce.

So two things come to mind, firstly **if I can do it, you can do it** and always, **always allow something as good or better into your life.**

You are the child of the Universe and it loves you, even you don't love yourself as much in return. Like any parent it wants the best for all its children. That means you and me.

Finally, it is time for you to get onto your passions- don't worry about the how, just write from the heart!

Take Action! Please time yourself for this, do not take more time than given. Please take **5 minutes** to write down the 10 most important things for your life to complete. For example, “My life is complete when....”. Please do not put things, e.g. when I get a Maserati sports car, but it must be clearly measurable. Another way of figuring this out, think about what you would regret NOT having done before you die (your “Bucket List”).

Your list should focus on actions, people or environment. You can certainly say, “My life is complete when I am financially free” for example. The most important thing here, is let your heart speak.

Start now.

This exercise is to help you become clear about why you have the passions and skills you do. They are what you need to find the greatest joy in life: your mission, the reason you are breathing right now.

Now, we're not done yet! We have to refine this list. The brain works best with lists of between three and seven items, so let's cut it down the middle and choose five items. Before you think "easy, I know which the top five are". We are going to do this a slightly different way.

Take Action! We will take **10 minutes** for this exercise.

Compare item 1 to the item below.

Choose the one you would absolutely have to do if you could only do one of the two.

The compare the "winner" to the third item and so on down the list.

At the end, you will have five items, which will be the top five in your list.

Start now.

Keep your list handy, we'll come back to it later. Also, you can do this again in the future- your goals will change, especially as you start fulfilling some of your passions.

Celebration Time! Yes, reach for that treat! You know have a measure of clarity about your life. Give yourself a hug!

Action Tip! You can write your passions on cards and put them around the house to remind you of what you want to see happen.

The more you see them, the more your subconscious will be "re-programmed" with positive messages and goals.

The subconscious is a "gofer" it goes for the things you ask it to. It does not judge what you ask for. It will go and get what is most constantly in

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your mind. It is the engine that powers the Law of Attraction. As the saying goes, be careful what you wish for! We will clean your wishing machine during the course of these exercises so get the best wishes possible, not the murky, broken ones you've programmed yourself with so far.

Bear in mind that **we have never been taught how to use our minds to our best benefit**. We train our bodies but not our minds. It is acceptable to go the gym to be healthier. This book and its resources is a gym for your mind.

You might even get into a bit of washing here and there. Brain washing. If your brain is all mucky what's wrong with giving it a scrub? You clean your car, so why not your brain?

The reason we get all nervous with the phrase "brain washing" is that we think "we" will get washed out and what someone else wants will get put in. You know what? **That is exactly what has happened to you, me and just about most people.**

We have gone through life adopting other people's ideas of who we are, we have used faulty filters to judge ourselves harshly and allowed other people's opinions and beliefs to become our own. That sounds like "brain washing" to me.

This book is about letting you take control back of your mind and find your reasons to live a passionate, happy and full life.

Before we get to working out a Mission Statement for our life, that diamond in your heart, let's first establish what your values are.

Finding Value

From the list below, please choose **5 highest values**. What seems to work well is to tick each word you resonate with, then of that list choose the top five.

Ready?

security	time freedom	financial freedom
success	love	challenge
adventure	passion	intimacy
comfort	productivity	environment
beauty	giving / service	friends
family	primary relationship	respect
integrity	achievement	being the best
intelligence	health	fitness
honesty	joy	play
inner peace	courage	empowerment
learning	spirituality	independence
creativity	personal growth	leadership

List © T. Harv Eker 2000-2006

Your Mission to The Earth

So let's put it all together in a Mission Statement for your life. This is a simple sentence, that uses only positive words and embodies the essence of what you want your life to be about.

To give you an example of what one might look like here is mine:

“To Enthuse and Nurture Joy and Self Awareness in People”

- ◆A mission statement is based in action “What do I Do”
- ◆Choose some action words that resonate and inspire you.
- ◆WHO or WHAT do I assist. Be clear about your “audience”, for example, single mothers, women, children, athletes, artists, leaders, businesses, animals, trees, dolphins and so on.

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- ◆What is the VALUE or end result (see your earlier answers)
- ◆The Mission: Combine all 3

Here are more examples:

“My mission is to educate and inspire people to live in their higher selves based on courage, purpose and joy”

“I create a more peaceful, joyful world by educating young adults to develop self-esteem and inner joy”

“My mission is to inform and shelter women so they can protect themselves from abuse”

“My mission is to feed and nourish the poor, hungry and despairing”

“My mission is to raise planetary awareness and improve our stewardship of Planet Earth”

“My mission is to help my neighborhood and family live crime-free and meaningful lives”

The mission you have is something that will survive you, in other words, look at the missions above, do they finish when the person who made them dies? No, they are your legacy, your gift to future generations.

This is not the time worry about how you will carry this out- if your mission is clear, you will find the necessary resources, people and support being given to you. Trust that Life knows what it is doing. It trusts you with the mission you have. Shall we find it?

Take only **two minutes** to chose **3-5 words** that resonate, inspire and appeal to you.

Tick each word you like and then quickly choose the top 3 to 5 words.

accomplish	compose	enthuse	launch	reduce
acquire	connect	excite	lead	reflect
act	continue	explore	learn	reform
administrate	co-ordinate	facilitate	light	relax
adopt	create	finance	live	release
advance	decide	forgive	love	renew
advise	defend	foster	make	remember
affirm	delight	gather	manage	resonate
alleviate	deliver	generate	manifest	respect
amplify	devise	give	master	revise
appreciate	direct	grant	mediate	safeguard
assist	distribute	guide	open	satisfy
build	dream	heal	nurture	sell
call	drive	help	participate	serve
cause	educate	hold	play	share
change	elect	identify	produce	shelter
choose	empower	illuminate	promise	support
coach	embrace	involve	promote	teach
collect	encourage	join	provide	touch
combine	enhance	keep	realize	understand
complete	enlighten	know	reclaim	value

List Text © T.Harv Eker 2000-2006

Now we will put it all together and write the mission statement for **your life**, do not get stressed about this, the answer is already in you. Trust that and breathe deeply and let it flow out of you to illuminate your life!

Take Action! Write your personal mission statement now. Please take **5 minutes** for this.

Combine your values and your action words. Once you have finished it **read it out loud**. Notice how you feel.

If you feel any tension in any part of your body when you read it out loud, rework the statement until you are happy it embodies you fully.

Start now.

Whoever renders service to many puts himself in line for greatness - great wealth, great return, great satisfaction, great reputation, and great joy.

Jim Rohn

A Life of Service

Want to hear something that is even better than sex? Yes there is something! It is helping others, helping them achieve their goals, or bring some form of assistance or help to another person or situation **without expecting anything in return**.

Why is helping others physically positive? Because it gives us such a **deep sense of satisfaction that enriches us so deeply**, that the **only other physiological effect that comes close is sex**. Really. Of course, one is more physical and explosive, shall we say, but the deep joy given by seeing others grow or overcome limits is incredible. Giving is hard wired into us to produce a bunch of “happy” hormones. Maybe this is from when we were apes and it stops us braining every other ape and having no more apes to have baby apes with. Whatever it is, it is how we are wired, so let's go with the flow!

As an added bonus, it leaves an amazing legacy. The legacy of sex, even wildly good sex is kids or a visit to the doctor or just pleasant memories.

At first sight you might say "That's crazy! I'm not a saint like Mother Teresa!". She was no different from you or me at one point in her life. She was then so moved by seeing the orphans in Calcutta that she took amazing action and The Missionaries for Charity were born in 1950. Now you might say, wonderful, she led a rich, deeply purposeful life and changed the world but she was still poor.

Well, actually no, she was a multi- multi-millionaire. As the Head of the Missionaries for Charity, she managed millions of dollars in donations. So her organization was and is extremely wealthy. The same is true for many religious organizations, from Buddhism to Islam. Religious institutions have great wealth, but in general they just don't splash it around for individual benefit, rather for growing the religious community they represent. They are still wealthy though.

Now, the last thing I am suggesting is that you should become a monk or a nun. But to do good for others, having wealth is pretty much a prerequisite; and wishing to help others is a basic human characteristic. Plus thousands if not millions of people have found that by following their mission actually creates wealth more effortlessly as long as we continue to serve first. This is the Law of Reciprocity and it is equally powerful as the Law of Attraction.

A good example is Rockefeller, he was probably one of the most uncompromising business barons of the turn of the century in America. He grew Standard Oil into one of the most powerful companies in the world very, very ruthlessly.

Yet, if that was all he had done, today, he would be an interesting case study in business courses and in MBA classes. Yet the name of Rockefeller still rings today with a vibrancy that is still alive.

Why? Because of his philanthropic Rockefeller Foundation. It has made a major mark on American society and is still relevant today. His example set the tone for dozens of other philanthropic acts, not least of which is Bill Gates with the Bill and Melinda Gates Foundation and Warren Buffet is doing the same, as is Carlos Slim in Mexico.

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These are some of the wealthiest people in the world. If they are doing it, then there is something we can learn from them. Because in the majority of cases rich people give greatly to charity, far more than most people realize.

The quote by Jim Rohn above is absolutely true. All of the trainers and mentors I have had the joy and honor of working with including T. Harv Eker, Blair Singer, Joel Roberts, Alex Mandossian, Mark Joyner and Jack Canfield have **all** gained huge wealth whilst dramatically changing and transforming people's lives.

How about you? Could you handle massive wealth and helping huge numbers of people at the same time?

I know from personal experience that the tens of thousands of dollars I have spent on quality training has been repaid to me many thousand fold in the changes in my life. Can you put a price on your happiness? The catch is that to reap the rewards, effort needs to be put in by you. No one else can do push-ups for you. **You are after all investing in you, can you think of a better investment in the whole world?**

Go back and look at your list of joys, see which values give you the deepest response- very likely those in which you benefit others around you come out pretty high.

As human beings, we naturally wish to help and nurture others. Some people have simply learned other habits that have caused them to act in un-supportive or even destructive ways.

Some might feel that some people have done such terrible things that they deserve to be locked up. Well, a number of years ago I was studying nutrition from a leading specialist treating cancer patients with alternative therapies in the United Kingdom.

He presented a study done in a prison in the US where a high security prison with serious crimes offenders, including murderers, rapists and worse we held.

During the five years of the study they only did two things- removed sugar and salt from the food prepared for inmates. At the end of the five years crime within the prison had dropped by nearly 60%. Many were released early and did not re-offend. Since many of the offenders came from poor backgrounds, their diets before they went to prison was full of sugars, saturated fats and salt. The physical affects the emotional and mental and vice versa.

This underlines what I have come to feel that poverty is a very expensive proposition. When we are poor we can only afford poor quality in everything: housing, clothes and above all food and education. The two things that will make a dramatic change in poverty worldwide, education and nutrition are the two things keeping billions trapped in lives that are inhuman.

In another famous case, a therapist in Hawaii reduced to nearly zero the hundreds inmates of an asylum over about a five year period. In addition, the staff turnover reduced dramatically. In fact, he was so successful that they ended up closing the asylum.

So what did Dr Hew Len do? He used a variant of an ancient Hawaiian healing process called *hohonopono*. The short version is that you must accept that absolutely *everything* that comes into your awareness, for example, your neighbor tells you that her aunt died of cancer, is **your** creation. All Dr Hew Len did was pretty much sit in his office reviewing every case of every patient in detail and play tennis.

During the period of his review was to look at each patient's record was to take full responsibility for the patient's condition and say to himself "*I'm sorry*" with the focus on his being the cause for the patient's condition. Then he would say "*Please forgive me*" to the problem *not* the patient and lastly end up with "*I love you*", again to the problem, not the patient.

At this point you may be thinking they should re-open the asylum and throw me in it or that this is trash or both. **Either way, the fact exists, Dr Hew Len produced the results he did.**

Finding Clarity

Whether your mind freaks out or not. This has been independently verified and the “official” response is “we don't know what happened, but our best estimate is that there was mass spontaneous curing of all these patients”. This is all documented and verified by Joe Vitale in *Zero Limits*

There is a phrase coined by Occam (a 14th Century English philosopher) which is “**All other things being equal, the simplest solution is the best**”. This is called Occam's Razor because it is used to cut through confusion to arrive at the truth.

Of course, in a book about simplicity, this is an appealing quote, but it is also true. The universe has far too much going on to need to find complicated answers to things. It is us who are addicted to complexity. Besides, if it were complicated it would breakdown regularly.

Frankly, I'll happily accept a strange universe where a doctor in Hawaii can cure an entire asylum by doing what he did if the alternative is a universe that risks breaking down because it is too complicated. Image if you woke up one morning with a sign on the Sun saying “Normal Service will be resumed shortly”. We would last about 8 minutes, which is how long sunlight takes to reach the Earth.

I have no idea how what Dr Hew Len did works, but work it did- the evidence is there and has been independently confirmed that there was no external administration of medicines, which besides if they existed and produced such spectacular results in one place, I'm pretty sure the drug companies would be selling this to everyone.

At a more personal level, I have found affirmations and positive talk and releasing techniques (see **Clearing Obstacles and Limits** later on) to be amazingly effective and I have no idea how they work either. So the concept of the mind influencing the body and emotions is proven every day. You will prove it to yourself in the “Walk Happy, say Sad” exercise coming up a little later.

We all live with things every day that we have not got a clue how it works. For example, electricity or magnetism. Or life.

Scientists are constantly redefining our understanding of all of those subjects. We keep finding life in places we thought it could never exist- in volcanoes, deep under the sea or inside nuclear waste containers, for example. Do you know what electricity actually is? I don't but I'm happy enough to turn on the light without losing sleep over it.

So what Dr Hew Len did works in some way we do not understand. How releasing works is not fully understood, but it works. The results in both cases are there. This whole new area of investigation of what consciousness really is, is our new frontier for the 21st Century.

In TIME magazine on 1 December 2008 there was a fascinating article on how our feelings and thoughts influence our DNA. It has been proven in a range of experiments and tests that our DNA changes based on experience as we go through life. So even your DNA responds to your thoughts and emotions. Perhaps Dr Hew Len was onto something.

Let's get back to the theme of service and you to wrap up this section. We are going to do one last exercise before moving on to look at how our personality is made up and how we end up with the kinds of problems we all deal with in our lives.

Given that a legacy is generally something that occurs after we die, we are going to write our own **eulogy** (*sounds like: yoo'logi*) next.

If you are not familiar with the term, it is a speech given at funeral about the person who is deceased and expresses the essential values of their life. It is usually given by a relative or friend of the deceased.

It is a summary of your life for others to appreciate what you have achieved and what you stood for.

It might seem a bit weird or macabre, but just go with the flow. This will bring out very clearly what you feel your life stands for and what you wish to be remembered for doing. Look at your Joy List of 5 items and see how they would fit into your eulogy. Think of your mission statement and how you would like to have lived it.

Finding Clarity

You should imagine that a particular person, your brother, son, daughter, friend or whomever you wish will read this at your funeral.

Take Action! Write out your Eulogy. It should be in the third person, in other words, there must be no “I lived a fantastic life, etc.”. You will be dead and your friend or relative will be reading it to those gathered at your funeral.

To make it more real, put the names of the people or person you would like to read this at your funeral.

Please take 10 minutes for this exercise

“Even death is not to be feared by one who has lived wisely”

Siddhartha Gautama (Lord Buddha)

Your Vision

You have your mission statement now, fantastic! **Celebrate with a treat!** This is a major win! How do you feel? When I did mine I felt a lightness inside and a clarity of purpose. I still didn't have a clue on how I was going to achieve it, but it felt really good knowing it was there.

So what about your vision? Your what? Your **Vision** is how you go about making your mission come true. It may be the company you form, the business associations you work with or the people you network with. This is the “vehicle” for your mission.

One problem I used to have for years was I was a “shotgun entrepreneur”. I had this project going and then another one in case the first was slow starting or didn't work. I had Plans A, B, C and beyond. You know what? I was what I called a Smoke Machine. You know people like that, sure you do. They run around making a lot of noise and smoke, being very active but achieving very little. The results were definitely smaller than the effort invested.

The reason I had that problem was I did not discriminate between what supported me and not what distracted me. Often I was chasing the cheques and chasing the money you are always following it, rarely catching up with it.

Once I found my mission on T. Harv Eker's *Life Directions* course, my world view changed. I finally had a useful selection tool- did the venture I planned to do move my mission forward? If yes, then see if it fit my chosen Vision (how I was implementing my mission), if it did not match the Vision, then I could say "Thank you, I'll pass".

Isn't that a powerful place to be? You have clarity of vision of what you will do or not. Once I adopted this approach, all of a sudden, my life went into overdrive.

In the last year or so, it is no exaggeration to say I have moved further towards my mission than in the last 20 years. Simply because I knew clearly what it was. If you know where you're going it makes it easier to get there.

Last thing before we move onto the next section, get the crayons out! Let's have some fun!

Take Action! Get some crayons, or colored pens or pencils and draw your mission. Make it colorful and meaningful for you. It does not need to be a work of art, but it does need to be **a work of heart.**

Take **20 minutes.** Start now

"Life is a romantic business, it is painting a picture, not doing a sum"

Oliver Wendell Holmes, Jr.



Overcoming Negative Beliefs

What is Your Personality?

A lot of times, we tend to think our personality is our true self. We then imprison ourselves into thinking that to be “true” to ourselves we have to act the way we always have. Minor improvements are OK, but radical change is way out, because then who would we be?

Too often we enjoy the comfort of opinion without the discomfort of thought.

John Fitzgerald Kennedy

Before we get there, let me ask you a question, is that OK? If you were to lose a finger in an accident, would that change your personality? Would suddenly forget part of your childhood? How about an arm? When Christopher Reeve, the actor, became paralyzed, did he become less than when he was mobile? When do you stop being you? Let's say you had a major knock on the head or you have a stroke and your speech is impaired. Are you still you? You may not be able to **do** what you did before, but does that change **who** are?

“As the moon retains her nature, though darkness spread itself before her face as a curtain, so the Soul remains perfect even in the bosom of the fool”

Akhenaton (Egyptian Pharaoh)

Let's take this to the extreme with a real life story, I saw it on Discovery Channel some years ago. There was a lady, I don't recall her name, who had a car accident, in which she was left in coma, having had a severe trauma to her head.

Prior to the accident she was a very shy person who had no self-confidence and had failed at school. Her parents had constantly told her she should stick to sewing and cooking, which was all she was fit for. She never went to High School and had not read a book since leaving school. After she married, she became a quiet housewife.

Then the accident changed all that. She was in coma for some weeks. When she finally awoke, she was fine, except that she could not

Overcoming Negative Beliefs

remember absolutely anything about her past life. She could not remember her husband, her children or the fact that she had been extraordinarily timid and had failed at school.

This particular type of memory loss is very rare, despite what Hollywood movies show you. Usually people remember something, or bits and pieces come back over time. In her case, nothing. Zip. Nada.

Over the next three years she become an expert in her condition and gave lectures to medical conventions and the like. So my question to you is, which was her personality, the timid person or the confident achiever? What changed? So if she could make huge changes in her life, what is stopping the rest of us? I am not suggesting you smash your head against a wall to make changes in your life- but it raises the question of what really limits us?

As I see it, her beliefs that she was incapable were erased by her condition and her natural ability and skill as a human came to fore afterwards and she lived her true potential.

So the only thing holding her back was her beliefs about herself. How about you? For me, that was definitely true. The next part of this journey is how to clear these un-supportive beliefs that stop us from being our truest potential.

So in the end, what is personality? It is a collection of habits and patterns we think is us and is important, but in reality it masks us from our true self.

If you want to see a true reflection of who you or anyone else is you simply need to smile a deep genuine smile.

Ever noticed how beautiful people look when they smile? That beauty is their true self. When you really smile you are not doing anything else, not thinking or worrying about what to cook for dinner, nothing but just being you.

Take Action! Stand in front of the mirror and smile at yourself. Make it genuine, like you are really happy to see yourself.

How do you feel now?

Want to see the power of this? Walk around slouched and depressed looking. Now say out loud “I am really happy”. How do you feel? Do the words have more power than the posture?

Now flip it round, stand happy, think about something that makes you happy. Now walk around saying, “I’m really sad”. What did you notice this time? Which was more powerful?

Now you have a great tool to change your mood whenever you wish. You do not have to be trapped by your bad moods anymore. Simple, yes? But also really powerful? Most people would dismiss what you just felt with lots of “mind chatter”. But what matters is how you felt. You’ve taken a step closer to your heart.

This is proof that

Everything is Energy

If you can change your emotional state by changing the physical, then your emotional state affects your mental.

The same is true in reverse.

Some energies are slow and unproductive, some a higher and satisfying. You’ve taken the first step in building a new set of productive habits to become a better you. The higher energy states always give out more than they ask for. That is why a true smile is so enriching, to the giver and the receiver.

To have a bigger life, you need to grow into a bigger you.

Overcoming Negative Beliefs

Where there is joy there is creation. Where there is no joy there is no creation: know the nature of joy.

Maitri Upanishad (c. BC 800)

Just give yourself that genuine smile in the mirror again. You deserve it. Relax and enjoy being you. What other choice is there? Might as well grow and be the best you there is.

Welcome home.

Negative Beliefs

There is perhaps nothing more destructive to happiness and joy than the following 3 negative beliefs (there are others, but these are real acid):

- Justifying
- Complaining
- Blame

Justifying

This is where we complain or blame anything outside ourselves for the events in our life. The next part may be tough for some- **everything in your life, you attracted either consciously or unconsciously.**

At this point your mind chatter is probably going off the scale with reasons why this is not true. Lots of blaming is common at this point.

Not to worry, I did the same thing. But there is a very, very important principle at work here.

If you blame others for your life, you are powerless, because in the end you allow yourself to be at the mercy of external events.

If you want to really take control of your life, then get your power back, because with **100% accountability for your life, you get 100% power to change** the parts that are not serving you well.

Put that way, it does not hurt so much, right? Maybe it feels a little good too? If it does, excellent, because that is the **first step** to being able to make serious change in your life, **get your power back.**

Complaining

Given that everything is energy, as we have seen, living in a state of “everything is wrong” or any degree thereof creates a negative expectation.

In other words, the more you complain, the more you attract things to complain about.

That is not to say that “bad” things don’t happen when you stop, just your attitude attracts them a whole lot less and you react better and don’t “carry” the event with you.

Complaining is justifying the past. It is the internal version of “See I told you so”. Complaining is always relative to a past event and using that event as a “filter” to make the world consistent and predictable.

Remember the mind wants to keep you safe, not necessarily happy.

How to stop? Find something to be thankful for in any event. Also, every time you have a problem ask yourself “what can I learn from this experience?” Keep repeating the process until you have a positive lesson that does not involve judging you.

Blaming

Blaming is the brother or sister of complaining. When you complain there is an implied blame for the event. Either a person or people, often nameless (“them” or “they”) are at fault for your misery.

To successfully blame something, you must first complain about it, then blame others and thus justify your current state of being.

All these habits do is keep you locked into your current patterns and in a low energy state which weakens the body and leaves you more vulnerable to illness.

Imagine you are an airplane, you have a certain amount of fuel. These

habits keep you flying in circles. They won't allow you to land, because that would "be breaking faith who I really am" and thus eventually the only choice the plane has is to crash when it runs out of fuel.

Justifying, Blaming and Complaining = Victim

How many successful, rich and happy victims do you know? A victim is someone who needs negativity to continue feeling small. Why do victims like to feel small? Because then they have a fantastic excuse not to live up to their own promise. They always have a reason why things are bad for them.

Here comes the harder part- victims are persecutors. They need someone to blame for their problems. That was the case for me, I was the cause of every problem in my ex-wife's life. In her view, I was marginally lower than a cockroach in the value I brought to her life. In our case, our negative patterns got together and absolutely brought out the worst in both of us. She is a very warm, kind hearted person but not with me. I rattled her cage, which created more justification of her low opinion of me, the more that negativity feed back and here is the crucial part, **I chose to let it in** the more I sunk deeper into my own weaknesses, thus justifying her opinion and mine and so on. A negative spiral indeed.

The key words there were I chose to let the negativity in. Why? Because I did not know better and I thought it was the right thing to do, to absorb that. There is an excellent phrase that describes the better course of action: "*like water off a duck's back*". If you are not familiar with the phrase, it means that water just splashes off a duck's back and does not stick, so we should do the same in life with "**our**" **problems, firstly they are not ours unless we chose to own them** and secondly we do not need to absorb them into us. It will just serve to poison us.

If this is hitting home a bit hard, it is normal. Every single person who broke out of this pattern felt the same way, or something like it. It is that dreadful sick feeling in the pit of your stomach that you have wasted your time, energy, life, etc. **The absolutely critical thing if you feel that, is NOT to let that drive you deeper into "victimhood".**

This feeling is the tipping point- you are such a fine point of balance that you can go either way. Now, I don't usually bet, but I will now- I'm willing to bet that if you feel this way, there is **also somewhere a ray of hope in your darkness**. Follow that light.

It may be this book, a friend who gave it to you, a treasured memory, a kindness from a stranger, something or anything that gave you a droplet of hope.

When we are at such a low state, that droplet is all we can allow into our lives. It is evidence that Life loves us all so much that it will invest all that energy to bring us out of the hole. You ARE absolutely worth it. Even if you do not believe it, Life does! Trust that.

Later we will go into some very effective and simple ways to release all of this. You do not need to sign up for therapy just yet!

Gossip and Social Reputation

Gossip has ruined so many people's happiness. In my opinion it is one of the most serious "diseases" in society today.

Wow! You may say, that's a bit strong, after all, it is just harmless chatting amongst friends, right?

Maybe. Let me put it like this- if you gossip about a person, would you say the same things to their face? Most people would say of course not, they might not like it or it might hurt their feelings.

In my view, if you cannot say something to someone's face, it would be best not to say it behind their back. What motivation is there to do so?

It is also something that goes much deeper. When we gossip we loose our integrity, because we are saying things about others that are either partially true or which we would not be willing to say to them direct.

Why is this so damaging? Well, apart from the integrity issue, there is also the energy we are creating around us. If someone were gossiping about you, how would you feel if you found out?

Overcoming Negative Beliefs

So we create an atmosphere of distrust. Behind every gossip session there is the unspoken question of “if he or she is saying this about them, what would they say about me when I’m not around?”.

This creates an environment of false trust, because no one really, deep down knows that the other person is sincere. It is often true that the way we do anything is the way we do everything.

More than that, by gossiping, we attempt to live our lives through those of others. Either we wish we had their life or parts of it, or we are happy not to have their life! Let me tell you a secret: if you were in their shoes you would not be able to live their life any better than them. You would have their limits and strengths, so you would **be** them. How would you react? Just like them.

Besides, gossip is a subtle form of judgement. “I know this or that about you and because I know it I am better than you”. Underlying gossip is the false sense of security that because the people gossiping don’t have the problem being discussed they are somehow “better” than the person that does.

Lastly, gossip completely focuses on the negative. When have you heard of a positive gossip session? Very often, gossip is a half truth or worse an assumption based on external events. This then gets repeated, but never to the face of the person being discussed but damages their reputation or standing in some way, yet the real story is not known, just the fiction doing the rounds.

Gossip is particularly common amongst people who have a lot of time on their hands. To try and spice up life a bit, gossip kicks in.

We have not reached the worst of it yet. As you may gather by now, I am not a fan of gossip, having seen it destroy families, relationships and friendships first hand. All because someone had a juicy story to tell.

The worst of it is, that it conditions the behavior of others to live their lives according to the **opinions of others**. “I cannot possibly do that, what would so-and-so say?” Let me ask you a question, who’s life is it anyway, yours or theirs?

Overcoming Negative Beliefs

"There are many who dare not kill themselves for fear of what the neighbors will say"

Cyril Connolly

Why should you not be free to do something good for yourself or your family without fear of what the neighbors will say? The final result is that we stay in this little space that we do not allow ourselves to grow out of. This is a great human tragedy.

There are spiritual giants walking the Earth in the millions, but many, many of them feel they are small, unable to change in part because of the opinions of the people around them. Most of whom they either don't know or may not really like all that much. Pretty weird way to live a life?

I am not suggesting you make radical surgery in your friendships right now. Just ask yourself if the people around you support you or silently or openly restrict you. You might be very willing to change, but if those around you are intentionally or unintentionally pulling you down, it makes the process much harder.

"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great"

Mark Twain

If after reflection, you feel you must confront some of the people in your life, just remember the following- they too are doing the best they can with who they are. There are very few truly evil people, 99.9% of people are basically good and doing the best they can with what they know and how they react.

In the next section we cover how this works, but for now, whatever you do, do it with compassion first, but be honest with yourself too. It is through learning in these kinds of decisions and experiences that we grow the most.

More than doers, we are deciders and we decide with the heart. Once the decision is made, the action follows almost effortlessly. Spread compassionate truth and love in your life.

Overcoming Negative Beliefs

Try and leave things better than you find them. If you make mistakes, even if they are howlers, forgive yourself, love yourself and give thanks for your blessings, learn from the experience and move on.

As Buckminster Fuller said: Emotional Upset is an opportunity to learn the truth. Have courage, you are following the right path!

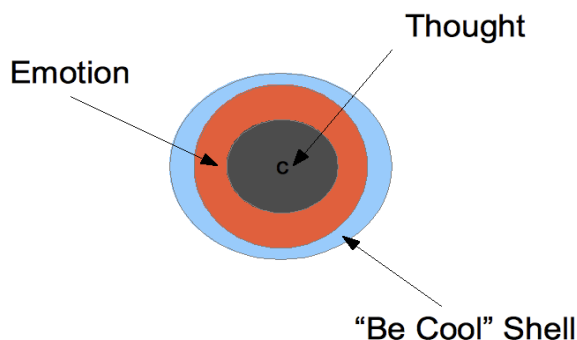
Lastly, if you act from integrity, others will find little to criticize. Far better than forcing yourself to live another's version of your life.

We need to start living from the inside out, rather than the other way around. Right now in society, we limit and control our behaviour because there are laws, the opinions of others and other external restrictions on our own behavior.

Far better is for us to get in touch with who we are and the laws become far less necessary because we will live according to natural laws that benefit us and others rather than control. This is how the Native American people live in general, they live full deep and rich lives in harmony with their environment, of course there are exceptions, but remarkably few. There is a rhythm to life, and the beat is in your heart. Let it be heard far and wide!

We Carry Our Past Within

Let me introduce the “Yuck Berry”. This is a thought about an event, wrapped in an emotional response trapped in a “be cool” shell.



So what is going on here? When an event happens to us, especially one with a strong emotional impact, we have a thought or opinion about it- this is surrounded by the emotion regarding the event.

This little “package” is then wrapped in a “Be Cool” shell. This is where we have to play it “cool”, not acknowledge the emotion (“men don't cry” or something similar) **that causes us not express the emotion.**

This trapped attitude, the yuck-berry, becomes stale and then attracts others like it. So they group together until we have an “attitude” about all events that are similar in either the event, people or emotions involved. This then becomes our “pattern” of behavior for similar circumstances in the future. We then can often lose sight of why we react this way, since we are trapped in a pattern of behavior that is rooted in a reaction to the past event, not the present.

How do we clear them or clusters of them? Actually, it is simple- we need to acknowledge the event and the emotion. It is simple on paper, but the releasing process will also release the trapped emotion, but it is better to do that than live with stale emotions and being trapped by our past attitudes.

These trapped emotions end up running our lives and keep us going round and round in circles, rather like a dog on a chain, we can only go so far before our beliefs yank us back. As we let go of the yuck-berries we let go of our emotional chains too. First, let's look a bit more into emotions and what they mean.

What Emotions Mean

We all have a whole panorama of emotions that we live with. But like most things, emotions are generally “signals” for something else: the result of our thought patterns.

“Emotions are your body's reaction to your mind”

Eckhart Tolle

Overcoming Negative Beliefs

In most cases certain emotions or feelings represent or “mask” other causes.

The descriptions and reasons for each emotion are generalities- they may not fit your particular case. But look at how you react when you read this section anyway, it will tell you much about your inner “story”.

Action Tip! If you want to write down your reactions so you can review them later, that would be a great idea.

Anger

Anger is usually a cover for pain. We are in such pain we want to go and express it to others. In extreme cases, it even turns to violence.

Anger is probably one of the most destructive emotions around. It saps your own energy, pushes people away from you and leaves little but cinders left. Nobody wants to go into someone else's anger. So why would abundance and good fortune hang around an angry person? Anger is great for driving people and abundance away.

To find the pain that causes anger, the chapter on Releasing is very useful, under the Advanced Work section there is a way of dealing with anger or other masking emotions.

If we react angrily at lots of situations, chances are it has simply become a habit. See below on breaking habits.

Anxiety

Anxiety is a feeling of fear relating to a future event that has not happened yet. It can be more powerful if the event you are afraid of has happened in the past. This allows the mind to “predict” that it will happen again in the future. Remember the mind is a pattern matching machine to warn you. So if it sees patterns that are similar to the past event, it will start yelling its head off.

The thing with anxiety is that it becomes a “background noise”- it is easy just to let it hang around because it is not troublesome enough to prompt instant action to remove the cause.

Apathy

This is similar to confusion, it is a listless dullness where we do not wish to do anything.

This is a result of victimhood. We externalize the feeling that nothing is exciting enough to get us motivated, yet it is a reflection that we are unmotivated.

Ask someone who is apathetic what would excite them and usually you'll get "I dunno, something!" but they cannot be more specific.

Often teenagers feel it is "cool" to behave this way as a reaction to authority. Where authority is parents and apathy ticks off parents.

Apathy is relatively easy to deal with- firstly it does not respond to reason, no amount of words will cure it.

Go out and do something fun. Go for a roller coaster ride, eat an ice cream anything. Best of all get out into nature or have contact with people, but not in a way where the person being apathetic feels they need to "conform" to an external behavior.

Once they feel some joy you can acknowledge it. "I told you so" is generally not a great approach.

Apathy is also often a result of insufficient physical activity. So simply getting out there and getting sweaty will rinse apathy out of the nervous system pretty fast.

If you have a **tree planting** initiative nearby, for example, this is a great option since you don't need to talk, the physical activity brings up a sweat and by doing good for environment which will offer the opportunity to turn the apathy into an external interest that does not have the need to say some form of "I told you so" or other lecture which is precisely what the apathetic are often rebelling against.

Boredom

Close cousin to apathy. Same remedy. Usually it is a way of hiding from ourselves, or from doing something. Often accompanied by procrastination.

Overcoming Negative Beliefs

Boredom can also be a way to “pass the time” because there is no passion in life. The Clarity exercises in the last chapter can be a great way to give you something to focus on, to have a purpose.

Let's put it this way, suppose I offer you a job working in a toll booth collecting tolls for 10 hours a day and pay you \$100,000 per year for the rest of your life or I offer you a job (and the training needed) to be an architect, but I'll only pay you \$60,000 per year for life. Which would you choose? We generally want our lives to have meaning. Boredom is largely a lack of meaning in your life.

Confusion

Confusion is not what most people think- it is actually having a lot of choices, but instead of not knowing which to choose, it is not liking any of the choices.

In this case, there are two choices, accept the choices you have and willingly and freely choose one or create a new choice that is more appealing to you.

There is something to learn in everything that happens to us.

One thing that helps work out confusion is to sit down and write a name or phrase to describe each of the things you are confused about.

When you have done that, ask yourself “If I know how to solve that, how would I do it?” See what comes up. Remember, the answers **are within you already**.

If you are faced with a really big decision, such as divorce, marriage or a major change in your life, ask yourself if you would regret later not doing the thing.

It has to be a “**Hell Yes!**”. What is that? Well, you've heard the phrase “Hell No!” for something you absolutely will not do? A Hell Yes is the exact opposite.

Sometimes confusion is not knowing where you are. If you do not know where you are how can you know where to go or what to do? First things first, take an “inventory” of where you are, what state is your life in, your finances, your relationships and so on.

This is where you are. It is an outer reflection of what is happening inside you. Then decide which area is the most important for you to work on. Using the tools elsewhere in this book, you can get greater clarity as to how to move forward. Above all, the Clarity section, will be of great help. If you you've done it and still feel confused, then relax, go through some releasing processes, even if you need to seek assistance with some of them. Perhaps you are not ready to be clear yet. But that is not an excuse, it is a signal that you have to stuff to clear up. In my experience, when life gives us a hint, the next time we get it, the hint is much stronger until we eventually take notice. Above all, the fact that you are taking action by reading this book is a great step- you have recognized there is some area in you that needs to grow.

That is a huge step. Congratulations. Have a treat!

Above all, be true to yourself.

Depression

Depression is mostly a habit of being melancholic or sad. I know that there are studies about genes being linked to depression or it being hereditary. Well there is also research that shows we can change our actual genetic structure by our thoughts alone.

Years ago I was watching a program on the mind in the United Kingdom. The presenter was saying he had intimate knowledge of depression, not because he suffered from it, but because his wife did.

He asked her what it was like and she replied that when you are depressed you can look at exactly the same thing and feel terrible but on another day you feel fine. The external circumstance is the same, it is our choice of response that is different.

Depressive diseases can also have a physical source, bulimia for example, often does. For these more severe diseases competent medical advice is required and far beyond the scope of this book.

I also have had experience with depression. I used to suffer from it and I can tell you one thing- it is curable. I used to go through periods of feeling really down and low and then like the wife of the presenter, other days I noticed I was fine. Same world, different emotional choices.

Overcoming Negative Beliefs

There were days when it was so bad, I would just lay around at home and do nothing. Then the following day, I would start doing some work, perhaps for an hour or two by the third day, I was generally better and could not remember too clearly why I had felt so bad. But then the cycle would repeat itself.

So what I found and many other studies show, is that depression is cyclical. In my case, I would feel terrible for three or four days and then pretty good for a week or so. It was like being a hamster going around on a wheel.

I felt I had so many issues to resolve and clear up that I did not know where to start. I felt totally crushed by my reality. I felt powerless to make a change in my life and environment. I did not know where to start or if I had the ability to do so.

But one day I noticed something peculiar. When I was depressed I did not wash the dishes in the kitchen. They piled up for days. When I felt fine, I kept the kitchen clean and tidy.

I resolved one day that no matter how big my problems seemed, or how bad I felt, I could always wash the dishes.

So that is how I cured myself of depression. It took about 6 months for it to completely go, but the reason it did was because as I washed the dishes I improved my environment, I also showed the Depression Monster that I could beat it at least on that one thing. I later built on that feeling, “well, if I can do the dishes, I can also sort my filing out”. Once I did that I moved on to the next task. Pretty soon, I was dealing with all the bigger issues in my life around running my own business, relationships with parents and my own self-esteem.

The tendency to fall back into “depressive moods” will always be there—but you will now always have the choice to go there or not. If it creeps up on you, you will always know you beat it once, so you can again.

Ultimately, depression is about the belief that we are smaller than our obstacles and we get stuck in this tennis ball effect, bouncing between one circumstance and another.

Now I am not belittling the feelings of depressed people, I was one. It

ruined and sucked the joy out of 5 years of my life. Let me rephrase that, I allowed myself because of what I believed about myself to suck the joy out of 5 years of my life.

A great antidote to depressive feelings is physical activity. Yoga is particularly good. Eating healthy fruit and vegetables is another great point. It has been proven that when we feel low, we lose vital vitamins and minerals faster than when we are happy.

Not just depression, but all negative emotions sap the body of nutrients and minerals and as they deplete, our body is more likely to fall ill, or will affect our moods. **We can make this viscous or a virtuous circle.**

Emptiness or Numbness

This is an interesting one- I think this is in fact a reaction to extremely strong emotions that we do not want to look at. We then cover them with a layer of emotional concrete.

If you feel numb or empty in relation to something important to you, then refer to the section on Releasing to work this through.

Just remember, there is **nothing in life you cannot handle, you have all the resources you need** to solve any challenge in your life.

Hatred

Hatred and rage are totally irrational anger at someone or something that spills over into an uncontrolled state.

This is going to be hard to hear, but very often what we dislike in others is what we dislike in ourselves- even if we do not express the feelings we dislike so much.

If someone has a deep hatred of someone else because of their appearance, lifestyle or religion this is an “adopted” value- none of us are born racists or bigots or whatever. We clearly learned these values, so we can unlearn them.

I think the most powerful expression of resolving racial hatred is Edward Norton's movie “*American History/X*”.

Overcoming Negative Beliefs

If the hatred is more “personal”, it is about a specific person or event, then releasing can work on this. But given the possibility of violence associated with these emotions, some form of controlled environment would be a good idea before tampering with these strong emotions. By controlled I mean with someone who is competent to keep the release of these emotions contained so you do not hurt yourself or others.

Insecurity

This is low self-esteem with a mild background anxiety. Fixing the self-esteem issue will generally work the rest of it out.

If the insecurity is related to an event, person or place, then some releasing may well help.

Insecurity is largely a “learned” emotion- we are not born that way.

Insecurity is simply not feeling safe. It is about giving your power away to others and feeling controlled by external circumstances or people.

As self-esteem builds up, then insecurity lessens.

Melancholy

Melancholy is feeling sorry for yourself. This is 100% victim thinking. Catch this early and take clear purposeful action and it can be resolved remarkably fast.

Start by doing the gratitude list- everyone has something to be grateful for. Once you see that you are receiving good things in life, however small, is reason to feel good.

Action Tip! It is well worth keeping a “**Success List**” for the day, **write down 5 successes you've had each day before you go to bed.** Review them in the morning.

Panic

Panic if what you fear is not immediate- falling off a building right now, for example, then it is an acute form of insecurity.

Panic can also have an awful lot of “what if...” in it.

The best way to control this is to find a space as soon as the panic attack subsides and calmly and rationally walk through the fear.

Did the thing you were panicking about happen? Most of the time the answer will be “No”. Then next time you feel the panic attack coming on (it never appears WHAM! Just like that, there is always a build up. Learn to spot the patterns that lead to build up); once you spot it, remind yourself that last time nothing happened, so likely this time nothing will happen.

The biggest problem with panic is that it robs us of our ability to deal with situations. In self-defense classes, especially for women, instructors repeat time and time again that panicking will almost always result in an attack.

The key to controlling panic is to be able to step back from the fear and retain your ability to think and act clearly. Once you've got the hang of it, you can do it more and more easily.

Rage

Rage is anger on steroids. This is a complete breakdown of the ability to think because of the emotional intensity.

The best bet is to figure out the causes of the rage and address them. Work up to dealing with the emotions that lead up to rage and manage them.

Again, rage does not usually happen at the flick of a switch. There is always a build up period, even if it is short. The thing is, others may see it as an “instant” reaction, but they will not know of the earlier events that made the person get very tense already. For example, a man comes home and for apparently no reason hits his wife. From the wife's point of view the rage is “instant” and it is always a reaction that is **out of proportion** to the “trigger” event.

Overcoming Negative Beliefs

What she does not know is that perhaps, he was stopped for a traffic violation, for example, and already arrived home at boiling point. Then the wife says or does something and Wham! All hell breaks loose.

This kind of rage is tough, I've seen it in others but rarely felt it myself. The problem is for the person in a rage, it is completely logical: this happened and then this and then this, so of course I blew up! But what they need to see is that the reaction is way, way out of proportion to the trigger event. That is the key, once the person sees that, they can follow the chain of events back and get less worked up at the earlier events.

Rage also can come from not expressing other emotions, such as frustration or anger. Usually there is a strong suppression somewhere else that forces the anger to become rage elsewhere. Emotions are like water, if you block the pipe in one place, it will find a way to release the pressure somewhere else. In some people that is rage (pipe explodes), in others, depression (a slow trickle going on for ages), it is all a release mechanism for a deep inner pain.

This is why releasing is so powerful, if you get the core pain out of the way, the other things "built on top" naturally disappear when the pain that causes the emotional pressure is removed.

Sometimes certain places, people or regular events will stress us out and start the pattern. "He is always angry when he comes back from seeing his father, I've learned to stay out of his way", or whatever it may be.

Learn to spot the build up patterns. As soon as you see them, pause and walk away and then take three really deep breaths. If you are already so angry you can't breathe properly, relax and make sure you do breathe deeply at least three times.

The act of being able to breathe deeply means you are relaxed. When we are very emotional we tend to breathe more shallowly, from the chest or the throat even.

When you feel your breath coming from higher in your chest it is a pretty sure sign there is some emotional stress going on.

Breaking Emotional Habits

If we do not have a specific event formed this response, if we react with predictable emotions to certain events, chances are it is just a habit.

Now any habit can be cleared in about 21 days. All we are doing is re-training our mind to choose a different response. All you need is the will to do it.

How? Screams the mind. Now that you have completed some of these exercises, you have got the hang of part of the secret- look within.

1.If you find yourself wallowing in a low energy emotion, as soon as you recognize it, congratulate yourself for spotting it. It does not matter how much time it took, the point is you did and now you can do something about it.

2.Find yourself a phrase that will motivate and inspire you. For many years I used to say “where there is a will, there is a way”. Now I vary the phrase according to what I am dealing with. But you will know in your heart a phrase that works for you.

3.Gently pull yourself back from the negative feelings. Remember how we talked about mental, physical and emotional states being connected? So do something physical, it will very likely change your emotional state.

4.Repeat as necessary with love and compassion for yourself.

5.**Do not neglect physical activities, like yoga.** If the body is happy, the other states change too. Physical state change is the easiest and it also has deep emotional and health benefits.

6.Watching your breath and controlling it is one of the most powerful and least used emotional management tools. The breath connects everything- lungs, heart, nerves and brain.

□

Take Action! Select an inspiring phrase to keep yourself going. It can come from the movies, or a phrase you like that inspires you.

Overcoming Negative Beliefs

The main thing is the phrase must lift you out of negative emotional states and act as a motivator to complete your tasks.

Some examples are:

“Where there's a will there's a way”

“I never give up!”

“It is always too soon to quit”

“If they can do it, I can do it!”

“Improvement starts with I”

“If this challenge is in my life, so is the solution”

“I can handle any challenge I get”

“I am a divine spark, the answer is in me”

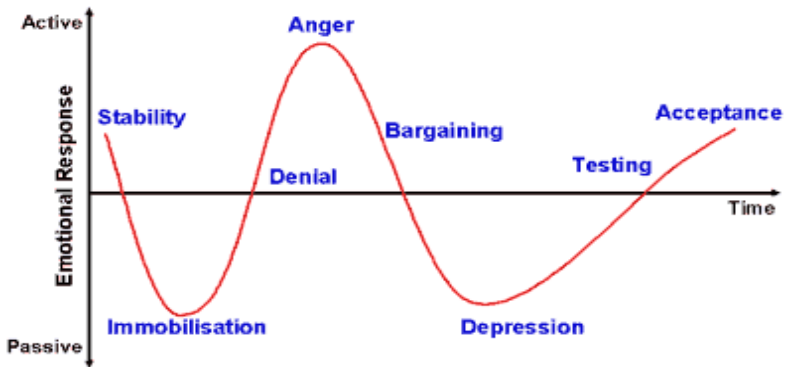
Take 5 minutes to select OR CREATE one.

Emotions are Energy

Negative emotions are low energy, positive ones are high energy. So if you are stuck in a low energy emotion, do something with a higher vibration energy and you will feel better.

Dealing with Grief and other Deep Emotions

Elizabeth Kübler-Ross was a Swiss doctor who was looking at how we handle grief. This cycle is also present, perhaps with variations, in dealing with other emotional trauma as well.



These stages have different characteristics:

- Shock stage: Initial paralysis at hearing the bad news
- Denial stage: Trying to avoid the inevitable
- Anger stage: Frustrated outpouring of bottled-up emotion
- Bargaining stage: Seeking in vain for a way out
- Depression stage: Final realization of the inevitable
- Testing stage: Seeking realistic solutions
- Acceptance stage: Finally finding the way forward

When we look outside ourselves to solve emotional problems, we give away our power to solve these problems. This is especially true of blaming others or events for our misfortunes.

I've noticed this pattern for other emotions than just grief. Often when dealing with a very emotional issue, like divorce, it can also come up.

With a death, guilt can also kick in "why am I the one that survived?" or "why not me instead of them?" I certainly had these feelings when my elder brother died when he was 23. These feelings tend to stem from a sense that we are less "worthy" than others, especially with relatives or friends who we look up to.

Overcoming Negative Beliefs

“Happiness is not a matter of events, it depends upon the tides of the
mind”

Alice Meynell

How to have a Fantastic Day, Any Day, Every Day

Do you want to know a simple secret that will transform your day? It is so deceptively simple it is easy to dismiss. Ready to hear it?

Action Tip! When you wake up in the morning, visualize going to bed extremely happy at having completed all your goals for the day

Or simply visualize going to bed really happy because today was great.

The key is to do this immediately upon waking and to feel the way you want to feel in the evening, even if only for a few seconds.

You can do exactly the same thing before an important meeting- visualize the meeting going brilliantly and you walking out feeling on top of the world.

I've closed more sales this way than just about any other. If you are calm and confident in what you have to offer then just do this and it generally comes up roses.

You do not need to visualize the exact details, just the outcome you are looking for.

“Success in golf depends less on strength of body than upon strength of
mind and character”

Arnold Palmer

In fact, successful sportsmen do just this- they visualize completely the outcome before even starting. **The brain cannot tell the difference between a thing we visualize and the actual thing-** it will respond the

same way. So visualization is a vital key to success in any area: money, relationships, goals, health and the list goes on as long as your dreams.

Don't second guess yourself, or say what if.. or anything like that. No need.

When you find your mind chatter kicking in, just say "Stop!" and move back into a positive state. Blair Singer's "Little Voice Management System" audio CD is an incredibly rich source of tools to handle the mind chatter brilliantly.

Once you get into the habit of this, it will transform your day. It's also free to do anytime you want. How good is that?

Happiness Recipe

Being happy is not hard- **it is our natural state**. We've just persuaded ourselves very convincingly that either there is something wrong with us, or that we need something else before we can be truly happy, or both.

- Take nothing personally, when others judge or criticize you, it says more about them than you
- Accept your life as 100% your responsibility, then you are free to change any part of it you want to improve
- Be grateful for what you have, then you are able to handle more
- Have a big dream to give your life purpose and meaning
- Eat well and exercise regularly – nothing in excess
- Avoid going to sleep angry or upset

In the section on **Clearing Obstacles and Limits** you will see practical and simple and amazingly fast techniques to clear yourself of emotional blockages. But first, yes, another exercise!

Overcoming Negative Beliefs

Take Action! Make a list of all the negative emotions you have regularly that hold you back- they may include things not discussed above, like jealousy for example.

List them all out in one column. Put a line down the middle of the page and then list how you will deal with them using the approaches discussed in this chapter. If you cannot fill them all in, do the best you can. When you get to Releasing you will probably be able to deal with the rest.

If you feel you really need help with some of your emotional blockages- make an affirmation to find the help you need and repeat it every morning, then see how quickly it shows up.

Lastly, find a phrase or saying that you can use to empower yourself when things are tough. Write that in different colors at the top of your page.

Take 10 minutes, start now.

A quick parting thought before we leave this chapter:

If you **treated your friends the way you treat yourself**, how many friends would you have left?

In my experience, we are often very harsh on ourselves. Hopefully, you are wiser than I am in this regard.

Just a thought.

Please write a summary of the key things you have learned so far:



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Being Confident of Change

“A man is but a product of his thoughts; what he thinks, that he becomes”

Mahatma Gandhi

For every person who is **absolutely certain** that the world works a particular way, there is another person somewhere who can prove the opposite, based on their reasons. So what does this mean?

Nothing has meaning EXCEPT the meaning WE give it

At first sight that statement may look a bit strange, but consider the following:

For example, if you have an accident at **the time of the accident** you have no reaction to it, merely being in the event. It is only afterwards, usually split seconds after, when the mind pops up and tries to ram the event into its framework of how things work, for example: “You had that accident because you are so careless, isn’t that what your family always said? See, you are a useless slob and now you have this accident and medical bills to pay... yada yada yada yada”. You get the drift.

It may not be an accident, it may losing your keys, making a mistake at work, missing a turn and getting lost, leaving the shopping bag at the counter, forgetting to turn of the tap, not lifting the toilet seat (girls usually cheer that one) and the list goes on and on. We chose to give meaning to events and create an image of ourselves, which then echoes in the future.

Our energy state today creates our future tomorrow.

“We choose our joys and sorrows long before we experience them”

Kahlil Gibran

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Whenever we have an 'event' of some kind, **we subconsciously choose how to react**. This can be expressed like this:

$$E + R = O$$

Events plus our **reaction** gives us the **outcome**. Sometimes crap happens, that is life, no matter how pure, grounded or whatever we are, it is our **reaction** to the event that determines our outcome.

Most of us have the attic in our heads full of old junk that we are keeping "just in case" or "you never know when you'll need it" or often, we've completely forgotten what's up there altogether, but it still "programs" us. All of these things are ways of keeping you where you are now.

The mind feels safer that way, "better the devil you know than the devil you don't". Right? Forgive me, but both of them are blinking devils!!! Who said you had to hang around with devils in your head??

The mind's job is to alert you to **potential dangers**, so it starts seeing fear everywhere. That's its job. It is our choice whether we listen to it or not. Most of the time it is like a seriously over-protective parent, constantly saying *"Don't do that you might get hurt, fall, die, have a new kind of fun, succeed, fail, meet some one new, etc. etc."*

We are often trapped in our past because fear controls our actions. We are living our present by the limitations and fears of what happened to us at some point in the past.

That is the kind of "noise" that the mind generates to convince us that to be safe, we need to stay where we are. Want proof?

Imagine you are in the dark, with only a little light and you hear strange noises all around. What's your reaction? Most people would stay where they are thinking something along the lines of "well those nasty noises are out there and not here, so here is safest".

Think back when you've been afraid of something unseen. Can I give you an example from my childhood?

I was about 14 and sleeping with my dad in the weekend house we had about 2 hours out of Mexico City. This area is forested and has scorpions. Now, I used to be really scared of scorpions. Never been stung by one, but they look REALLY scary don't they?

Anyway, I had heard one of those facts that the mind loves. Scorpions hunt in pairs.

So there we are at about 4 in the morning I wake up. I am in one bed and my dad is in the bed next to me. There is enough light coming through the window that I can see that the bed sheet has come off near the top of the bed. On the mattress I see this shape. Christ! It's a scorpion! I can see it, right there. I saw it move slightly. I am sick with fear that if I move the thing is going to get under the bed clothes and sting me. Or worse *the one I cannot see is going to come and get me*. They hunt in pairs after all. So I lie there looking at the bed, literally paralyzed by fear. I whisper to my dad, no answer. I don't want to make too much noise, or I'll scare the scorpion or attract its mate! Eventually after 10 minutes or so, I wake him up and ask him to turn on the light. He is not best impressed.

On the bed, where the sheet was pulled down I saw it, it was right there.

And I breathed a deep breath and felt stupid and said sorry to my dad for waking him.

It was a pattern in the mattress. That vaguely might have looked somewhat like a scorpion. My fear made me see something that wasn't there. Look at the amazing story my mind created to keep me right there, literally paralyzed

How often have you had that fear followed by an embarrassed sigh? Sometimes you say to someone "Wow! You really scared me there!". Did they? Or was it just your fears your projected into the event? That is an example of the mind creating warnings to keep you "safe". It's job is to keep you safe. Notice how happy, fulfilled, successful or rich do not appear in its job description?

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Now, if you see a bear running at you in the woods, my advice is run like hell and climb a tree as high as you can. Different kind of fear altogether.

Let's look at this from a different perspective, let's say your reaction to an event is a number from 1 to 10, low is worse, higher is better. Let's also assume a higher result is better:

$$1+2=3$$

The **event** is 1, the amount does not really matter, it happened, nothing you can do about it. Your reaction is 2 the result is 3. Now let's change your reaction:

$$1+7=8$$

A bit different isn't it? So in the story about the scorpion, my first choice was a pretty low number. I got a useless reaction and a bad night's sleep.

Now do you want to know the really funny part? The same thing happened a few nights later, the sheets moved and I saw... a pattern on the mattress. The fear was there at first, then I got a grip on it, put my hand on the pattern and went back to sleep and woke fine the next day. Same event, different choice.

These kinds of thoughts are almost reflexes, it is part of our "identity". We keep twisting the facts around to fit our theory of who we are.

$$T \blacktriangleright F \blacktriangleright A=R$$

Our **thoughts** lead to **feelings** that create **actions** that produce **results**.

Later on when we come to the releasing exercises, you can learn how to "un-learn" these habits. After all, a habit is just something you have done time and again. To break a habit, you have to consciously do something different for a relatively short period. How short depends on how strongly you **believe in the habit**. Some people can quit smoking after 30 years of three packs a day overnight and others cannot quit 3 cigarettes a day after a few months. The only difference is belief.

Of course, at lot mind chatter is kicking in about now- “if this is subconscious how on *earth can I change that?*” Or maybe, “It’s OK for him, his problem was not so bad, mine is”. That last one is absolutely your “story”. Our problems are always *way, way* worse than everyone else’s after all if they only knew... *Story*. But when I was a kid my dad did ... *Story*. I was raped as a child... *Story*. We can rise above any story.

Here is a very short list that I can think off the top of my head of people who had really terrible things happen to them and rose above them to be amazing human beings (*Please repeat this to yourself as you read their stories: if they can do it, I can do it*)

Dave Pelzer (Author: “A Child Called It” www.davepelzer.com)

Abraham Lincoln (http://en.wikipedia.org/wiki/Abraham_Lincoln)

Barrack Obama (Do you really need a web address?)

Lance Armstrong (<http://www.livestrong.org> & www.lancearmstrong.com)

James Blake (tennis player, see:
<http://www.thesykesgrp.com/MotivateAdversityGreatness01.htm>)

“Adversity has the effect of eliciting talents which, in prosperous circumstances, would have lain dormant”

Horace

These stories we tell ourselves are all tricks played by the mind to keep you “safe”.

The Mind's View:

safe = **where you are now** (*how does the mind know?*
You're not dead, that's how)

change = **unknown danger, therefore avoid**

A great way to get things in perspective is to laugh at them.

Did you watch one of the Harry Potter movies (*fans please supply the name here, I've forgotten it*) where Harry has to face the *boggart* which is a beast that shows you your worst fears? The best response to a *boggart* is to laugh at them, they shrivel up and go away. The same is true of your or my fears.

"In times of great stress or adversity, it's always best to keep busy, to plough your anger and your energy into something positive"

Lido Anthony "Lee" Iaccoca

This one is for kids of the 60's. There was a TV series called "Lost in Space". I'm sure there are re-runs on some channel somewhere.

Anyway, the Robinson family are lost in space in a flying saucer. There is a robot with them that has these arms with pincers on the end and a round glass head. The son is called Will Robinson and the plot writers almost always had him present when the dangerous beasts were about to come out.

When ever danger approaches the robot starts waving its arms in the air and shouting "Danger Will Robinson! Danger!" *before* anything was seen by the participants. That's a bit like the mind. So next time your fears grip you- just think of the robot and crack up laughing. Chances are its a *boggart* except if its a bear and we've already covered that one!

Following the movie and TV theme, are you ready to be the Indiana Jones of your mind? Off we go.

"We cannot solve our problems with the same thinking we used when we created them"

Albert Einstein

Our Personal Power

How many people as children thought they were (secretly) some form of super-hero? Ok, so perhaps that is more boys than girls, but many, many, many people I met tell me stories of how they felt misunderstood and that others did not recognize their potential.

Can you relate to that? Does your boss appreciate you and the value you bring to the job? Does your spouse? Do your kids? We all have a list that goes on and on.

You know what? They also feel that way, but about them, not you!

So what is all this about? Why is this feeling so common?

In my experience, it is because we at some level, recognize that we are immense beings of great power and wisdom, if only others would take the trouble to look.

Yet, they are busy wrapped up in their stories, which of course, are far more important than yours? Right?

This is how we fool ourselves all the time about “reality”. Our reality is filtered through our opinions and beliefs. These filters are also the “boundaries” of our comfort zone. They are also what exclude us from being in our personal power.

Our personal power is our inner strength, conviction, integrity and also our mission. Often we are scared of it because we need to take responsibility to use it, or that we might hurt others if we wield such power.

As Spiderman's uncle said: “With great power comes great responsibility” That is what freaks many of us out. We do not feel we are worthy or ready to be such a powerful being.

It has been said that the wealthiest place in the world is not an oil field in Saudi Arabia, or the diamond or gold mines in South Africa, but the

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cemetery nearest you. Why? Because of all the talents, gifts and powerful dreams buried there.

When you reach the end of your days do you want to regret not having done something?

So that's all wonderful. But I'm pretty sure that thinking about these things is not enough to really make you feel that it is time to make a fundamental change in your life. True?

Do want to hear a secret? Most people are desperately afraid of their personal power. Be honest with yourself. For many of us, that is true. It certainly was for me and many others I know.

Why are we afraid of the very thing we say we want? What I have found is that it is for a couple of reasons:

- Holding our own power makes us responsible for its use
- We are afraid of hurting others with our personal power, as others hurt us

How do we resolve this? The answer is like all things that really work, simple:

- Our **Integrity** Keeps Our Power Safe
- Our **Compassion** Prevents our Power from hurting others

As we cultivate these values, we become able to use our Personal Power for our own, but perhaps even more importantly, for the benefit of others.

Integrity is simply keeping your word. **Compassion** is not judging others and giving them the support and space to be themselves.

Triggers for Change

We humans are peculiar creatures. We are at our best when things are at their worst and we need to suffer greatly before we are willing to make a change.

For many people a real commitment to change only comes at the worst episodes in their life. We might be suicidal, broken in spirit, survived a tragedy or anyone of huge number of sources of pain.

Pain is the key here- we spend our lives avoiding it, yet it is what we need to change. Remember how we noticed that **fear is the avoidance of pain.**

So why does pain trigger change? Well it is not just stubbing your toe on the bed that will make you fundamentally re-arrange your life. **The fear or pain of change reaches a point when it is less than the pain of staying the same.**

This is very important so I'm going to repeat it: **only when the pain of staying the same is less than the fear of change do we really commit to grow.**

Chances are you have experienced something along those lines before or maybe it was even what triggered you to buy this book, to sort your life out.

This was very much true for me, only when I had crashed and burned relationships and created and crashed businesses did I finally reach a point of being so low and having such low self-esteem that I really was honest with myself about how I need to sort out the train wreck of my life.

I hit that point when a young family member became extremely physically violent with me. The sense of horror I felt at having created a circumstance where my own family would react this way was the worst experience of my life. Even the death of my older brother when he was 23 years old was easier to deal with.

It was also at that point that I realized I was a complexity addict, in fact I was so expert at creating complexity in my life, I had almost created a new art form!

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I made a decision at that point to turn my life around. I have since then re-built my foundations and lived from a point of integrity. I have also learned to forgive myself and others.

Especially if we have been responsible for significant pain to others, we desperately need to forgive ourselves and them because it always takes two to tango.

In a situation like this on both “sides” emotions are so volatile and explosive that it is pretty tough to work a “reasonable” decision, because neither side is willing to have a cool enough head to listen.

We are so busy being “right” and justifying our opinions, that we do not allow ourselves to listen to what upset so deeply the other person or people. So how do we get around something like this?

We need to be **authentic**. This is being the Higher Self we are. This is the part of us that brings pure joy and happiness to others. Our Lower Self is basically a collection of good and bad habits. This is the part we are working on clearing, so the Higher Self can shine through more clearly.

It is like cleaning a dirty window. It is not the fault of the window it is dirty, it simply needs to be cleaned. It is as it is.

A simple rule of thumb, is when **emotions are high** then **intelligence is low**. This simply means we don't think clearly when we are very emotional, so we may say or do things we'll regret later. There is nothing wrong with emotions, they are a signal of something going on that needs your attention.

So what is this business of the Higher and Lower Self? The Higher Self is where your mind meets your soul. Your Lower Self is your ego. Your soul is an expression of the divine that creates and sustains the Universe. This is not from any one religious context, this view is common in all religions.

Yet, if we find ourselves needing to **forgive ourselves**, a couple of things are very important to remember:

- In any situation, we do the best we can with the information, experience and knowledge we had at the time.
- This statement is not a cop out from the event.
- It comes from the point of view that everything is as it is. Or another way of putting it, if the Universe wanted it a different way, it would have been that way in the first place.

To give an example of how our mental habits affect how we see reality, let's take Ayer's Rock in Australia. I'm sure you've seen it in posters or even been there. It is a great big lump of red rock in the middle of a pretty flat desert.

So what's the big deal then? From one point of view, it is a very pretty and scenic place and from a completely different perspective, the Australian Aborigine sees it as a key place in the cosmology of the Dreamtime and the it is a place where the ancestors and other spiritual beings communicate with men and women.

Who's right? The Aborigine world view or the typical European settler's one? What about you? What's your opinion? Do ghosts or spirits exist?

Does any of this discussion change Ayer's Rock? I don't think so, it is our perception of an external "event" that we interpret through our filters. For one set of filters it is sacred, for another it is just a pretty, small mountain.

So when we get into an argument, it is always worth remembering that the other person has a pretty damn good reason for their point of view, else they would not be fighting.

You also feel the same way but with a different point of view, else you would not be fighting.

Take Action! Spend 10 minutes writing a list of your best qualities. These are not external qualities, like I have great hair or a winning smile. These are personal characteristics you have that will be there even when you are old and wrinkled.

The challenge here is to make the list as honest and as long as possible without repeating yourself.

Start now please.

Great. Thanks.

If that was relatively tough or you spent a fair bit of time chewing the pen, it is because we are often so deeply conditioned to only see the negative or value it more highly as being more "real" than the positive.

It is all a matter of perspective. Look at it this way- go into your bedroom or living room and see the layout of the room. How long is it since you changed it around? How would you feel if you moved the furniture around?

In a moment you are going to have the choice of actually doing this. Now, I don't know if you have been actually doing the exercises in this book up until this point. I am hoping you are for your benefit.

I don't need you to do them- you do. The next one is very simple, but it offers a huge opportunity to learn about yourself, your reactions, how your family and you interact and how feel about really making change in your life.

I can only suggest if you have "sat out" the book until this point, do this one. If you have gone along so far, thanks and either way let's get on!

Take Action! Choose a room you use frequently and rearrange the furniture. Bedroom or living room. But it must be a room you use daily.

Look at all the excuses your mind comes up with about how you cannot change it because the sofa looks best there, or the

bookshelf is screwed to the wall, or grandmother likes it that way, etc.

Get your family members to collaborate on this. You will need to let them know in advance what you plan to do and why. Get them involved as well if you wish. If you live alone, then the only person you have to convince is you. If need help moving things physically, ask a friend.

It does not need to stay that way, just move it around and see how you feel. By the way doing this exercise in your mind does not count. You have to move stuff physically.

You can always move it back later if you wish- but leave it that way at least for a couple of days. See how you feel. Do you feel lighter, more open to possibilities? Or scared at the change, constantly grumbling about how it was better before? What is your reaction? Did you let family members talk you out of the exercise?

Write them down after you have moved the furniture around and left it there for a day or so.

These reactions are good guideline on how you react to any change in your life.

Start now!

Whew! That was freaky wasn't it? Changing a room around should be no big deal. But look at the fuss we make over it.

The same happens when we try to rearrange our mental furniture.

If something is trivial as moving a room around is upsetting, then other changes will be too. Once you realize where you are at, comfortable with change or resistant, it will be a great step forward in seeing where you are. There are no right or wrong states, you are you.

Confident Change

Starting by accepting where you are is the #1 step for any kind of improvement in your life.

Now I am going to provoke you a bit. Let's take a different look at terrorists. Very much in fashion these days. I want state at the outset that I completely reject violence as a means of solving problems. Firstly, every terrorist believes absolutely passionately in the cause they are fighting for. What do you believe in that passionately?

Secondly, today's terrorists are sometimes tomorrow's legitimate government. Take the United States for example, from the British point of view in the 1770's the Americans were "terrorists" in today's language. From the American point of view, they were fighting for a just cause, including no taxation with representation. Who was right? Well, history is usually written by the victor, so in this case it should be the French writing it because the British forces under Lord Cornwallis surrendered to the French, not the Americans. For what it's worth, the French supported the Americans because of their defeat at York Town Heights in Canada, at the hands of the British.

To me this sounds a bit like two brothers who are boxing, only in this case, the boxing gloves are countries instead. So nations sometimes behave like people. What a surprise! Given people make up nations.

Why is this relevant? Because it illustrates how our "filters" affect our perspective of reality. It also does not change reality. The ground, trees and animals in the United States do not suddenly change because you think the Americans were right, or the British were, each was right from their point of view.

All that got shook up was an opinion about an irrelevant fact. America gained its independence, that was the goal right?

So which was more important, the factual detail and being right or the outcome?

What opinions about you are holding onto with equal fervor but which do not help you move forward in your life?

In real terms in what way was your life today affected in anyway by this fact?

I would suggest not at all, yet I would imagine you had strong opinions about it.

That opinion was about something outside yourself, so imagine if you reacted strongly on something external that really does not affect you, what happens with opinions that are much more personal?

This example is also great because it shows the suspect value of “conventional wisdom”.

Most people believe one thing, even though the facts are different, yet over the years the constant repetition of a point of view, is seen as fact.

Adolf Hitler's “PR man” Goebbels recognized this with his infamous statement of “a lie repeated often enough becomes the truth”.

It is the same in our personal lives- we believe loads of things about ourself that we have inherited from others, or through filters.

We all have our own internal Goebbels telling us loads of lies about ourselves: we cannot be a multi-millionaire, we will never find a great relationship, or we will never get in shape.

We eventually believe these fake facts.

Given that words have such immense power, let's put them to good use.

We are going to write a “letter from the future”. It will be a letter from yourself five years from now. Address it to yourself in the present day.

Just pretend for now it is possible. Who knows you may even invent the device that allows it to happen!

Take Action! Write your letter from the future now. Please keep to the time allowed, since if you take longer, the mind will interfere.

Write the letter to you today from your future self five years out. Tell yourself all the wonderful things that have happened in the last five years. How you achieved your dreams and what lessons

your learned.

Write about who is with you five years from now. Make it clear and specific. Give your dreams wings and let them fly into your future to become real.

Above all, just keep writing and think as little as possible.

Take 20 minutes to do this. Start now

Fantastic job! Have a treat! **Celebrate all wins!**

We are going to take this one step further, ok? Remember how we discussed that the mind, particularly the subconscious is visual? Well, we're going to put that to good use too.

You are going to do a drawing, with colors and as few words as possible, to paint that future you wish. Make the drawing vivid and meaningful to you.

Get some colored pens and a large piece of paper.

Even if you do not consider yourself much of an artist, it does not matter- your subconscious doesn't care either. Please hand draw this, do not use a computer or get a friend to do it.

This works best with you drawing it, it gives a direct feedback circuit into your subconscious. It will also help anchor the future you wish clearly in your mind.

Take Action! Get the color out and pour your dreams onto paper.

Take 30 minutes to do this. Start now.

Later on, in Volume 2, I talk about Dream Boards, this is a great image to put next to your dream board to remind you every day of what you want to bring into your life.

Here's to the rainbow colored wings of your dreams landing on the roof of your house. **Celebrate all wins!** Have a treat or two and admire your drawing. Cherish it, do not be critical- they are your dreams, love them.

Review Actions So Far

A great part of making change permanent in our lives is reviewing what we've learned.

So we are going to take a moment now to review your exercises so far. This is important since many studies have shown that if we review within 24 hours and then again within one day, our retention goes way up, maybe even as high as 80% of what we learned.

So that is what we going to do now.

Take Action! Take out your exercises so far and spend five minutes reviewing EACH of them.

This is a very important exercise, it allows us to “embed” what we have learned even deeper into our subconscious, which gives a new set of more productive “rules” for it us **for** your benefit, not against it.

When you are doing this, try and relive the feelings and the learning you found.

Please begin.

“If I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning”

Mahatma Gandhi

Are you repeating “I am successful in any situation in every area of my life” for 5min daily?

Write a summary of the key things that you have learned so far:



Looking in the Mirror

Being Ourselves - Looking in the Mirror

"Man spends his life in reasoning on the past, in complaining of the present, in fearing future."

Antoine Rivarol

We all have a "story". It usually begins with "I would be more successful but" there are dozens and dozens and dozens of endings to that one.

You can identify a "story" very easily. If you are giving yourself a **reason** why something did not happen for you, that is your story. The only other choice is **results** based on action taken. If the results are not what you want in your life, then this section gives you the tools to change the "programming" that gave you those results.

Our stories are excellent at pretty much keeping us where we are now in our lives. In my case, my story involved lots of wonderful characters (parents and brothers) and events (nearly losing my life, being abused, I'm not good at ..., etc.) that my mind used to justify future events with. I had a Class A selection of reasons why things did not work for me and of course, my reasons were SO much more serious than yours! Right?

If you are a bit afraid of looking at this area of your life, then that is part of your story too, right now, remember you are just reading a book and doing some simple exercises, so not a lot can happen to you right now and fear is just the **anticipation of pain**.

We can usually tell when we are not acting from our better self, we feel shitty at worst or not too great at best. If we keep doing this, we believe we are like that. Because we believe that, we act accordingly.

Whenever you catch yourself saying "that's the way I am" you are building a belief about yourself. We are going to learn to use that to our advantage and build really positive belief systems.

"The greatest success is successful self-acceptance"

Ben Sweet

The first and most crucial step is to **accept the past**. No matter how terrible it may have been. I suffered physical and emotional abuse which led me to believe that pleasing others was a solution. It also led me in extreme cases to lie and lose my integrity, to the extent that I had an affair which was the final straw that broke up my marriage.

I had reached such a low point in my self-esteem and had no hope for the future, that I did not care about the consequences. I'm sure alcoholics and drug addicts feel the same. If I can pull myself together and make a success of my life and learn to accept and love myself, then my dear friend, so can you.

No matter where you are in life, Life, Great Spirit, whatever name you wish to give it, loves you unconditionally. How do I know this? Simple: You are alive.

What I knew then and absolutely know now is that **we do not get problems in life we cannot handle**.

Ever.

We always have the means to get out of whatever mess we are in. We just have to believe in that, find it and take action.

Trust in that and let's move on together. We are going to do short exercise to understand a it more about our story.
Ready?

Take Action! This one is in two parts, read both parts first and then start. You will need to be aware of your thoughts as you go through this.

Part 1 – complete the following sentence **My deepest wish is to achieve and I going to reach my goal by doing** Fill in

the blanks of course. **Take 3 minutes** for this part of the exercise.

Part 2 – Now write down **everything** you noticed you were thinking about that was a negative, or a reason why you could not achieve your goal, whilst doing Part 1. Take **2 minutes** for this part of the exercise.

Start now

"I am an old man and have known many troubles, but most of them never happened"

Mark Twain

What did you notice? If Part 1 was tougher, go back and do the Clarity Exercise again. What came up during the Clarity Process usually makes Part 1 pretty simple. **If you are not really clear on where you are going, it is pretty tough for Life to give you what you want.**

If Part 2 was tougher, maybe you spent time thinking a bit and chewing the pen, then possibly one or two things are going on- either there you were not aware of the mind chatter or you were stuck in your head still and trying to figure it all out, that tells you plenty about how you are. If you genuinely had no mind chatter acknowledge that too!

Whatever happened is absolutely perfect. There is **no correct answer** here. The exercise is designed to develop the muscle of looking inwards and learning to monitor your mind. **This is an essential skill.** It can only get better by practice.

Action Tip:

If you want to develop this skill some more, I recommend you do the following. Carry a journal with you during the day. Make an effort to notice your reactions to daily events. Whatever your "mind chatter" is. Write down a sentence or whatever to record those "voices". If you think you don't have one, then the one that

just said you don't, that's the one.

If you do this over time, you will notice a pattern in your chatter. Certain themes will come to the fore.

For example, for some people it might be lack of confidence, for others fear of trying something new, or procrastination or indecisiveness and the list goes on.

The most important thing is to keep practicing your monitoring. This way you create a sense of separation from your thoughts, which makes it easier to observe them.

If this is hard to grasp, let me ask you this- **who thinks your thoughts** and **if you are your thoughts** how do you exist between one thought and the next?

Action Tip:

If you are still having trouble noticing your thoughts. **Then stop thinking.** Look at a flower or a candle (you can blink) or close your eyes and notice your breathing as the breath passes in and out through your nostrils.

If you try these exercises I can bet you you will notice your thoughts! When you notice them, don't give yourself a hard time, just be grateful for being able to do the exercise and return to what you were doing (not the thinking part of course!).

Practicing these exercises first thing in the morning or just before you go to bed for only 5 to 10 minutes will dramatically improve your day or your sleep. It will help calm the mind.

Always leave enough time in your life to do something that makes you happy, satisfied, even joyous. That has more of an effect on economic well-being than any other single factor.

Paul Hawken

Right now we are going to extend the exercise you did just now. There is usually a pattern or series of repeating reasons we give ourselves why we cannot change.

Take Action! Write down the 10 biggest reasons you feel you have right now for **not** having the life you want. If you wish go to your top 5 passions and write what comes to mind as to why you cannot achieve them.

Again, don't over think this, just write from your heart, the first things that come up are usually the most relevant.

Start now take 10 minutes.

"Be the change you want to see in the world"

Mahatma Gandhi

What we have done so far is to build a map of what we think our limits are (the exercise above) and also where we would like to be and what gives us deep joy.

The un-supportive beliefs in the list above are what is blocking you from finding your dreams. Are you ready to start clearing them out of the way?

"The walls we build around us to keep sadness out also keep out the joy"

Jim Rohn

Most of us are true to our PAST SELVES not our future selves, or even our current selves. Change is seen as the enemy. To hear someone say "He is so different! He's changed so much!" often has an undertone of disapproval.

"If I change too much- I stop being me!" Is the silent cry inside when we are presented with the opportunity to change. Usually we don't change for fear of being "different". But would others **really** react badly if you are happier, living your life to the fullest? How can that threaten them or you?

The Excuse Factory

“People with integrity do what they say they are going to do. Others have excuses”

Dr. Laura Schlessinger

Having seen how we build stories to protect our egos and how our “mind chatter” exists to keep us in our “comfort zone”: what we need now are some tools for breaking free of these habits.

“Ninety-nine percent of the failures come from people who have the habit of making excuses”

George Washington Carver

So why do we make excuses instead of taking action? You either have **reasons** why you don't have results, or you have **results** based on the actions you have taken in the past.

In my experience, excuses come when either we do not have the self-confidence to tackle a subject. That lack of self-confidence comes from a perception that we cannot do something or it is going to “cost” us more effort than we are willing to put in.

When we are in our “comfort zone”, we don't want to be disturbed. Conventional wisdom runs that being comfortable is good. Well, sure, it is nice to be comfortable but if we get trapped by it, it is still a cage, no matter how pleasant.

We give up the choice of being comfortable or taking action. Once we give up that choice, we feel we cannot leave the “comfort” of our cage. The Greek philosopher Plato tells a great story to illustrate the point. Would you like to hear it?

There were a group of people trapped, in fact chained in a cave. They were born there and died there. Not only were they chained they were facing away from the cave entrance.

So all they could see was their shadows on the wall from the flames at night and the daylight by day. Their concept of the world was based on the shadows, they believed that was the real world.

Outside the cave there was a beautiful pasture with animals and a flowing river with an orchard of fruit trees nearby. The animals did not venture into the cave for the smell was awful.

In time, one of the cave dwellers noticed her chains had rusted through. She shuffled around the cave. The others were very scared at this person doing strange things and began to shout at her. Some became so angry they threw things at her, but still they did not turn to see out of the cave. As she explored the cave the others become very angry and hit her repeatedly, she was not sure what to do, to stay and be beaten or edge away to the entrance. After one particularly strong blow, she was so scared of staying she ran out into the open air.

At first the light blinded her and she struggled to feel her way back to the entrance but she was disoriented and did not find it. Night fell and it was easier to get around, but the valley was interesting and she began to explore, just like she had in the cave. She was so excited at the new foods, sights, sounds, smells and the thrill of the river that she almost forgot the others in the cave.

One day she was near the cave entrance eating an apple and smelled an old stale familiar smell. She went in to the cave and began to tell the others of what she had found.

What do you think those in the cave did? Welcome her with open arms, or stay very suspicious of something new because it was “safer” to stay with the known rather than the unknown?

Another way of describing this is how elephants are trained in the circus. An adult elephant is more than strong enough to break pretty much any chain you could put around their leg. Yet, in the circus these huge noble animals do not escape. Often they are held captive by a small chain. They do not escape because when they are little they are chained and they cannot escape because they really are not strong enough to do so. Eventually they learn that the chain on their leg cannot be broken.

Looking in the Mirror

So even though they grow to such a size that it would be easy to break the chain, **because they believe the chain binds them** they do not escape. There was a tragic story a few years ago of a circus elephant caught in a fire. It was chained by a simple rope. It stayed in the building and died simply because it did not believe it could get out.

Now, if you ask me, it seems that an elephant is pretty damn smart- if it can learn that as a baby and keep that memory throughout its life, there is only one more thing it needs to learn- it can unlearn things too.

You know what? I think we are pretty much in the same boat too. The next exercise will need you to get onto the Internet. If you do not have a connection, see if a friend will let you go and use theirs.

Take Action! I would like you to write down **three** things that you are absolutely positive that you cannot change in your life.

Next, get onto the Internet and prove yourself wrong. Find an example of someone with the same issue who overcame the same problem as you have.

Now this may take a bit of time and require some persistence. But if you are not prepared to invest a little time and effort now, how do you expect to make changes in your life? Don't be a cave dweller!

Start now.

"We are all manufacturers. Making good, making trouble, or making excuses"

H.V. Adolt

If you have a physical disability, for example, you might say, Ha! Of course I cannot overcome that! We'll see. We all will use anything to prove that OUR issues are way bigger than anyone else's. Nah. Mind Chatter.

"He that is good for making excuses is seldom good for anything else."

Benjamin Franklin

There was a man who lost **both** his legs. His career? 100M athlete. After his accident, he used prosthetic limbs to compete again. He was disqualified at one event for having **an advantage** over the other athletes!

My favorite example is Dan Milman. He is the author of "*The Way of the Peaceful Warrior*" which was recently made into a movie. He was a star athlete at the university of Berkeley competing in gymnastics, particularly on the rings. He had a terrible accident on his bike one day. His leg was shattered in so many places the doctors told him he would be very, very lucky to walk again, let alone compete in an athletics event. A year or so later, he was back competing and went on to win numerous national awards, although his accident meant he missed out on the Olympic team.

He who has a strong enough why can bear almost any how.

Friedrich Nietzsche

There are few people who can have gone through a childhood as terrible as Dave Pelzer's, yet he is an angel of a person who overcame one of the State of California's worst child abuse cases. Abraham Lincoln came from illiteracy and abject poverty to become the most respected President in American history. In a recent poll by a panel of experts, he was still rated #1 for amongst other things his Emancipation Proclamation.

I may seem a bit tough at this point- but we all make excuses to ourselves about why we cannot do things. We have to learn to stop that. The next chapter on Releasing will give you great tools, but we still have work to do in this chapter!

"Success is not the result of spontaneous combustion. You must set yourself on fire."

Arnold H. Glasgow

If you feel you cannot achieve your goals at any time or get despondent,

Looking in the Mirror

go back and look at your Clarity and Joy exercises. Get inspired by what you want to achieve.

The biggest obstacle any of us face is **loss of momentum**. We get all excited and march on diligently planning to make huge changes in our lives. We may even make some of them. But somewhere along the line, we face difficulties, it is at this point that many give in and say “after all that hard work, I **still** haven't reached my goals!”. Perhaps the goals were not possible to reach in the timeframe you gave yourself. If I said I want to be a billionaire in one year and I'm currently broke that would be a bit of a stretch in anyone's book. To reach that goal in five years is very possible, as a number of the world's billionaire's have done that. It was not easy though.

Or perhaps you have not yet acquired the skills to reach your goals. Then it is time to go out and get further training, preferably from an expert who has done what you want to achieve.

Sometimes it is simply that Life for it's own reasons, would like us to reach that goal at another time. There is always something to learn about us and how to become a bigger, better person in any circumstance.

If your goals are really important to you- you will not give up. Perseverance is a key ingredient in success. Knowing the right path to press on with is another. No point in point in barking up the wrong tree!

“Too many people overvalue what they are not and undervalue what they are.”

Malcolm Forbes

We are going to do another exercise now to list the main excuses you make about why things don't work in your life. Then we are going to make a positive statement of change around that feeling.

This is called “positive self talk”. It may be a phrase or phrases you use to motivate yourself. Ok?

This is a very important exercise. Because as you may have seen in the first chapter, we often have a tendency to being more negative than positive, whether we express it or not.

On that point, simply putting up a “front” of positive doesn't count. If you are feeling crap and acting **without sincerity** Mr or Ms Positive, it won't make a big difference. Why?

Because inside a dialog something like this is going on:- “I feel so crap, and now I feel worse, because no one is noticing how rough I feel, and I am such a hero for being positive for everyone else and they do not even appreciate it!” We've all had something similar at some time or another. Welcome to the club, you have a mind, it is part of the package.

To break this pattern think of something inspirational, something that makes you smile or happy. Once you feel that way simply don't chose to go back to the self-pity thoughts. If you do this enough for a short while it will be easier and easier to break the habit. This works for ANY habit.

Keep the new attitude up for 1.08 minutes. This is how long it takes for the new attitude to “wash” through the whole nervous system.

This will strengthen dramatically the changes you wish to embed.

If this seems hard, which is harder, staying where you are or spending a little over 1 minute feeling how would like to be all the time?

So when you encounter any of your excuses below, you can use the response you have here to water down the attachment to the negative attitude your mind has. It will take some time, how short or long depends on your commitment to making this work. Low commitment = long time.

High commitment = short time. Who wants to take the short route?

The exercise is coming up in a moment, but first some examples:

Excuse	Response
I have no money and no skills to get rich.	I choose to allow wealth and abundance into my life. I have all I need to live my ideal life now.
This shit always happens to me!	I accept fully where I am now and release my attachment to these patterns now.
My husband/wife/boss is at fault! They did not do XXX!	I am 100% responsible for my life and I am grateful for the lessons to grow myself.

Looking in the Mirror

"A new study finds that women use their whole brain when listening and men only use half of their brain. You see, men use the other half of their brain to come up with excuses. I don't think women use their whole brain when listening. I think they use half of it and the other half is used to memorize what men are saying so they can use it against them 10 years later!"

Jay Leno

This is a technique called **re-framing** which is just like it sounds: it is changing the picture frame. The picture (the event) is there, that's it. Nothing to do about it. However, you can re-frame the event in a positive way.

Some guidelines on re-framing:

- Always, always, always make them positive and supportive
- Make them in the present tense (happening now)
- Include words that inspire you and are positive about you
- Do not make the statement dependent on something external, for example "I choose to be completely happy in my house when the mortgage is paid off"

The other vital ingredient is emotional depth. The words you use must inspire a positive emotional reaction in you. If you have a positive emotion, it counters negative ones many, many times over.

This is **very, very important**- we often feel that negative emotions are stronger than positive ones, mostly because we spend so much time around them. However, study after study shows that just one positive emotion can far outweigh any negative one.

If you are happy it takes a lot more energy to bring you down than if you are negative, where it takes a lot less.

Anger has now been linked conclusively to certain types of cancer. So repeated "overdoses" of negativity can and probably will cause some form of health complication in the long run.

Being happy simply "costs" us less than being sad. We are simply changing habits. Studies show that a habit can be broken in less than 21

days. Even deeply rooted ones. 21 one days to happiness? Will you go for that one or the long years of misery? I'll take 21 days, how about you?

On to the exercise now!

Take Action! Put a line down the middle of a clean page. On one side write EXCUSES and on the other RESPONSE.

Write ALL your favorite excuses FIRST and THEN your “antidote” responses, if you cannot remember them, ask your family members, boy oh boy can they remember them!

Seriously. Ask family members for your favorite excuses, you will learn a lot about yourself. But please make a point of ending this exercise with something that will make you laugh.

Be tickled, or tickle someone (provided they don't object) or tell a great joke.

Start now and take 10 minutes for EACH section

“People seldom see the halting and painful steps by which the most insignificant success is achieved.”

Anne Sullivan

Celebration time! Let's have a treat! Enjoy one of your treats and allow yourself to feel great about having been really honest with yourself about your excuses and come up with good responses.

If your responses are not fantastic, firstly don't beat yourself up, don't worry, you took action and made a start, would you have done that before? Secondly, you can review and revise them later. But keep being positive about you!

Once you get used to being positive about yourself, it becomes very natural. At first it may feel “dishonest” because we all know all the crap you did and everyone was right about all that, right?

Looking in the Mirror

Well, that is why you need to forgive yourself. You did the best you could with the skills and outlook you had. No matter what happened. If you doubt this, really be brutally honest, if you **knew everything** you know now, back then, would you have acted differently?

You might still be angry, resentful, hurt or whatever, but would you have **acted** the same anyway?

If yes, ask yourself “why?” because there is still something “trapped” that needs to be released. To clarify your feelings you can ask yourself, “what caused me to feel that way?” or if you really don't know try “**if I knew why I felt that way, what would it be?**”

That questioning process is very simple, yet powerful. You'll be amazed at what you will let yourself know by using it.

I cannot stress enough that it all starts with understanding we all did the best we could and now that we know better we can forgive ourselves.

Once we have that, it is the rock steady platform to build the bigger, happier you that you really want to be.

Now that you know the value and support of integrity to keep your power safe, you can grow as far and as high as you like without fear of hurting yourself or others.

No one else can live your life better than you, although many will tell you they can or where you are going wrong.

Thank them for their opinions and focus on growing you.

Be the best person you can be, what else could be so much fun?

It is much easier if you do not allow yourself to be distracted by the future or the past. Live in the present.

If you do that, almost every other problem you have will disappear.

“I have come to realize that all my trouble with living has come from fear and smallness within me.”

Angela L. Wozniak

Take Action! Write a brief **testimonial** to yourself about your progress so far. The testimonial should be brief, to the point and focus on what you have learned the most from so far.

[A testimonial is a short statement about what you like about something or someone, to recommend them to others.
The best testimonials have the following structure:

Before state
After state
Key Value of Product or Service

Start now please, take 10 minutes

Clearing Obstacles

Clearing Past Habits and Limits

"He who fears something gives it power over him"

Arab proverb

Our lives are limited by our fears. If we are afraid of heights, we will avoid experiences that trigger that fear. Same for fears of any kind. When we fear something, we are afraid based on either the **idea of anticipation of pain or past experience of pain**.

The funny thing is, for any one thing someone fears, another person does not. So it is not the "thing" or "event" itself but our reaction to it that determines what we chose to fear and what not.

It has been said the biggest fear most people have is of public speaking. Why? Because we are afraid of appearing foolish or making some mistake or other in front of a crowd. Of the top of your head, what makes you most afraid?

Write it down here: _____

If you have more challengers for first place, we'll get to them too!

All these fears have one thing in common: they conspire to stop us from taking action in our lives. This leads to feeling unfulfilled at best, or a failure at worst.

During childhood we may react with fear to some event, for example, a parent beats us. We respond by either being aggressive, in which case, chances are we get hit again, or by submitting. We then use this "pattern" again and again for other events that "feel" similar. These responses become a habit.

We then feel we cannot act any other way, or worse, that our way is the right way. Why do I say worse? Because we love being right and if we

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feel our approach is the “right” one, it will be very difficult to change, because we have to change two things: our idea that we are right and then the habit that is not supportive.

When we get into the being right habit, we then automatically justify, blame and criticize. Which as we've seen in the first Chapter is very poisonous.

All of these fears and prejudices are like “filters” in front of our eyes. So in the end we do not see the world as it is, but as we expect or demand it to be. Even when some facts come along that show us there is a flaw in our world view, we either ignore the facts or make up some reason that twists the meaning of the facts to support our point of view. **We are our own ultimate spin doctors.** These filters are not only personal, but they are also society filters as well, what is acceptable in one society may not be in another.

Why are these filters harmful? Because they stop us from seeing our true magnitude and living our mission. In short, they keep us “safe”. Safe within our comfort zone, safe within our lives and safe from trying anything or doing anything that would cause us to question our filters. Because after all, then we would be “wrong” and we are programmed not want that, aren't we?

At school what were you praised for and what were you punished for? Being “right” usually got praised, or at least not punished, whilst if you were “wrong” you were punished in some form. Exams are the ultimate punishment- you either pass or fail. Now, I'm not criticizing the educational system (much), but the issue is we were taught from a very early age to “be right”. Even as toddlers our parents praised us extravagantly when we took our first steps, or spoke our first words. There is nothing wrong in that at all, but look at the effect- “right” is praised. So how do you feel when you make mistakes? With all that past programming it is no surprise most of us shy away from change, especially when we risk being “wrong” by trying out new things.

Yet, human society only really advances when someone tries something

new. The Middle Ages in Europe was nearly 800 years of the same. It was only with a major upset of the Black Death in the 1300's and later in the 1600's that society changed.

It was the norm back then for a master builder, or carpenter or blacksmith to take apprentices and they would work with the master for many years before become masters in their craft themselves.

So knowledge and skills and the ability to learn new things were not the norm in society. Along comes the Black Death and wipes out half the population, what happened next? People had to learn more than one skill. This new flexibility led directly in less than 100 years to the Age of Exploration with the discovery of the Americas and the flowering of literature with Shakespeare, Francis Bacon, Andrew Marvel, John Milton and more. This happened not just in Britain, but in France, Spain and Germany too.

When we are stuck in our habits and fears we are kind of in our own Middle Ages- we don't grow much and stay stuck like a peasant ploughing the field for his lord and master, his prejudices and fears. Often just like in society, people only change when change is forced on them by external circumstances.

In the end, on your death bed do you want to regret all the things you did not do, or do you want to die at peace with yourself that you lived a life that gave you and those around you happiness and joy greater than you thought possible?

Would Gandhi have liberated India through non-violence if he had let himself believe he was a minor lawyer from South Africa? With the greatest respect for him, I would still ask are you any the less? You may believe you are, but somewhere deep down there is a voice saying "I am huge and have an immense amount to give".

Mahatma Gandhi grew into being the spiritual giant he was over time. It was a process of unfolding. It was a process that many other noble and great people have all described. So if they can do it, so can you and I.

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All this is great, you may be asking, but how on earth do I release all these attitudes and beliefs, after all, they been with me all my life. Right?

Well, actually no- when you were born, you and every other human being was completely happy. Sure, you cried if you were hungry, or were wet. But go look at some babies they live absolutely in the present and are pure joy. Just look at their faces when they smile. So there is hope and it is only hard if we believe it will be hard.

Look at your face when you smile. Look at anyone when they smile, why are they so beautiful? Because their true self is shining through for those few moments.

Go on, be honest. You know how good smiles make you feel. You may have had others tell you how great you look when you smile. Especially if you don't do it a lot. So there is proof that there is something deeper and more beautiful within you. All we need to do is let it shine through more clearly.

This might seem too “simplistic”. Well, guess what it is, but it does work! Try walking down a street and smile genuinely at people. Your happiness will affect others. If you are feeling adventurous, try this one: **As you go through the day, silently to yourself say “I love you” to all you meet.**

This does not mean you want to leap into bed with them, it is not that kind of “love” but rather a sense of universal acceptance that we all share and wish for. Try that and then see what the reaction is of those around you. Not all will pick up on it, but many will.

Even if just one person responds, isn't that proof enough of the power of thought influencing the world around you? So if you can influence them, imagine what your thoughts can do for you.

I strongly recommend you try this for a few days before tackling the next few exercises. Come back to this section when you have found a response, even a small one.

If you live in a big city like New York, you may have to put out extra wattage!

I tried this in the MRT (mass rapid transit) in Singapore a few months ago- I just sat there and practiced this, it was astonishing to see the result, people sat straighter, looked more relaxed and more than a few people smiled at me, even though I did not smile first. Now Singapore, is a great place, but the people are a bit serious sometimes.

So if it worked there, I'm sure it can work where you live. Some may feel that this exercise is trivial or they cannot bring themselves to do it seriously. Then it is equally likely you find it hard to accept love and kindness in your life.

What if you feel “blocked” or afraid of doing these exercises or doubt they will work? Have you ever had an experience where you were feeling really bad about something and someone came along and made you laugh or did something unexpected that changed your mood, or simply showed you kindness and you felt better afterwards?

This is the same kind of thing, but only much deeper because you are giving yourself permission to change. Most of the time we have very definite ideas of how the world is. These “rules” we have for how the world works are based on our own experiences, or that of others whose experiences confirm our opinion.

Let's say you are of the opinion that almost all people are untrustworthy. You then hear of a friend who did something really unpleasant or unexpected. This would confirm your opinion that you can't trust people fully, right?

“Many of our fears are tissue paper thin, and a single courageous step would carry us clear through them”

Brendan Francis

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What also happens is that every instance where someone does something good we either question their motives, for example, or wait for them to do something “bad” and then say to ourselves “See! I always said it was too good to be true!”. This is called a self-fulfilling prophecy.

Why do we do this? Mostly because of habit and we have been trained since we were very little to trust negativity that little bit more than positivity.

No! You might say, I'm a very positive person. Now what would happen if someone started gossiping, nasty little statements about your best friend?

Would you believe it a little and maybe even test your friend out, or ask them up front?

We are all susceptible to that “little voice”, call it the serpent in the apple if you wish, but we have all been conditioned to think that “it might just be true”.

This is why gossip so very damaging, because it is always at most **half** the story. Yet, millions of people around the world have their lives ruined by gossip.

Listening to our negativity is just like listening to our gossip factory; but we partly want to believe in it.

I know a lot of people love to know something others don't or be the first with the news about so and so. Well, would you like you to be the subject of that conversation?

So why do it to others? It really is very damaging, because everyone who gossips about others behind their back is essentially giving out the message “if I do that about them, what I might say about you?” to the others. It lowers trust between people.

My personal yardstick is I won't discuss something about others I would not say directly to them.

The reason I digressed onto negativity and gossip is because both are cousins of our old friend **complaining**. If we complain we are essentially saying “I’m too small or powerless to change this, so I’ll just bitch about it so others can feel sorry for me”.

This is one of the key habits that **directly stops us from growing**. If we constantly reinforce the idea that we are “small” no matter how much we do in other areas, these core habits will be stronger.

Our brains have stronger links for the things we think about the most. By now, you may be saying “get on with it already!” Good! Ok! So how do we break these apparently deep habits?

We do this by releasing the blocks and traps we have covered our true self with. The process of releasing sounds deceptively simple.

But it works, even if we are not completely in agreement with the process. It just won’t work as deeply at first, that is all.

How it Works: Releasing Statements

We create a positive affirmation or a positive releasing statement and then repeat it out loud looking at ourselves directly in the eyes in a mirror. Your statement is much, much better if you avoid the word **NOT** because the subconscious does ignores it.

We keep repeating them, looking at our own eyes.
You’ll know when you’ve hit the mark and when to stop.

“Fear is, I believe, a most effective tool in destroying the soul of an individual - and the soul of a people.”

Bertrand Russell

After all, saying some statements while you are wide awake, alone with no one to judge you is not likely to harm you, right?

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Otherwise talking to yourself or singing in the shower would be pretty hazardous...

They jury may be out on your shower performance but it has never done you damage. Same with these exercises. But this works, especially with repetition.

This works because we are “re-programming” our subconscious mind with a new operating pattern.

With repetition it will “stick”. This is how you learned your current attitudes anyway, this is just taking control of the process consciously, that's all.

Time Out! This is probably where your mind is jumping all over the place saying, it it were this simple, then why isn't everyone doing it and why are so many people's lives (including mine or yours) full of crap?

Just tell your mind you need to read this and thank it for sharing its opinion.

The stronger your mind reacts to something, the more your need to look at why. Usually, what we react strongly against, we need the most.

The mind recognizes something with the capacity to change the comfort zone and starts yelling “Danger! Will Robinson! Danger!” or something similar.

Got your mind under control? Good, let's move on. When we state an affirmation or a declaration with an open heart and mind it “re-programs” our subconscious.

Remember how what we focus on expands? The more we hear and believe something the more we become it. By looking direct in our own eyes, it allows us a deeper connection to our subconscious.

If you say to you yourself you are a total disaster and are useless every day, do you think you could become excellent at anything? I don't think so. We act on what we believe ourselves to be, even if they did not how to get there, they still had faith they could. They were proven right time after time. So if they can do it, you and I can do it!

If on the other hand, you are saying to yourself "I am successful no matter what". Do you think you would succeed? Every great person, in any area of life pictured themselves as being what they wanted to be.

"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, I lived through this horror. I can take the next thing that comes along. You must do the thing which you think you cannot do"

Eleanor Roosevelt

They then grew into the person they needed to be to make that vision come true. So the other key ingredient is **persistence**, just releasing alone won't work fully. We'll come to persistence later on.

The subconscious is like the genie in the lamp, what you wish for it will go out and get that for you. If your are confused about what you want, you'll get back mixed signals too.

Take Action! Let's now practice releasing statements. These are "generic" ones that apply to anyone. If you feel resistance, or tension around any one of them, keep repeating the exercise until it is clear.

The way a Releasing Statement works is as follows:

I now release XXX in all aspects of my life and being. So be it.

Where XXX is the negative habit or pattern you wish to resolve. Alternatively, you can also put in a positive statement for something you wish develop or improve:

I now allow myself to completely XXX in all aspects of my life and being. So be it.

As you can see the formula is really simple. The subconscious likes simple and unambiguous instructions. They must also be completely positive and have no dependence on another event or person.

For example, to say I now allow myself to completely accept wealth and abundance in my life when I get my salary raise.....

Weakens or destroys the positive effect because it all depends on something outside yourself which you cannot really control. Also, if you later lose or move from that job, how will you react to this?

A stronger approach would be:

I now allow myself to experience complete abundance and wealth in any and all areas of my life including this job and any future better one. So be it.

The trick here is to make the releasing or empowering statement completely clear and simple. Read it **out loud** to see how you react. Do you squirm a little, do you disbelieve it a little? If so, tailor the statement so you are comfortable with it, but that it still is positive, inclusive and independent of external events or people.

You will need a mirror for this exercise. You look into your eyes and repeat out loud your statement. Look at your eyes, if you avoid your gaze, look away, anything except calmly looking into your eyes, keep repeating the statement until you feel a release. If you react strongly against a given statement, you really need to do that one!

I now release all habits and patterns of fear of change in

myself. So be it.

I now release all causes of suffering in my life and the need to feel small. So be it.

I now release all habits and patterns that stop me from accepting complete abundance and joy in my life. So be it.

I now release completely all past hurts in all my past and current relationships. So be it.

I now release low self esteem and establish permanent patterns of courage, compassion and integrity in all aspects of my being. So be it.

Take 10min or longer if needed to complete this action.

Did you notice any tension, or other reaction in some part of your body? Often the stomach area can have this fluttering effect. This is because emotions are also remembered in the body.

This is especially true for strong emotions or experiences. You can often recreate the feeling of the event by triggering it in a particular way. We will do that for some more traumatic events, if you have them (who doesn't?) later on.

If you did not notice any physical reactions, try the "Get Out of Your Head" exercise first, and then repeat. In fact, these are worth repeating every day.

Have you noticed that the wealthy or famous were absolutely clear about what they wanted to achieve, even if they did not know how to at first? As far as I can tell, that is the most difficult part- letting go of figuring out "how" it will all happen, at the same time as balancing listening to your heart and acting on it.

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What I can say from direct personal experience, is that once you get used to listening to your intuition, heart or whatever you wish to call it, results happen. On many occasions, I have felt an impulse to go and talk to a person at one event or another and almost without fail, they have some useful information or service that will help me meet my objectives.

We need to be clear about where we are ultimately headed (our Clarity Exercise) but flexible on the means by which we get there. If we have fixed ideas on how, we lock out Life's ability to help us meet our goals. The next exercise connects us directly to your subconscious- you just need to be willing to accept that they work. Don't worry about how, just go with the flow.

Take Action! We are now going to write down a list of the **worst things that have happened to you**. This section may be pretty tough emotionally, because you may relive some of these events, but **you will clear the blocked emotion**.

We are going to do this in two parts- in the first we will simply build the list, in the second we will release the blockages.

This exercise is **just writing the list, do not try and resolve or relive these events**, that comes later. If emotions come up, put it aside and continue with the list.

Write your list of **no more than 10 items**
Start now and take 10min.

Whilst you do this next part of the exercise, you will need to have a mirror and probably a box of tissues. If you want to have a friend nearby that is fine too.

"The most destructive element in the human mind is fear. Fear creates aggressiveness; aggressiveness engenders hostility; hostility engenders fear - a disastrous circle"

Dorothy Thompson

If your friend is there and you react strongly please make sure **before you start that they allow you to feel the emotion fully**, only after you are settled down again can they give you a hug or whatever.

This is very important! If they interrupt you during feeling this by giving you a hug, or holding your hand or whatever, they will interrupt the release of the emotional blockage and it will still be there festering. Imagine you have a large rotting elephant under your house. You can cover it up all you like, but it will affect you, either by smelling bad, poisoning your water or soil. You get the picture. The “locked” emotions we have affect us in the same way. They block off access to a part of ourselves. This is why it is important to let it all out, to interrupt, even with kindness stops the release of all the poisoned emotions.

If you friend is involved in any of the items on your list, it is best if another person is there for when you go through that item.

This may well be tough, but it is the only way I know of to clear old blocked emotions. If you do this 100% you will clear the blockage and the event will just become another event in your life and not a major emotional drama. You will control the event, not the other way around.

“Do what you fear and fear disappears”

David Joseph Schwartz

How do you know when an event controls you? If you think about it and cannot look at it any other way than the feeling of pain it gave you. Many events that happen to us, if we watched them on the TV happening to someone else, we would react differently.

In most things there is some humor, perhaps it may be a bit black, but we have two choices with these kinds of things, we either laugh or cry. When you can look at the event from a more detached way and perhaps even see the humor of the situation, you control the event. For some events there is little humor at all, but if you release them fully, you will be able to look back on it as a bad experience but not one that defeated you.

Do you want proof you weren't defeated by the event? You are here now and survived it. No matter how hard. Now it is time to let go being attached to it as part of your "identity". It is not, it is just something that happened to you that you can learn from and let go.

Ready? But before we start...

Very Important Note!

In the beginning of the book, I stated how important sticking to the timing of the exercises is. This is because in a short space of time, we do not have time to think or dwell on the contents of exercise.

In this one, it is even more important. Especially, if you have some very upsetting feelings to review. To avoid simply collapsing into a crying session, **follow the timings exactly**. Have a friend manage this for you. You need to concentrate on staying focused and present during the exercise.

Do NOT continue with this until you have a person you can trust and is willing to manage the timing for you. If you have a list with lots of deep upset, then this may be time to take it to a trained releasing professional (see **Resources** section). If you are not comfortable at all with doing this without support, skip this next exercise. That is the only time I will say this in the book, though!

This "warning" is not because you could get hurt in this process, but so that you get the most out of the releasing, just reliving it all again serves no one. **But in some form you must deal with the issue, either here or with help, it is blocking your progress.**

The list of upsetting events is a pretty damn good win in any case. If you want to continue, please read on, otherwise skip the Action section and continue reading below.

Either way, **congratulations!**

For this exercise you will need to have a mirror and probably a box of tissues handy as well.

First, may I tell you about my experience with this exercise?

Thank you.

I released a hugely painful and horrific incident involving a family member from a few years ago. I was literally locked in place with emotions, tears were rolling down my face and I felt I would faint. It was probably the most intense experience I have had in a very long time.

The emotional block was huge and it had hung around like an emotional iceberg sinking my Titanic time and time again. I was not even aware of how deeply this event affected me. It just popped into my head when I was choosing an event to write about.

My Higher Self knew what it was doing. Trust yourself. Be open and honest and you will grow by leaps and bounds.

As someone who has experienced a lot of issues in my life, I can only say right now, **I am grateful for the experiences, no matter how bad, because it carved out a bigger space in me to hold more joy and compassion.** We get these event so we can help others overcome theirs. If life gave you a bucketful of crap, it is because you are a huge person who can help many, many others. If you had a pretty good life with few incidents so far, be grateful and don't go looking for trouble!

Bear in mind that all these exercises are doing is clearing away what we think we are, to find what we truly are. So by going through them, even if they are painful, we come out a bigger person.

When you are ready have someone to help you **whom you have explained the exercise and their role** to and have a quiet place you will not be disturbed, let's begin.

Take Action! For EACH item on the list take TEN minutes to write a story in your words about the event. It should be exactly what you experienced at the time, no interpretations or “because of ...” statements. As the saying goes, “just the facts”. Each story should be of one event only. Exactly what you remember, nothing more nothing less.

Because this may bring to the surface some strong feelings, I suggest you do only one or two of these in one day. But you must work through all your list, even if it takes a few days.

After you have completed your story, you must read it out loud looking at yourself in the mirror. If you can get some friends who are going through these exercises as a group, even better. You read your event to them, in this case, maintain eye contact with them, even if you feel yourself falling to pieces, keep eye contact. This will keep you grounded enough to finish the exercise. Keep in mind once you do, you will have relieved a huge emotional block in your life.

If you find yourself losing yourself in the emotions of the moment, just **breathe deeply and keep looking in the mirror** or the eyes of your companions.

I think that is plenty for now, and absolutely, **definitely time for a treat or two!** In the next chapter we will look at dealing with specific fears and good approaches to dealing with them.

Take a break, go to the movies, or go for a meal with loved ones, go for a walk somewhere beautiful and practice gratitude for being alive. You have been given the great gift of life and a purpose for which to live. Enjoy and be happy at what you have achieved so far in these exercises.

Congratulations!

“If you stand straight do not fear a crooked shadow”

Chinese proverb

Review Actions So Far

A great part of making change permanent in our lives is reviewing what we've learned.

So we are going to take a moment now to review your exercises so far. This is important since many studies have shown that if we review within 24 hours and then again within one day, our retention goes way up, maybe even as high as 80% of what we learned.

So that is what we going to do now.

Take Action! Take out your exercises so far and spend five minutes reviewing EACH of them. **Including** the ones you reviewed earlier.

This is a very important exercise, it allows us to “embed” what we have learned even deeper into our subconscious.

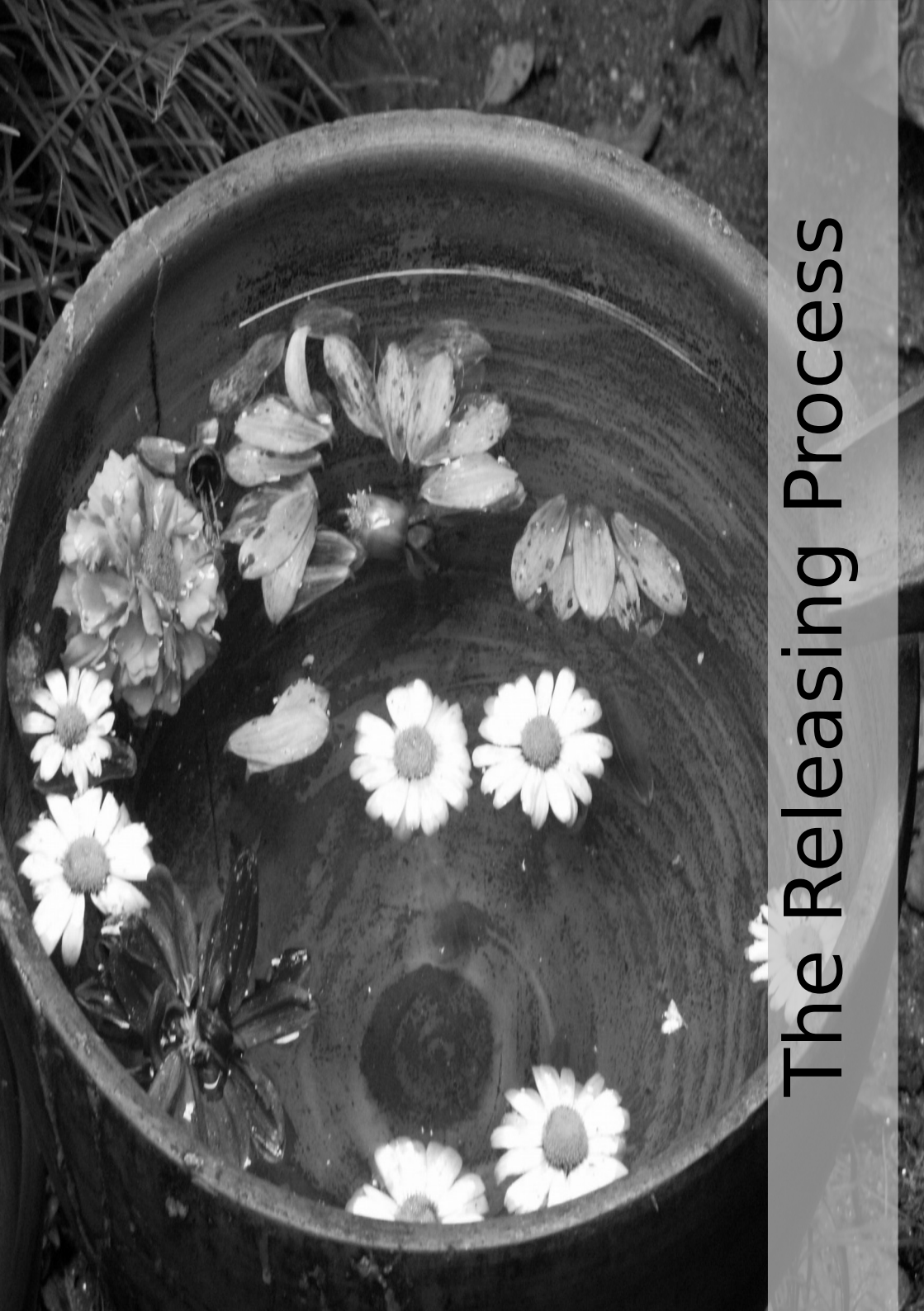
When you are doing this, try and relive the feelings and the learning you found.

You can “anchor” your successes by pumping your fist gently and saying “Yes!” with positive emotion. This will make this new pattern stronger and stronger.

Please begin.

“If I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning”

Mahatma Gandhi



The Releasing Process

Releasing Deep Patterns and Expectations

The exercises we did in the previous chapter are great when there is a specific event that we can “pin down”. We actually remember specific events and we can work through those emotional “road blocks” easier than the deep laid assumptions about the world that we derived early in our childhood or were present during our early years.

Why is this important? Well, because the way we assume and expect the world to be is what we will accept. Think of it this way, we all know the world is round today. But 500 years ago it was flat. There was absolutely no way it was anything else but flat. Chances are you might even get killed for saying anything else. How about the Sun being the center of the solar system? Same thing.

That is how powerful “opinions” can be. We believe in these things so strongly, in some cases we will die or kill for them. A current example might be the pro-life versus the pro-choice drama about abortion. Both sides believe they are absolutely right and can give plenty of reasons why. Does this sound a little like how you are living your life too? Are the ideas, opinions and assumptions you **absolutely know** are right? Of course there are. We all have them.

The thing is many of these ideas are not productive or are actually harmful to our growth. If you want proof, look at the wars, divorces, fights and even deaths that come from strongly held opinions.

“Courage is the price that life extracts for granting peace. The soul that knows it not, knows no release from little things; Knows not the livid loneliness of fear.”

Amelia Earhart

My favorite is “people cannot fundamentally change”. Well, you know what, if you believe that then you are not going to, are you?

The Releasing Process

However, if you accept that you can change just about anything, after all you learned it all at some point, you can also change those thoughts for better ones.

None of this is to say that on religious belief or opinion is right or wrong. The world is as it is, we put layers of meaning on it. This book is about being able to see it as much as we can, “clear” of filters. We can then, having clarity about why we are here, do what is in our hearts to improve the world around us and as a consequence we improve as well.

May I give you an example of this? Whilst writing this book, I was practicing the releasing exercises I am about to show you. I got to the “core” of some long held beliefs about me and allowing abundance into my life. On one Saturday morning, I changed my fundamental world view about my place in the universe.

This may not have come about unless I was putting that extra effort into refining the exercises for this book. If we do things just for us, maybe we put our best effort in, but when it is for someone else, we are much more likely to. That is why I emphasize doing things for others, it makes us much better at them than if we just do it for ourselves.

Let me put it this way, you've invited someone or a group of people over whom you care about deeply and you are making dinner. Do you do some quick and trashy thing or do you make it as best you can? Does this make some sense? When we do something for others we are willing to put more effort into it than when we do it just for us.

“The spirit is smothered, as it were, by ignorance, but so soon as ignorance is destroyed, spirit shine forth, like the sun when released from clouds”

Sankara

Back to releasing, at the start of this chapter, I mentioned how specific events can be cleared, but deeper patterns are sometimes harder to clear.

Sometimes it is like a set of dominoes.

You know how if you stack a whole bunch of them in a line and then flick the first one, all the others knock down the next one until all have fallen?

Releasing sometimes works like that too.

You do not need to release every little itsy bitsy irritating thing. Hit the big issues and the smaller **dependent** issues will fall away as well. Often there is a layer or a series of layers of emotional entanglements that prevent us from accepting the good in our lives. So we might find we hit the same issue more than once, just simply go through the releasing process again and trust that it works. It does. It really does. Here's how.

At the beginning we talked about how the mind works, the subconscious and all that? Well, in addition to working with only images, the present and not understanding negatives, the subconscious works on direct commands.

Fortunately, most of the time we are pretty woolly when we talk to ourselves. We wish for things, rather than envisage things. The problem is when we have a strong event, most often a negative one, we put ourselves into top gear, which is where we have a much more direct access to the subconscious. This is why if we generally react to events with a negative point of view, especially negative events, we reinforce the same subconscious attitudes.

It is like adding another layer to the onion. So one event is wrapped inside another and another and so on. This might sound terrible and a huge effort to clear, but if you remove a "lower" layer all the ones above it either disappear or weaken dramatically.

There is another bit of good news. A positive thought is far, far more powerful than a negative one. You proved that when you did the walk sad and talk happy exercise. Your body, when in a happy state triggered a deep sense of well-being which was far stronger than saying the words "I am sad". Do you remember that exercise? If not, go back and do it again. It is in the introduction.

Welcome back if you went off to repeat the exercise.

Now at first sight this exercise seems to contradict what we will cover with releasing. Not really, because you can also get access to your subconscious by putting your conscious mind in neutral. No, you do not have to hit yourself over the head with a hammer for that to work either.

By looking at your own eyes in a mirror with as much sincerity as you connect straight to your subconscious. If your mind is going “what bullshit!” or something similar, try this exercise:

Take Action! Look in the mirror and say “I love you” to yourself. Ok, it sounds hokey, but try it anyway.

What happened? Did you try and look away, could look at all? Did you feel weird? Did your body have some kind of reaction?

Whatever happened, I'm pretty sure one thing did not happen: nothing.

If you genuinely tried the exercise, it will produce a reaction.

So what was going on there? Well, you were tapping into your subconscious belief system directly. If you had a strong reaction or maybe could not even look in the mirror, then this is deep down how you feel about yourself.

This next part is very, very, very important. If you could not complete the exercise above, first and foremost, you would not be the only person in the world this happened to. All it means is deep down you are resisting loving yourself.

I am not talking about loving yourself in an egotistical manner, where you look in every mirror and say “Smokin'!”. I am talking about a deep sense of peace in your own presence.

"To be scared is such a release from all the logy weight of procrastination,
of dallying and pokiness! You burn into work. It is as though gravity were
removed and you walked lightly to the moon like an angel"

Brenda Ueland

If you could not do this exercise, gently accept your self as much as you can. Try looking in the mirror and say "I accept myself". Do not continue with the other exercises in the book until you can look at yourself and say "I love you" to yourself.

Be careful not to let your mind take you out- if you did the exercise and found it difficult, then continue. Do not use the paragraph above as an excuse to stop this process. It can be "hard" only because we believe we are not worth it.

Just remember, Life thinks you are worth it because you are breathing.

That alone, means you have a birthright of love. But to fix any problem, we need to love and accept ourselves first.

Now, if the exercise was not an issue for you, great. Let's continue.

If you looked at yourself and you kind of looked away, or let your eyes go slightly out of focus, or were distracted then you were not doing the exercise.

This is an important "signal" we receive back from ourselves. If you notice you react in anyway other than deeply looking in your eyes and repeating the phrase you are working with, then continue looking and doing the exercise until you no longer hide from yourself.

That was it! That's the basic format of the Releasing Process- you have a positive, nurturing statement, you look at yourself in the mirror and you say it with all your heart. You repeat as necessary!

Remember earlier we talked about affirmations? Those positive

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statements that you can use to life yourself to a new energy state?
The Releasing process combines a modified affirmation and the physical process described above.

The format for the releasing statement is:

I now release XXX pattern in all aspects of my being, in the past, present and future and in all dimensions. So be it.

That works for releasing something, what if you want to build a new positive pattern to take its place?

I now allow myself to XXX in every aspect of my being. So be it.

That's it! But you don't get off that easily, there is an exercise next! As you get more comfortable with the process and format you can modify it. A brilliant resource is the www.IReleaseNow.com website.

"Hatred paralyzes life; love releases it. Hatred confuses life; love harmonizes it. Hatred darkens life; love illumines it."

Martin Luther King, Jr

Guidelines for Releasing Statements

- Releasing statements and patterns must always be positive and about **you not someone else**.
- Releasing statements work best in the present tense
- You must be willing to allow you releasing statement to be true, even if you don't fully live it yet**
- Trust your Higher Self wants to see you healed, trust it knows what it is doing and knows how to do it
- If you get a sense that you should say the statement slightly differently, go with the flow- again trust your intuition. That's what it's for.

**** Mind Chatter Alert:** What if I don't believe the releasing statement but my life is being bugged by the pattern I want to release?

Try it anyway.

See what happens. As long as you notice the signals your eyes are giving you- it will work.

After all, we are all conditioned to thinking, it can't be that simple can it? Yup, it can and is.

"Fear grows out of the things we think; it lives in our minds. Compassion grows out of the things we are, and lives in our hearts"

Barbara Garrison

Why does this work? I have no idea- but I know it does. I covered the how. At the end of the day, my firm conviction, based on my experience is that Life wants to help us, our Higher Self wants to see us be all we can be. So why wouldn't it be simple?

You don't need a doctorate or a degree to be alive, right? So why should you need Einstein's IQ to figure all this out?

In general, we are way to dazzled by "smartness". Please don't misunderstand me here- there is nothing wrong with education or degrees or the like- I have one (in Archeology of all things) but you know what? It was interesting, I enjoyed studying and still do but my degree never made me a better person. It may have helped in getting me a better job- well, actually it didn't. May I tell you a funny story?

I was looking for a job in the mid-1980's in Britain just after I graduated, right slap bang in the middle of a economic slowdown. I went to one interview in an electronics store- I liked gadgets and so on, so I would have loved working there.

The manager who interviewed me agreed, I would do great at the job, I

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had all the right skills to learn, etc. etc. But he would not give me the job because as he said “I know that in a year or two you will get bored and probably leave. You are over qualified for the job.” Now the sad thing is, in my heart I know he was right- I was already thinking just that, get a couple of years experience, and move on to something better. I think he was a pretty smart guy and I don't think he had a degree.

Anyway, education is fantastic, I think it is essential and the more we can get the better. But there is always the seductive lure of “smart”. We think smart is best, sexiest and basically the way to go.

I don't deny it is cool and all that. But I've often observed that people with the highest educational qualifications often end up working for people with average or lower educational qualifications.

Why? My opinion is that the “smart” people think they know all they need to know and don't learn new life skills. Someone from a poor or disadvantaged background will work that much harder because they know what it is like at the bottom of the heap.

Are both equally talented, yes. Is there anything wrong with education? No. As long as we don't fall into the “I know that trap”.

“Some people think only intellect counts: knowing how to solve problems, knowing how to get by, knowing how to identify an advantage and seize it. But the functions of intellect are insufficient without courage, love, friendship, compassion and empathy”

Dean Koontz

That was a long way around to saying, don't let your mind take you out because this sounds simple. I have completely transformed my life and released deep “background” fears and attitudes by using this process. I have seen others release the pain of relatives who died when they were only 4 years old.

This is where releasing is so powerful. When we have a specific event we remember, like we covered in the last chapter, we are usually a bit older, at least 5 years old, say.

This is important because at that age or thereabouts, we have a more developed sense of “self”. We also have a slightly more developed vocabulary to describe things and events. Because we give something a label (a word to describe it) it is easier to use the processes in the last chapter.

When we are smaller, say 4 and below, we are not so well able to describe the world with words, we just have feelings around events which may have caused us pain. But because we are smaller, we don't have the mental images and memories to “hook” onto.

What we are left with is an emotional soup that is made up of all these emotions. This soup washes through our awareness and affects our actions and attitudes. It is the basic “toolset” the mind uses to defend us against the world. (Danger Will Robinson!)

The releasing process can work on just about any kind of emotional blockage.

If you notice you are feeling fearful, you can say:

I now release the need to feel fear in this situation. So be it.

You do not need a mirror, but it is much stronger if you use one. It is also better to say the statement out loud. If you can't because you are in a public place and don't want to look like a lunatic, the repeat it to yourself with a strong positive emotion.

You can even release feelings you are having without being able to name them. May I give you an example?

Remember at the beginning of this chapter I mentioned how I released a deep pattern whilst writing this book? I was working through some releasing statements that I felt I needed to do. Then I got stuck. I did not get a name I could put to this emotion, but I felt it very strongly. I felt constrained. I was working through why I had this pattern of feeling “screwed if I do, screwed if I don't” which lead to me in some cases to procrastinate or put off taking action. I had pretty much cleared it out

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some years back, but I still felt echoes of it. So I was releasing stuff on the sofa one Saturday and I felt this sense of being trapped. I even had a sense of my muscles along the top of my chest being tight along a line going from shoulder to shoulder.

But I could not give it a name. I figured, let's just try releasing the feeling. So I did. I said "I now release the patterns that are making feel this way (thinking clearly of my tension in my chest). So be it." It did not completely budge, but I felt things literally relax and loosen up. I did it one or two more times and then Wham! It hit me.

I suddenly remembered that as a little kid, about 3 or 4 I used to run out and meet my older brothers who came back from school. We were living in Colombia at the time. My mother always said she knew when my brothers got back because she would hear me cry. Their point of view as older brothers was pretty typical, they said to her "well, we know he's done something, so we might as well hit him and get it over with". Usually, they were right. But, hey what are younger brothers for, if not to make life interesting?

Anyway, this one day, I ran out really happy, I had not done anything that day, or for some days. I wanted to tell them something. Sure enough- Whack! But they also tied me up to the pillar at the front of the house. I was hungry and wanted to go for lunch too. I could not get free. So I started crying and I was really upset, I had got whacked and tied up for not doing anything and to top it off, my mother never came to see what was going on- she sent someone else to untie me. So I felt unfairly treated, abused and neglected. On any other day I would not have been bothered, but that particular day, it really did get to me.

Because I was still young enough to not be able to express it clearly, I got stuck with the emotional soup swilling around in my subconscious.

Now, here's the funny thing- it may sound like this was something that really troubled me. Not at all. I had completely forgotten about the event. In fact, I only remembered **after** I released the feelings. I only was able to release the feeling itself because I did not have the words to describe it properly.

This is powerful stuff.

"We all have the extraordinary coded within us, waiting to be released"

Jean Houston

Advanced Releasing Work

There are some interesting differences between men and women around fears. For women the "What If..." fear is very common. What also happens is that women will often link on event to another and create this cascading chain of fears based on events that may not yet have happened.

Men, being simpler creatures, tend to have more immediate "right now" kind of fears, or "survival fears". Things related to specific events that are likely to occur. Not being able to meet the mortgage payment, or pay the credit card bill and the like.

Of course, there are men and women who will not fit these patterns and will be a mixture or either. They are not hard and fast rules.

The reason I mention this is because knowing how your mind works and its habitual patterns is important. Much of this section of the book is about techniques to "look within" in various ways.

Once you are comfortable doing so, you will be in a much better position to release blocking feelings. Simply because you will be aware of them.

When we "chain" fears together, it can be tricky to decide which one to tackle first. Well, my suggestion is tackle the one that is strongest or you thought of first.

Ok, so how do I release a covering emotion that masks another, such as anger? Try this-

I now release the feeling of XXX and all the patterns that cause it. I release it in the past, the present and the future and in all dimensions of my being. So be it.

There is another variation on the releasing process-

I now release all agreements and contracts with myself about XXX. I release it in the past, the present and the future and in all dimensions of my being. So be it.

The difference here, is how we think- sometimes we have made an actual "agreement" with ourselves where we consciously stated "I will never XXX" or something similar. As time goes by we forget this agreement but our subconscious does not. So sometimes this releasing statement is more powerful.

As you get comfortable with letting your intuition guide you, you can create your own. But above all, keep the positive, personal and present. Not about someone else, or in the past or future and not embedding negativity deeper.

Creating your own statements is pretty simple. Your intuition will guide you- sometimes certain words will make more sense than at other times. Also, if you feel it working but not quite dislodging the emotional block, keep repeating it.

You can tell very quickly when you have it right- there will likely be an emotional release. Remember the Yuck berries? As emotions clear, they often come through. Sometimes directly as the emotion itself, or as a physical reaction as the emotional energy is released.

If you need to cry, cry. Don't bottle it up- that will not allow the releasing to complete. Bear in mind, that we will need to "house clean" all our lives, just the type of dust will change over time. Whilst we may clear what is affecting us now, we will accumulate junk as we go along. It is part of life, but as we get better at this, emotional trauma becomes rarer, the clearing allows us to become bigger, better people, rather than being focused on

our own issues only.

Also, whatever issues you or I have had, allows us to relate to others who have been through similar events. That is the glory of our being, we can help others transcend their limits also.

Trust your mind, it may be doing the “*Danger Will Robinson*” thing, but it is giving you clues too. The first thing you think about is most likely the most pressing at the time.

It is exactly the same as when you look for something, you find them in the last place you looked. *Duh*. Well, the mind is the same, it will give you its biggest fear first, most of the time.

Occasionally, with something really painful, the mind will play hide and seek putting other emotions up first, because again, it is trying to protect you from pain.

Above all, listen to your heart and intuition. I promised you an exercise some pages ago, so here it is:

Take Action! Take a blank sheet of paper and write down all the fears you regularly have, or the last few you can think of. If the fear was not based on an actual event, e.g. you just feel of the ladder and felt scared; does not count.

You do not need to deal just with fears- you can deal with habits that don't help you, like lying, procrastinating, lack of self-esteem, being late, failing to complete what you start, and so on.

Please write your fear or pattern you wish to break down and below it write a releasing statement.

Take 15 minutes for this.

Now, here is where it gets fun! How many do you have on your list? Ok for EACH one on your list, you are going to write or print on the computer a clear, fun and readable releasing statement.

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Please put it over the mirror in the bathroom. EVERY morning you will repeat **out loud** the statement looking at yourself. Do the same thing in the evening. That evening, change the statement, to the next on your list.

Keep this going until you have gone through your **entire** list three times.

Take Action! Write 5 Empowering statements for your life- these are the ones that start “I now allow ...”

Take 10 minutes. Start now.

First things, first. **Celebration Time!** Raid the treat box. Take one treat and really enjoy it.

“Celebrations are the juice of life”

John D. Hofbrauer, Jr.

Now, was writing the empowering statement easier or harder than the releasing ones? What if I asked you to write 10 empowering statements, could you do that?

If you found coming up with empowering statements harder, it is because we are often “trained” to focus on the negative. You can always get a long list of what a person does not like if you were to ask them. Ask them what they like however, that is another matter!

If you found it easy to come up with empowering statements, great!

Important, Important Note! Once you have some success with this, you may feel that you have all these issues licked.

That may well be true for many of them. But often, for deeper patterns that are more established, or linked to many other things which may need to be released first; you may find yourself facing the same pattern more than once.

This is normal- there are one of two things going on- either the pattern is repeating, as noted above or your releasing statement may need a bit of fine tuning.

Above all, do not get disheartened! It took however old you are to accumulate the patterns you have, some will take a while to let go. However, as a rough guideline, most things can be cleared within some months or a year perhaps. However, many of these things will go pretty quickly.

What will absolutely always happen is that the pattern will have less of a hold on you and as you open up, it will speed up your inner healing.

"If one is cruel to himself, how can we expect him to be compassionate with others?"

Hasdai Ibn Shaprut

By this stage of the game, you have some very good tools to work through most issues. You've also had a chance to practice them along the way. Acceptance of yourself and your life is the first step to change. We had to clear away the old dead leaves to find the path of gold and love that is at your center. Now it is time to walk that path in Part II.

Acceptance is the first step to true happiness. Accept what you cannot change unconditionally, change what you can with courage and conviction and have the honesty and wisdom to know the difference between the two.

"Acceptance of what happened is the first step to overcoming the consequence of any misfortune"

William James

Celebrate and finish another treat or two! You've really earned it.
Congratulations!

Review Actions So Far

A great part of making change permanent in our lives is reviewing what we've learned.

Yes, here we go again. Last one, I promise. But as you work through this time around, look at your feelings and attitudes. Especially around old negative beliefs. Chances are, if you have been doing the exercises, you will notice some change. Perhaps dramatic. It depends on you, how much you put in, is how much you'll get out.

Take Action! Take out your exercises so far and spend five minutes reviewing EACH of them.

This is a very important exercise, it allows us to “embed” what we have learned even deeper into our subconscious.

Please start now.

Lastly, I give yourself a treat or three! Jump up and down shouting “I am GREAT”.

If the dog looks at you like your are nuts, let it. **Celebrate your wins!** The true battle of the Spiritual Warrior is always with the self.

You have taken some amazing steps on your journey. Thank you for your courage.

“If I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning”

Mahatma Gandhi

Are you repeating “**I am successful in any situation in every area of my life**” for 5min daily? Good work- keep it up, repeating this will remove much negative “programming”.

“When we are motivated by goals that have deep meaning, by dreams that need completion, by pure love that needs expressing, then we truly live life”

Greg Anderson

Please write a LETTER to YOUR PAST SELF (5 years ago) What would you say to help yourself if you knew then what you know now?