

The Thirty-Two Building Blocks Of Happiness

How To Put **Passion** And **Excitement** Back
Into Your Life
By Robert McPhillips

95 in a hundred people are not getting the enjoyment and fulfillment from life that they could.

Life is too short to be stressed, frustrated or bored.

This book will give you all the information and tools you need to put passion, excitement and fun into your life.

Now you have the choice. How will you use it?

The Thirty-Two Building Blocks Of Happiness

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In the beginning there was Man (and Woman). But Man (and Woman) looked out into the world and so could only see that external to Him (Her). He (and She) seeing everything but himself (herself) felt unworthy and insignificant. He (and She) began to try to cover up his (her) unworthiness. First by using fine clothing, jewellery and so on. Later by creating the illusion of power, riches, status, success, intelligence, righteousness and so on.

None ever truly filled the gap. When these were exposed as flawed, they were patched up. Over time these developed into ever more complex systems. Less and less people understood how they worked, but they knew that the institutions and customs were older than them and more widely known than them and so there must be a valid reason why that they were missing. Each who covers their ignorance adds power to the illusion.

This has been the story of the evolution of human history. All of our customs, our institutions are inherently flawed. This is why the world doesn't work. Not really as smoothly and as magnificently as we know it could. They exist to prevent us from seeing the true reality of life. Not through some grand planned conspiracy. But because each of us believes more in what we see others believing in than in what our inner wisdom tells us.

The faster the world becomes... the more friction between the reality of life... and the illusory world in which we place our bets.

That you are reading this indicates that life hasn't been as much fun for you as you hoped. Maybe you're ready for something more, a new adventure...

The 32 Building Blocks Of Happiness

1. You matter. You are an integral part of life. Not a leftover or afterthought. You belong. Actually you are the source, the cultivator of life.
2. Happiness is Love. Love is happiness.
3. Choose to see love and you'll feel happy.
4. The default belief system is **The Economic Mindset**.
5. The **Economic Mindset** leads to instability and so insecurity. The **Eudaimonic Mindset** leads to sustainable security.
6. Things are only symbols for feelings.
7. Attention is power.
8. Time is the unit of measurement of your power.
9. Dilution of your attention leads to dilution of your power.
10. Be your own source.
11. Build your life on a sound foundation.
12. Paint your own picture. Don't be a mass replica.
13. Emotional Health is just You, being You.
14. Understand and use the Human Operating System rather than letting it use you.
15. Understand your role in creating Emotional Intensity.
16. You are an Emotion Manufacturer.

17. Friction and Disharmony are essential and perfect.
18. Fix the shattered mirror to Find Yourself.
19. Develop Your Own Life Philosophy.
20. Become the Master of your destiny.
21. Use these three keys to life to unlock Happiness, Love and Success.
22. Master Self-Esteem.
23. Master Your Relationships.
24. Choose your Partner versus Needing them.
25. Create your ideal relationship versus Comparing to others.
26. Differences: the source of growth and improvement.
27. Create Motivation that lasts.
28. Use this three-step process to build the life you want.
29. Don't let fear hold you back.
30. Stand on the Shoulders of Giants.
31. The Deserving Myth.
32. How to have everything.

Introduction

Today we live in an ever-faster world. Time is shrinking... and we are trying to get ever more done. There is never time to catch up... there is never the time to get everything done... And at the same time there are more demands on us... there is more we have to get done.

Our Boss wants more... in less time. Our Spouse demands more from us. Our children demand more.

And so we rush and we rush... always busy, busy, busy. And we never catch up... we never complete all the things on our to do list. So our head is always spinning... I have to do this, I have to do that.

You never get the chance to relax... even when you have the time to stop doing, you're too wound up and tired to enjoy peace of mind. Every now and then a thought creeps into your mind...

There Must Be Another Way.

Surely there is more to life than this. There must be some reason or purpose for me to be alive... other than to just run around keeping up with working, raising children and running a home.

And there is.

Our lives are lived according to some artificial, arbitrary set of rules. Our way of life is so unnatural and so false. We are not built genetically, emotionally or physically to live the way that we are currently living.

That is why twenty per cent of the population at any given moment are lonely.

That is why 51% of us will suffer from a form of mental illness.

More and more of us are feeling more and more stress. We're becoming more violent. You can see this in road rage and air rage attacks. People are increasingly turning to drink, to drugs, to

busying themselves in work, to food, to sex, gambling... anything that dulls the pain and the emptiness from their lives.

But none of these work.

We do what we do because we believe it is the right thing. We believe it is what we should do. We think it is us that is the failure because we don't live up to the expectations and standards that have been set out.

We were wrong... so wrong.

There is nothing wrong with you. Stop worrying that you're not normal... that you're not good enough. You are... it's the system that doesn't work.

About a hundred and fifty years ago when we entered the Industrial Age, our whole culture changed completely. Work became a drudge. And people became dispensable and disposable, all in the name of efficiency.

The Industrial Age came about because we changed our beliefs. These beliefs have helped us... they solved the problems we had at that time. We live for far longer, we're safe from nature and we have more than enough to eat.

We have been able to achieve these goals because of the beliefs we shared as a culture. For example the belief that what was right was the good of the majority. The belief that people can be controlled and manipulated for efficient production.

The Industrial Age was the plastic age... where people and principles were dispensable and disposable. Where the ends justified the means.

One hundred and fifty years ago we were afraid of disease and starvation. We've solved these problems, but today we are afraid of being mugged and murdered.

It was because we succeeded so well in becoming productive and rich that we have the problems we have today. And we are rich. If all the money in the world were divided equally every Man, Woman and Child would be a millionaire. The problems we have today

come about because while we believe that efficiency and effectiveness are more important than people we are always going to strive to get things done... And so more people will sacrifice their emotional and physical health... so that more is produced for other people to

We work harder and harder, for longer hours to buy more and more labor saving gadgets. We work for so long and so frenetically that we have no time to enjoy the money we earn. Then we feel guilty about not spending enough time with our children and so we lavish money on them.

Do you see there's something wrong in our thinking?

We were brought up to believe in the values of the Industrial Age. But they aren't working anymore. They have served their purpose and now it's time to move on.

Have you noticed that everything around us is telling us we're going into a new age?

Everyone in the business world is talking about the Information age and knowledge workers and all that stuff. Spiritual followers have been talking about something mystical called the Aquarian age.

These both sound a little complex and mysterious. The new era can be simpler to understand. The Industrial Age was all about things. It was about producing and creating things more efficiently and effectively... mostly through things. And so people and our planet were subjugated to things and to processes.

Today our planet has been almost stripped bare of its natural resources. And we have gone as far as we can with people as physical resources.

The new age is still about technology, but now it is the human technology. How to create relationships that work for all parties. Its about collaboration rather than competition. Instead of more things, the aim is more enjoyment, more humanity. Today is not about mining gold from the world, but mining the hidden gold inside each of us.

Everywhere around us the signs are that things are changing. Everywhere companies are talking more about increasing job satisfaction. I know they don't always live up to their words, but action eventually follows words.

Everywhere the old symbols and systems are creaking and collapsing. Companies like Enron and World.Com are falling.

The major brands of the twentieth century were things, like Coca Cola, IBM and Nike. The major brands of the twenty-first century will be processes that help people to get more out of their life. We can see this in its infancy with Oprah, Dr Phil and Anthony Robbins becoming multi-million dollar brands.

History and Anthropology hold two vital lessons for us as individuals.

History demonstrates that taste, fashion and standards are ever changing concepts.

Anthropology teaches us that every belief and custom is held somewhere. Every idea belongs and is or has been accepted in some time or place.

Modern technology means that for the first time psychographics (meaning psychological preferences) are taking the place of demographics. Today we can gather among those who share the same interests, rather than conforming to the ideas of our birthplace.

For you this means, it's ok to be you. You don't have to compromise who you are to fit in with the world. Just being you adds value to the world.

How To Use This Book

This book has three stages. Here they are;

1. Where Are You Now?

This is where we will literally rip out everything you have stored in your head. We'll set it out in front of you. Then throughout the rest of the program, you'll work through what parts you can sell, what to discard and how to best reorganize the rest.

This stage has one goal. To separate everything in life that generates a strong emotional response from you, indicating that it is important to you, and place them into two piles.

What Don't I Want?

Have you ever noticed when you ask someone what they want, they start listing the things they don't want. 'I don't want to...'. It's just the way Human's are set up... so it is easier to work out what you want to avoid first.

This process uncovers all your hidden fears. Once we face these.. you take away much of their power over you. Then we'll work out how to avoid them ever happening.

And then

What Do I Want?

Once you've faced your fears and know what to avoid and how to avoid them... all that is left is what you do want.

You'll find by this stage that you have much greater control over your emotions... and you'll have freed up a lot of energy that used to drain you in fear, pointless arguments and dealing with problems.

This is the stage where your imagination can run riot. You've freed yourself from the baggage you've accumulated over the years.

2. How Do I Get There?

This is not just some simple 3-step plan to achieving one goal. This is a thorough and comprehensive life makeover at the deepest level.

The Human Operating System.

You'll learn about the Human Operating System and how it will run your life unless you take charge of it.

Here's where you'll find all the blocks that have ever held you back. You'll learn how to tweak this so it works for you, rather than against you.

The changes you make here work beneath the surface... so once you've made a change, it's there forever - unless you change it again.

You'll take all the stuff that you pulled out in Stage 1... and learn Thirty-one universal life principles that each have the power to change your life forever.

These will give you the understanding you need to create a smooth-running, streamlined Operating System... that plays to your strengths and achieves your goals almost effortlessly.

We'll systematically work through every area of your life. From self-esteem to relationships to life purpose and spirituality. We won't tell you what to believe or what to do. But we'll support you in a systematic process, while you identify and define the way that suits your unique talents and situation.

3. Continual Evolution

By this stage your mind will be like a fertile field that will spot the seeds of valid ideas... and grow them into mighty oaks.

But nothing in life is ever constant. Just like a farming field... you either keep ploughing the field or it becomes infertile. We'll work at what steps you can take to keep your mind alive and growing.

3. How would that affect you?

4. Rate each area of your life below on a scale of 1-100. 1 being the worst it could be, 100 being perfection.

Area of Life	Current Rating	Desired Rating		
Happiness				
Self-Esteem				
Control				
Optimism				
Direction				
Clarity				
Courage				
Main Relationship				
Other Relationships				
Parenting				
Work				
Financial				
Relaxation				
Stress Levels				
Philosophy of Life				

Creating A Vision

When I was 6 my dream was.....

When I was twelve my dream was...

When I was fifteen I thought...

Why did these change?

The things I like best about the world are;

- 1.
- 2.
- 3.
- 4.
- 5.

The things I most dislike in the world are;

- 1.
- 2.
- 3.
- 4.
- 5.

The things that most irritate me are;

- 1.
- 2.
- 3.

4.

5.

The thing that most upsets me about the world is...

In a day my mind wanders to...

If I had a magic wand I would...

If nothing could hold me back, if I knew I couldn't fail I would...

Self-Esteem

I would love to be...

I would love to...

My Strengths	My Weaknesses

The world is a better place because I ...

No one else can ... like I can.

People like me because I am ...

Ask this question again and again. Each time answer differently.

Who Am I? ...

Who Am I? ...

Who Am I? ...

Who Am I? ...

Who Am I? ...

Who Am I? ...

Who Am I? ...

Who Am I? ...

Who Am I? ...

Who Am I? ...

Who Am I? ...

Who Am I? ...

Who Am I? ...

Who Am I? ...

Who Am I? ...

Who Am I? ...

Who Am I? ...

Who Am I? ...

The most important thing to me is...

Before I die I want to have ...

If I stopped before walking into a room and heard people talking about me. They would probably be saying...

Priorities	Actual Time Spent On Them

My favorite ways to spend time are...

I usually spend my free time ...

When I ... I feel good.

When I ... I feel bad.

The most important thing to me is...

The second most important thing to me is...

What principles guide your decisions. Take the last five major decisions you made.

I decided to ... because ...

I decided to ... because ...

I decided to ... because ...

I decided to ... because ...

I decided to ... because ...

My Relationship

You can adapt these questions to whichever relationships you want to audit.

What first attracted you to your Partner?

Are you more or less attracted to your Partner as you were initially?

Why do you stay in your relationship with your Partner?

If you could choose to be with anyone for one night, who would you choose?

If you could choose to be with anyone for the rest of your life, who would you choose?

Why?

Partner's Best Features	Partner's Worst Features

What first attracted your Partner to you?

Do you think they are more or less attracted to you now?

Why does He/She stay with you?

If He/She could choose to be with anyone for one night, who would they choose?

Why?

If He/She could choose to be with anyone for the rest of your life, who would they choose?

Why?

Fill this out as if you were your Partner, writing about you?

Best Features	Worst Features

What is the thing about your relationship that you like best?

What is the thing you like least?

Understanding Life

*If you understand, things are just as they are;
if you do not understand, things are just as they are.*

Zen Proverb

Life is so, so simple. There can be nothing simpler to understand. Yet so many people struggle. Walk into any major bookshop you'll find hundreds of books promising you eternal bliss... wonderful relationships and all the success you can handle.

Yet very few people are able to use this information. Still more people struggle with these issues than don't. Even when they've read the books. So then they go read more books. Still they don't get it. Now they're really frustrated and so they believe life must be incredibly complex.

It isn't.

Here's the secret to life. Don't rush through this, it is really important.

**If you find life difficult to understand intellectually...
it's because you don't want to accept it emotionally.**

If you accept emotionally... intellectually its simple.

What happens is that when we come across something that challenges a belief that we want to hold onto... we complicate it by trying to make it fit around the thing we want to hold onto. It doesn't work. So then we keep looking and making the solution ever more complex.

Life is an infinitely layered experience. Different people operate on different layers and so they see the same thing in very different ways. Neither is necessarily wrong. If you could only see the front part of an elephant and thought that was all there was... and I only the back... we'd both think that we were experiencing different things. But we're not. It takes a more distanced perspective to see all of the elephant. With all three you are able to take the close ups to add detail to the overall.

In much the same way once you understand life on different levels, you are better equipped to enjoy it more. Generally people read books like this to learn what they need to do to be happy. Then they think they mustn't be doing it right if it doesn't work. The truth is; there isn't anything you have to do to be happy. You've just got to stop the things you're doing now that make you unhappy. In this book we are going to cover the almost universal mistakes that cause people to squander their energy, enthusiasm and happiness.

As you go through the book, remember;

**If you find life difficult to understand intellectually...
It's because you don't want to accept it emotionally.**

This book probably looks at life on a deeper level than you're used to thinking about it. Sometimes people seem to have a resistance to getting deep. This is because emotions are stronger here. If you feel a strong emotion... it means you are reading, thinking or talking about something that is important to you. The stronger the emotion... the more important to you it is. Once you get to the root of the cause... the more powerful the emotion, the bigger the change.

Many people read books like this and want practical steps to get on with. I have put some exercises in with the principles. They are not the definitive principles or necessary. They are only tools that can help you to integrate the principles into your everyday life. Sometimes people get hooked up on the tools and miss that they are just a vehicle to get to your destination.

Of course you can make changes through the practical steps and you can solve the problems that are facing you. But if you use techniques to solve problems without changing the source of problems, they just keep coming back in different forms.

The path ahead is simple... easier than the path you took to get here... if it isn't, work out what belief you are holding onto that is making it more difficult than it needs to be.

Everything in life is simple... you just need to grasp the basics. When I was seventeen or eighteen I used to go to boxing training.

There was one thing that marked out the best boxers. Barring exceptional natural ability, the best were those who'd been boxing for the longest time. It takes seven or eight years for a boxer to reach his peak.

Not because there is anything particularly complex. But because when your head is swimming... when you don't know who you are or where you are... the experienced boxers protected themselves and fought their way out to survive and recover. The moves and strategies were ingrained into them to do even without any thought. The others when they got disorientated lost the ability to move and so never recovered.

In the same way, the difference between a black belt martial artist and a novice; is that the black belt knows many variations of the same few basic techniques. The successful business carries out the basic steps more effectively and consistently than the less successful.

Get the basics right and the rest will come easily. If you don't get them, nothing else will work effectively.

The root of our problems is that most of our knowledge about life has been passed down from generation to generation. However that knowledge was based on what our Ancestors understood about life. Today with scientific discoveries and advancements in our understandings... this knowledge is out of date. So the basic beliefs we have that underlie everything we do... are preventing us from being anywhere near as effective and happy as we could be.

Yet because we get so caught up in life we don't realise these misunderstandings. And as they underpin all our thoughts and actions... our relationships... and our businesses... it makes life so much harder and less enjoyable than it could be.

Life is like a great experimental laboratory. If our beliefs are flawed acting on them feels bad. If we keep on doing it, but try harder... we'll feel even worse. The harder we try the worse it gets. If what we think is true, we feel good.

For most people today, in at least some areas; life doesn't feel good. This is because conventional wisdom is flawed.

It's based on outdated ideas and beliefs.

It doesn't work.

The harder we try the worse it feels. The solutions to the problems our world faces are not going to come through legislation or indoctrination. The problems are not a matter of finding the right way to control and contain people. They are merely a reflection of what we believe.

When we as Individuals can get over the arrogant assumption that we are here to fix the world and everyone in it... the world will show us what works and what doesn't.

Most people have been taught to think of our planet as a giant dolls house. And ourselves as a doll placed in there. By this I mean that we look out on the world. We see that it was here and seemed complete long before we were here. And we know it will go on without us. So in that sense the world looks far more solid and important than us.

Yet just the law of gravity shows us that a simple movement can have enormous consequences. Everything is affected by you and affects everything else in the universe.

The flapping of a single butterfly's wing today produces a tiny change in the state of the atmosphere. Over a period of time, what the atmosphere actually does diverges from what it would have done. So, in a month's time, a tornado that would have devastated the Indonesian coast doesn't happen. Or maybe one that wasn't going to happen, does.
(Ian Stewart, Does God Play Dice? The Mathematics of Chaos, pg. 141)

A smile that is meaningless to you may change entirely what another may do. Causing dramatic changes to the rest of the world. Every action you make is significant.

Yet as we look in the world without realising this... we often feel as if we are insignificant or unneeded. Often if things don't go so well... we look out at the dolls house and we say 'Oh well, that

can't move. It must be me that doesn't fit. Maybe they put me in the wrong room. I need to find the place where I fit in'.

That's where it all starts to go wrong. You cannot bend to fit into the Dollhouse. It is in your trying to fit in where life goes astray.

The picture of Earth as a Dolls House is false. All of life is in relation to you. Every action of yours causes a reaction in the world. I don't say this to make you feel good. It's a rule of gravity.

You are an integrated part of this planet travelling 16,000 miles per hour through the universe. At no moment is anything around you static. We are all hurtling through life. All bound one to the other. You cannot get off this ride, but you can learn to steer it and travel without getting motion sickness.

To do this you first need to stand up and decide to take control of your life. The first principle to ingrain into yourself is an understanding that everything in life is in relation to you. It doesn't matter what they did to you, what twist of fate happened 50,000 miles back. It's all about you. You can spend the next decade whinging and complaining about how hard life is or you can learn the lessons life shows you.

The source of all pain and misery come down to one fundamental mistake.

Pain or misery is the clashing of what **life is with what you think **life should be**.**

Give up the need to have life be exactly how you think it should... and you need never feel frustration and anger again. None of us have a deep enough knowledge to have the first idea, what would be best for ourselves - let alone anyone else or the world in general.

We misunderstand what life is... how it works... and what it's purpose is. The more firmly that we believe in our misunderstanding... the more pain and misery we create. Give up control – which you've never really had anyway – and you can direct everything.

Life is so much vaster, has so many more possibilities and so much more flexibility than we realise. The way we experience life is like the way we listen to the radio. We tune in to a specific wavelength. This lets us hear one station clearly, but cuts out other stations.

In any given situation we have hundreds of choices. By focusing only on our wavelength we miss other possibilities and choices. Therefore we trap ourselves. Then we think I have no choice, or I have only A and B to choose between. And so we feel frustrated trapped... with little if any power. This creates frustration and misery.

Once you can truly recognise and appreciate the beauty and perfection of life, you can change your focus, just as we change radio stations. Then life becomes far simpler and more exciting.

Once our problems were relatively simple to solve. We needed food and shelter. These were there, we just had to find them and take them. Today our problems are so complex that most people do not even understand them.

Our planet faces destruction from global warming and weapons of mass destruction. Soil erosion means that our food has minimal if any nutritional value. Superbugs and superviruses threaten us all.

These threats have all been created by our society in the last few decades. Of course we did not intend for these effects. But when we act in the world, without appreciating the order of nature, believing that we need to fix it, we end up stumbling from one disaster to another.

And what is true of us as a society is also true of us as individuals. As individuals we go through life trying to **help** others, or even ourselves, believing we and they need fixing. Thinking that we - or anyone else - can see enough to know the right path for others.

No-one is broken or needs fixing. Nature is perfect. When we understand this, we can get over the need to make everyone else think and act as we do. And then we can begin to appreciate others for the gifts and talents they can share with us. Then instead of straining to fit into regulation shapes, we can all fit together like one huge jigsaw.

The key to life is to fall in love with it. To start to treat it as a big investigative game. You can begin to create order out of the chaos of life. And learn the universal laws and principles that govern life.

Every day you'll learn more about yourself and life. You'll begin to understand why things happened and see more options. Then you'll feel more secure and in control of your life.

It all starts when you stop calling life a bitch and cursing your luck. You can't change anything while you're hitting out at the world.

But when you love life... life starts to love you.

Remember when you first fell in love. You wanted to know all about that person.

- All about their past.
- All about what they were thinking.
- All about what their hopes and dreams were.

You woke up in the morning and just gazed at your lover appreciating everything about them.

Why do you think life should be any different?

Stop treating life like the adverts before the main feature. You know the way you 'kill time' to get what you really want.

Start;

- Courting life.
- Getting curious and fascinated by the beauty of life.
- Enjoying the romance and sheer adventure of being alive.

Forget the myths of romance and chemistry. Study after study shows that it is familiarity that is most influential in deciding whom we fall in love with. We love what we know. What we do not know we fear.

Have you ever wondered what determines beauty? Psychologists have investigated and at least part of it has to do with familiarity.

If you take a hundred faces and morph them into one blended face, that face will be more attractive than fifty morphed faces. And fifty morphed faces will be judged more attractive than twenty-five and so on.

It seems that ugliness is unusual features, whereas beauty is a common or symmetrical feature. It reflects back what the observer sees and understands. The more we know about something, the more we like it.

People who don't like each other often become friends if they are put in a situation where they have to spend a lot of time together.

Why?

Because we don't like what we don't understand. At the basest level we see this in prejudice against someone of a different race, creed or even organization. Once we learn and understand why someone thinks and acts differently, we can appreciate them – even if we still disagree.

Art, sport or a type of music we know nothing about can seem so boring... but once we learn a little we can get hooked.

What does any of this have to do with you falling in love with life?

Falling in love with life is about paying attention and understanding it. It's about being fascinated with the process of life and treating it as a lover who you are endlessly interested in... rather than viewing it as the way to get the stuff you think you want.

Once you get this mindset, the path forward is clear.

Understanding Happiness

We convince ourselves that life will be better after we get married, have a baby, then another.

Then we are frustrated that the kids aren't old enough and we'll be more content when they are.

After that, we're frustrated that we have teenagers to deal with.

We will certainly be happy when they are out of that stage.

We tell ourselves that our life will be complete when our spouse gets his or her act together, when we get a nicer car, are able to go on a nice vacation, when we retire.

The truth is, there's no better time to be happy than right now.

If not now, when?

Your life will always be filled with challenges. It's best to admit this to yourself and decide to be happy anyway.

One of my favorite quotes comes from Alfred D Souza. He said,

"For a long time it had seemed to me that life was about to begin - real life.

But there was always some obstacle in the way, Something to be gotten through first, some unfinished business, time still to be served, or a debt to be paid.

*Then life would begin. At last it dawned on me that these
obstacles were my "life".*

*This perspective has helped me to see that there is no
way to happiness.
Happiness is the way.*

*So, treasure every moment that you have and treasure it
more because you shared it with someone special, special
enough to spend your time...and remember that time waits
for no one.*

*So, stop waiting until you finish school,
until you go back to school,
until you lose ten pounds,
until you gain ten pounds,
until you have kids,
until your kids leave the house,
until you start work,
until you retire,
until you get married,
until you get divorced,
until Friday night, until Sunday morning,
until you get a new car or home,
until your car or home is paid off,
until spring,
until summer,
until fall,
until winter,
until you are off welfare,
until the first or fifteenth,
until your song comes on,
until you've had a drink,
until you've sobered up,
until you die,
until you are born again to decide that there is no better
time than right now to be happy.*

Happiness is a journey, not a destination.

Author Unknown

Really all there is... is life. It's just a continuous, flowing experience. But because we impose our own mental structures to break it down and categorise it, we make up all these different labels for different experiences.

Trying to categorise, and make sense of what are unique, never to be repeated experiences takes up an enormous amount of energy.

If you can free yourself from this, in other words if you can think outside of the cultural box, you have a great deal more mental energy to enjoy life as it comes.

For centuries, people have agonised over what Love and Happiness are.

They are the uninhibited experience of life. You cannot understand them through words. You can only understand them through experience.

Love and happiness are the same feeling from different perspectives.

Happiness is the experience of loving life. Being happy is being in love with that momentary experience.

And love is looking at someone or even something and seeing the absolute best in him/her or it. Love is happiness with what you see.

So love and happiness really are the same thing... just expressed differently.

Yet people think of happiness, or love, as a rare limited experience. They worry that it may never pass by them again. When they experience it they are so focused on keeping it that they cannot fully enjoy it. They think that if they can trap it, and cage it... they can keep it forever.

But life is change. The river of life is the constant and continual evolutionary force of change. Without continual cellular renewal every living thing decays. As the experience of happiness becomes trapped it loses its nourishment. And so it decays. So what once was the picture of beauty and joy is now a decaying, rotting ugliness. Not because of the cruelty of life... but because the source of the beauty (the life force) got cut off.

There is no Puppet Master manipulating the world to antagonize or test you. There is only yourself.

Do you let yourself enjoy the beauty of the world?

Or do you try to force it to fit in with your expectations and demands and end up holding a decrepit corpse of life?

Happiness or love cannot be achieved or orchestrated. It can only be enjoyed. Once you try to force or manipulate life to fit in with your beliefs, you distort it.

Just as if a tree is allowed to grow, it will grow into a thing of beauty and strength. If its light is cut off, if its way is blocked it will grow distorted. It will always grow... either in beauty or ugliness. It's the same with your life. You either trust in life or distort it.

It always feels better to love; than to hate.

We prefer to see beauty; than ugliness.

It feels better to praise and appreciate; than to criticize and blame.

So the more of your life you spend praising and appreciating beauty... the more of your life you will love.

But what if what you see is not beautiful?

If what you see is not beautiful... it is because you are not looking deeply enough to see the beauty.

Crumbs from a cake look messy, but the full cake is beautiful. Parts of life look messy only because we don't see the bigger picture. We often look through blinkers at what is in front of us.

Yet behind what you observe, there are layers and layers of life to see. Find the thing to appreciate and choose to put your focus there and life will seem beautiful.

How To Be Happy

The One

Many years ago, in a time of great war and consternation, there was a monastery which had fallen upon hard times. There were few monks left, and they tended to squabble amongst themselves. Everyone was convinced their path was the right path, and the peaceful ways of the past seemed little more than a dream.

In a last ditch attempt to save the monastery, the Abbot went to seek the wisdom of an old rabbi who was reputed to have great insight and wisdom into the ways of men. When the Abbot told the rabbi of the situation, the rabbi shook his head with great concern.

"It is imperative that you find a way to resolve this situation before it is too late," said the rabbi. "For what you do not realize is that among you is the One who will deliver us all from fear into love."

The Abbot asked who among them was the One, but the rabbi would tell him no more. On the way back to the monastery, he wondered who the One could be. "I'll bet it's Brother Arthur," he thought to himself. "He is kind and good. Or perhaps it is Brother Thomas - he is young but already shows great wisdom. Or could it be...no...I mustn't even consider that it might be me!"

On his return, the Abbot shared the news with the monks. While they were startled, there was the ring of truth to what the Abbot had said. The One was amongst them!

As they contemplated which of them it might be, the monks began to treat one another with a very special reverence and respect. After all, someone among them

might really be the One. And, on the off chance that each monk himself might be the One, they began to treat themselves with extraordinary respect and reverence as well.

As time went by, the monks developed a gentle, loving quality about them which was hard to quantify but easy to notice. They lived respectfully, in harmony with themselves and nature. An aura of respect and reverence seemed to radiate out from them and permeate the atmosphere. There was something strangely attractive, even compelling about it. Occasional visitors found themselves deeply moved by the life of these monks.

Before long, people were coming from far and wide to be nourished by the life of the monks, and young men were asking to become a part of their community. Within a few short years, the monastery had once again become a thriving order - a vibrant center of light and spirituality in the world.

Author Unknown

When people find out that I spend my time writing and speaking to people about happiness, they ask one question.

‘So what is the secret. What does it take to be happy’?

They think there is some secret formula. That if they had enough money... enough love... enough things they would automatically be happy.

The way that they speak of happiness and ask the question indicates that happiness isn't something they have considered deeply. They haven't considered it deeply, because they believe that there are so many other things they have to do first before they can be happy.

But because they aren't happy, life is so much harder than it needs to be. When happiness is your first priority, everything else comes easily. In a car oil smoothes the way for everything else. It

protects the engine and ensures that it works without friction that would cause damage.

Happiness works in the same way for our lives. It makes our relationships, our work and everything else in our lives run so much smoother. This helps us to enjoy life more. Feeling relaxed, rather than stressed. In control rather than bounced around by outside forces. And with the space, energy and creativity to do what we want.

Just as your car can perform better, accelerate faster, drive more economically and run more smoothly, if you maintain it. So too can your life run more smoothly... if you take the time to make happiness your priority.

This leads us back to the question people ask. What does make us happy?

The answer is that it isn't things or experiences that make us happy. Happiness is a choice we either make or don't make. This sentence has many layers to it. Most people take it at the superficial level and can't understand why they don't feel happy.

It doesn't mean that you go about your business, putting yourself in all different kinds of situations where you feel bad, see only ugliness and then choose to be happy. Of course that will not work.

At that level it is like being thrown in the sea with a lead weight and choosing to float. Words are far less important than what you really mean. If 95% of your thoughts and actions are directed to something other than happiness, but you say 'I choose happiness'. You haven't really chosen happiness... you have just tried to fool yourself that you have.

For most people happiness is an afterthought. They make the decisions that determine the course their life takes for a hundred other reasons... because it is expected of them... because they want to please other people... and because it's what they **should** do.

Then they end up out of their depth... flailing in the river of life. So they start to think I just want to be happy. Somewhere they read

that happiness is a choice. And so in their desperation for any life belt, in between making deals with God, they say now I choose happiness.

But it doesn't work and never will work.

You can have any one thing you want from life... but only one thing at a time. Life is so interconnected and interwoven that different choices block each other.

For example, you, like most people, may want to be happy, successful, loved and respected. These are your intentions.

Tomorrow a situation may arise that needs you to make a decision how to allocate your resources, either money, time or whatever. Now using your resources to complete or begin a new project may bring you success, but work against your wish for love, as it takes you away from your loved ones.

Many, many times in a day we are faced with these decisions between two or more intentions. And so what most of us do, is to choose say success, then in the next choice switch to love, then to happiness and so on.

This means that we start up one road, then go back and up another, back and up another over and over again. Despite all our efforts and travelling we keep ending up where we were.

Those people who are most single minded, choose consistently. At every point they choose the same thing. As a result they go further and further down that road, leading to more success, love or happiness.

This however can lead to having one thing, but missing out on the rest. There is a way to have everything, but we'll discuss this later.

To choose happiness means going to sleep tonight having made the decision to be happy in the morning. Then whatever we decide or do, we do from happiness. We are happy so we...

This way we never get into the situation where we start to flounder. We only ever get into trouble, when we make our decisions for any other reason than choosing happiness. Once we drift off the path,

it is easy to get caught up in the whirlwind of life and before we know it... we are so disorientated by life bouncing us around, we have forgotten who we are and what we really want.

Conventional wisdom tells us to make the best of what we have. If we have lemons, make lemonade. This is one of the main ways that we trap ourselves. Because we then believe that our life can only be as good as the raw materials we have and our ability to make something from these.

Instead decide what you want and let that set the tone. Then gather the raw materials you need. When we look at what we currently have we feel trapped and limited. When we start from a perspective of what we want, without limit, then we open up our imagination, creativity and enthusiasm. This is where we gain the inspiration and ability to create whatever we want.

Choosing to be happy first, broadens our perspective. We have more energy and creativity to see opportunities and act on them.

Feeling good, feeling happy and in love is nature's guidance system. It is the way that we can know we are connected to the flow of life.

If we stay connected to that flow... our path is clear and we have all the motivation, energy and ability to do whatever we have to do.

When we feel anything other than happy and motivated it is because we drifted off our path and started to listen to others.

You were never put here to buy a nice house in a quiet suburb, fit in with your neighbours and make people feel good about the new dress they bought.

You are here as an expression of the evolutionary force of life to create new ways of expressing yourself. This is how you add value to the world. Not by becoming Clone No. 5890678.

So what does this mean. It means say what you think, do what makes you happy and in Joseph Campbell's words **'follow your bliss'**. If you are happy and connected to the flow of life energy... your words or actions will not hurt anyone. To hurt another would create fear of retribution and so disturb your happiness.

So many people say to this, 'But I can't just worry about my happiness. I have responsibilities'.

You cannot effectively fulfil your responsibilities without happiness. If I asked you to give me a million pounds, what would be your response? Probably something like, 'It would be nice to have it, to give it'. Even those who have millions, would say something like 'I'm not made of money' or 'I earned mine through hard work and you should too'.

In other words they believe that they only have so much money and so they cannot freely give away all they have. In the same way, unless you know that you can dip into a limitless source of happiness and create more happiness whenever you want... you can never freely give happiness.

A person without happiness to smooth their words and actions creates friction. Their actions may on the surface seem to **help**, but they are performed at a cost to the person. This cost feels as if it is eroding the person, just as running a car without oil will damage it's parts. And so they will sooner or later feel bitter or resentful and damaged by the wear and tear to their wellbeing in giving to another.

Throughout history people have looked at limitless patience and acts of kindness by people like Jesus, Buddha, Lao Tsu, Mother Theresa and so on. And they think this is a great example, I must live up to this.

And they try to follow the actions. But they feel burnt out, eroded and damaged. Then they beat themselves up and say I'm not as good as...

They went off the path when they copied the actions. Effective smooth action only comes after inspired thought. Inspired action can never follow frantic panicked action.

What they failed to understand, because they couldn't see it, was that these individuals were already happy. Then because happiness smoothed their actions and words, they didn't cause friction or damage to them. And so they could do these acts of kindness and be infinitely patient without costing them anything. In

the same way, events that may look like being hugely painful were not painful to these individuals.

It is not that they are unique or special, in the sense that you could not achieve what they did. It is just that they approached life from a radically different perspective that enabled them to seem superhuman.

We will talk later about the Economic Mindset. Through this perspective it seems that only actions have value... but this isn't really true. It is only true on the more superficial layers of life. Really though you may do something for another; you will in some way try to get rewarded or you'll feel cheated.

Real happiness can never be bought or sold. Nor given or taken. It can only be chosen and enjoyed. You can never achieve enough to earn happiness. Nor can you manipulate circumstances enough to cause another to be happy.

More harm is done in this world by individuals, groups and nations who act from the arrogance of believing they could possibly know the best way forward for another, than from any number of individuals who act for their own happiness.

When one person says this is the right way, another sees something different and she says 'No. This is the right way'. Both are certain that they are right. And each is in their own little world.

So now there can only be one right way. And so begins the fight. Either verbal, physical or psychological. Neither side will rest until their way has been upheld. Instead of appreciating the best in the other, now both look for weakness and blame.

It is as if there is a balloon being blown up between them. The longer it goes on for, the more distanced the pair become. The more distance the more critical of each other they become. When they get far enough away from each other there becomes nothing about the other that they like, or see as worthwhile.

If you have an image of what is right for someone else. Then that begins to strip away their free will. You may be doing it for the best of intentions, just wanting for them to be happy. But it is based in a belief that they need X to be happy.

They don't.

They will find their own way to happiness if they are allowed and allow themselves. Whenever we hold an image that is best for another, we cannot help but try to shape them in that direction. And if they go in any way other than the direction we believe to be for the best, we think they are wrong.

Then we either tell them one way or another that they are wrong or between us the balloon comes between us and we become distanced. From this point on, you can only see the lost opportunities for the other.

We do not know enough to even work out what is best for ourselves, let alone another. There are so many variables and unseen opportunities to life, that you can never know let alone calculate into your equations of what is best that no one person, not even ten people together could be able to plot the best way forward for an individual. All you can do is help them to access their own guidance and trust in themselves and the Universe.

The Economic Mindset

The Wise Woman's Stone

A wise woman who was traveling in the mountains found a precious stone in a stream. The next day she met another traveler who was hungry, and the wise woman opened her bag to share her food.

The hungry traveler saw the precious stone and asked the woman to give it to him. She did so without hesitation.

The traveler left rejoicing in his good fortune. He knew the stone was worth enough to give him security for a lifetime.

But, a few days later, he came back to return the stone to the wise woman.

"I've been thinking," he said. "I know how valuable this stone is, but I give it back in the hope that you can give me something even more precious. Please give me what you have within you that enabled you to give me this stone."

Sometimes it's not the wealth you have but what's inside you that others need.

Source Unknown

We live our lives through what I call an Economic Mindset. By this I don't mean that we equate everything to money. I mean that money is a reflection of the way we look at life.

We put values on actions or inaction's and use this as the basis of our decisions.

Often I look around at people's decisions and their rationalisations and it seems that many people are scared to give too much of

themselves. The cultural equation for the ideal life seems to be the maximum you can get for the minimum you give. Yet study after study demonstrates that the more we do... the more we give... the more active we are... the better we feel.

You can see the Economic Mindset demonstrated when we feel we have to do or have something in order to be happy.

It is because of the Economic Mindset that we believe if a small amount of something is good, more must be better. And so we become addicts or over-indulgers.

Take for example our diet. Today we eat far more than we actually need. If the whole world ate the same amount as the U.S.A, we would need 3 more planets to sustain us. In 1960 a McDonalds portion of French-fries contained 200 calories. Today it has 610 calories.

Yet it is this mindset of overindulging is killing us. 280,000 Americans die every year from Obesity.

We hate to exercise; yet we feel great afterwards.

We love to sit in front of the television; yet as an action, it generates among the lowest levels of happiness.

The Economic Mindset is clearly seen in our relationships. The expectation is that if you do X, your Partner will do Y. Then when your Partner doesn't do Y; perhaps they never even knew it was expected... you feel cheated.

This feeling of resentment creates that same balloon we spoke about earlier between you and your Partner. The longer it stays there, the more distance, bitterness and unhappiness you will experience with your Partner.

The Economic Mindset is particularly destructive in personal relationships. First of all, before the couple even get together it has set up a fairytale image of romance. Then boy meets girl and they fall in love. Sooner or later the novelty of the relationships fades. Probably one or two issues have by now come between them.

Meanwhile both individuals are still receiving the images through newspapers, magazines, people they see, TV programs and films of the ideal Partner.

Now the media exists to sell products. There is no other reason. Sure they inform and entertain, but they are businesses. And they make money from advertising. So the information and entertaining is there for the purpose of distracting audiences so they can sell them things.

There are different types of advertising, but one of the most prevalent is aspirational. This is where the man wears a certain deodorant and suddenly women start throwing themselves at him. Or the car that gives you instant respect.

We take in all these images. Lots of people say to this, 'Yes, but I don't pay attention to adverts'. Studies show that even when people think that advertising doesn't influence them, it does. If it didn't companies wouldn't spend the millions that they do.

We make sense of the world by putting together everything we see and hear and coming up with our own interpretation of how things work.

This is very important in relationships.

Why?

Because in our head we hold two images of our Partner. What they should be and what they are.

What they should be is based on all the examples we see of Husband's and Wives around us. As an example here's how a woman (And, yes of course men will use a similar process) might use images as a benchmark for her relationship...

- the Neighbour's husband bringing home flowers
- the Friend being whisked away for a romantic weekend
- the charismatic lead in the film we saw last week
- a Colleagues humour and caring

- the physique of the man you see at your gym
- the wealth and power of someone else
- the dress sense of another
- the intelligence of another
- another who is nurturing

and if you add up the total of all the best of all these images, this is the total value of men to our fictional woman. Now this represents 100% of her ideal Husband/Partner.

Now she'll have some kind of idea of how much she believes she deserves. Now she'll rate herself in terms of her self-image. Specifically she may use;

- How attractive she perceives herself to be
- Her housework abilities and effort
- Her personal qualities that you bring to the relationship
- Her intelligence level
- And so on.

Each of use has our own unique images of potential partners and what we deserve. So when you are assessing a potential partner you may unconsciously think, I'm worth about 60% of my ideal picture.

Then once you have begun the relationship initially you show the best side of each other. Not just that, but you will also tend to look for at the more positive features of the other.

In time the relationship settles down. Both put less effort in, because they get distracted by other things and also because they feel less need to. Each is more comfortable with the other.

It's now that words, thoughts and actions will start to pass unresolved between the couple. This creates that balloon. The longer between resolution, the more distanced they become.

It isn't really the things that your Partner does that causes you to be upset with him or her. If you feel happy, what they do may be easily shrugged off by you. But if you have become ground down and irritated, you have far less tolerance and patience and so what they do affects you far more. By working on being happy, you therefore are more accepting of your Partner, and so you allow them to be as they are to a greater extent. Without any loss or cost to you.

When you feel distanced, feelings of resentment and bitterness will creep in. All of us are whole people. We have an enormous range of qualities some you will feel are positive, some negative. No one is completely positive or negative. We are each capable of experiencing all emotions and acting on each of these emotions. If you feel bitter about someone, you will look at the aspects of that person that justify that bitterness. If you feel loving about someone, you will see those aspects of the person. However you feel about a person determine what you see in them.

This is why some people love someone, while others cannot see any redeeming features in the same individual.

So the more distanced you become from your Partner, the more aspects you will see that you dislike. As you do this you re-rate your Partner against your ideal rating. But now the score is much lower than before. And so you feel cheated.

The Economic Mindset demands that you get as much as you give.

So you either;

- reduce the effort you put into the relationship,
- feel bad,

- have a relationship with another to top up the gap between what you feel you give in and what you get.
- or change your Partner.

Money is very important to the Economic Mindset because it is a way of putting value on people, their time or their creations. We do not think through the Economic Mindset because of money; we have money because it is the physical manifestation of our Economic Mindset.

We grade people's worth by the value we ascribe to their creations. We sometimes determine our own self-worth by the value others place on us. Being paid more than our neighbour makes us feel that we are more highly valued and so we relish status symbols. Being bought expensive presents and taken to expensive places makes us feel that we are treasured and so influences our self-valuation.

The problem with this perspective is that the value is inherently hollow. It is only a symbolic shell for the real valuation. And so no matter how much surface value we gain, it will never be enough because it has nothing real that can nourish us.

The Misunderstanding Of Happiness As A Fleeting State

The Carpenter's House

An elderly carpenter was ready to retire. He told his employer-contractor of his plans to leave the house building business and live a more leisurely life with his wife enjoying his extended family.

He would miss the paycheck, but he needed to retire. They could get by.

The contractor was sorry to see his good worker go and asked if he could build just one more house as a personal favor. The carpenter said yes, but in time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end his career.

When the carpenter finished his work and the builder came to inspect the house, the contractor handed the front-door key to the carpenter. "This is your house," he said, "my gift to you."

What a shock!

What a shame!

If he had only known he was building his own house, he would have done it all so differently. Now he had to live in the home he had built none too well.

So it is with us. We build our lives in a distracted way, reacting rather than acting, willing to put up less than the best. At important points we do not give the job our best

effort. Then with a shock we look at the situation we have created and find that we are now living in the house we have built. If we had realized that we would have done it differently.

Think of yourself as the carpenter. Think about your house. Each day you hammer a nail, place a board, or erect a wall. Build wisely. It is the only life you will ever build. Even if you live it for only one day more, that day deserves to be lived graciously and with dignity. The plaque on the wall says, "Life is a do-it-yourself project."

Your life tomorrow will be the result of your attitudes and the choices you make today.

Author Unknown

The Economic Mindset causes us to look at the transactional and more surface layers of life. Therefore when we look at happiness we have oversimplified its causes.

In life, every event, thought, word and occurrence has many layers. Happiness is no different. At its root happiness is purely the uninhibited and undistorted experience of life. At the physical level happiness is simply a bio-chemical mix.

Just as we can turn pain into numbness with anesthetics, we can create the sensation of happiness by changing the chemistry of our brain. Or we can think happy thoughts, which causes our brain to produce the same chemistry.

So the sensation of happiness can be observed and described in terms of neuro-chemistry.

Or the neuro-chemistry can be seen as a consequence of happiness.

Even though we may not have understood the precise blend of hormones and chemicals, we have noticed that certain occurrences have caused us to feel happier.

These occurrences are enhancers of, rather than the cause of long term happiness. Though because of our Economic Mindset and our limited understanding we focused on the surface layer of enhancers, rather than the underlying layer that created the surface. So we mistakenly decided that the sensation of being happy is happiness.

Generation after generation has operated on the misunderstanding that if we created more sensations of happiness we would be happier.

It is a mistake to base happiness on enhancers because by their nature the high must be followed by a low.

Happiness is the uninhibited enjoyment of life. The true expression of your uniqueness.

Not a momentary feeling.

This misunderstanding created two interpretations of happiness.

These are Hedonic and Eudaimonic happiness. Hedonic happiness is about pleasure. Because our society operates on an Economic Mindset, it loves pleasure. Pleasure gives us the chemical high of the sensation of happiness. It is easy to produce, unfortunately a necessary downside is that after the high comes the low. Pleasure is unsustainable as it is based on a neuro-chemical reaction, which must then stabilize. This creates an addictive cycle and a need for continual excitement.

If you look around our society there is a continual need for excitement.

What can I buy?

Where can I go?

What's the latest gossip?

What's the latest television program/song/fashion?

I'm bored, what will excite me?

Drug addicts or alcoholics, are treated as sick, because of the outcomes of their addiction, yet look around and you will see...

- workaholics,
- shopping addicts,
- celebrity trivia addicts,
- exercise addicts,
- sex addicts,
- coffee addicts,
- people addicted to the buzz of new relationships,
- and on and on.

Take someone who deals with her stress by 'retail therapy'. It doesn't matter what she buys, she has a wardrobe full of clothes that she hardly ever wears. When the pressure of work hits her, when she rows with her partner the best way she knows of picking herself up is through retail therapy.

Because this addiction is not obviously harmful, nobody notices the damage it is doing. If she was shooting up heroin or drinking daily her friends wouldn't go get her a fix or a bottle. Yet because it seems harmless her friends will tell her you've had a hard time, you deserve a treat.

An addiction is an addiction, whether it is drugs, work, drink or a television program. The only difference is in intensity. The more intense the addiction... the more the more it affects the addict... the quicker the person cottons on.

A junkie learns quickly that he must overcome the drugs or it will overcome him. The television addict spends her life in front of the

television, then on her deathbed regrets the opportunities she has missed. Everyone knows drugs and alcohol can damage your body. Yet we do not recognize the damage less toxic addictions do to us.

Physically they cause the same up and down chemical effect. This leaves waste chemicals and uses up nutrients, likely to create deficiencies and imbalances. The difference between an intense addiction and a extreme mild one is that the drug addict can go through the same cycle in a couple of years, where the mild socially acceptable addict may never even recognize it.

Mild addictions trap us in the myth of hedonic happiness. This prevents us from finding and knowing who we really are. They distract us from the emptiness inside. And so we may never overcome the emptiness of not knowing who we are.

As a direct result we cannot truly connect with others, so our relationships suffer. The shopping addict has to keep her financial predicament a secret from her partner. This creates a balloon between them and starts to build a distance between them.

There are hundreds of things which people are addicted to that are admired because they support society. Yet the underlying dynamic is the same as the drug addict. The workaholic is held up as a model to 'slackers' who want a life outside work, yet his children at home pine for a Dad who cares about them.

We love pleasure because it supports our illusion of the economic mindset. It makes us rich, provides short fixes of pleasure and most importantly distracts us from our problems. But it is a trap. Read on to find out why the truth will set you free.

Things Are Only Symbols For Feelings

Perspectives

One day a father and his rich family took his young son on a trip to the country with the firm purpose to show him how poor people can be. They spent a day and a night in the farm of a very poor family. When they got back from their trip the father asked his son, "How was the trip?"

Very good, Dad!"

"Did you see how poor people can be?" the father asked.

"Yeah!" "And what did you learn?"

The son answered, "I saw that we have a dog at home, and they have four.

We have a pool that reaches to the middle of the garden, they have a creek that has no end.

We have imported lamps in the garden, they have the stars.

Our patio reaches to the front yard, they have a whole horizon.

When the little boy was finishing, his father was speechless.

His son added, "Thanks, Dad, for showing me how poor we are!"

Isn't it true that it all depends on the way you look at things? If you have love, friends, family, health, good humor and a positive attitude toward life, you've got everything!

You can't buy any of these things. You can have all the material possessions you can imagine, provisions for the future, etc., but if you are poor of spirit, you have nothing!

Author Unknown

'The Truth Shall Set You Free'

So what is it that traps us in the first place. To set the scene to explain this, first of all we need to understand how the reality we experience is created.

All of life is created from an energy force. This provides the source, the power and the building blocks for everything that we see around us. This force then flows through our beliefs. It works like a kaleidoscope. What we see as we look out on our life is the life force shaped by our beliefs.

If what we see doesn't look or feel good... it is because of our beliefs. Change the beliefs and we change what we see and feel.

Life Force ⇒ **Beliefs** ⇒ **Experience**

The things we see around us are just symbols of our feelings. They relate to a feeling. Our experience of life is really just a demonstration of what we believe. Wherever there is something you don't enjoy... analyse your beliefs. Change them until you find something that works better for you.

There is no other higher purpose. Life just wants to expand itself. It can do that by increasing the amount that comes through you.

Equally as a part of life we want to grow. Through the Economic Mindset it seems that we are ambitious for more things and experiences. At the deeper levels though, what we really want is new experiences and evolution. And so through the filter of our beliefs we experience the desire for new clothes, things and events.

Our drive which comes through us in many ways. Through ambition, through our sex drive, through relationships, through artistry and so on is the urging of life to come into the world. Shaped through our unique perspective and beliefs.

We are driven to experience the flowing of life through us and into the world. We do this by creating something new.

This doesn't mean we are all here to invent new things. It means we are here to express our message. For example, our message may be a new way of teaching children or it may be standing up and highlighting the plight of the starving. It doesn't matter who you are... in some way, big or small, you are here to make a difference.

In order to achieve these deeper aims, we are guided through our feelings to the situations that enable us to tweak or change our beliefs. Each change of belief either reduces or expands the amount of life we let into us.

Each choice either;

opens us up to life – and so increases our health and happiness.

Or

Closes us to life – and so reduces our health and happiness.

If we only look on the surface levels, we only see the objects that we want. They range from a new Partner, to a new car or a new dress or any other thing that you desire.

They in themselves are not the goal; they are but the means of moving you towards the goal. There is really no division between spiritual and physical pursuits. What is generally viewed as

spiritual is the force underlying the desire for the physical. One level is the level of thought or an idea. The other is a physical symbol for that idea. But you may if you wish to view it that way separate life into that which is spiritual and that which is physical. This is just an example of the way our beliefs determine what we see.

I know many people will misunderstand what I have just written so here is an example. Say you want a new coat.

Why do you want a new coat?

Because your old one is out of date or becoming worn.

So what do you really want?

To look presentable or even attractive.

Why do you want to look attractive or presentable?

So that people won't think badly of me.

Why don't you want people to think badly of you?

Because they might not want to talk to me or get to know me.

So the symbol of a new coat is really about the idea of getting along with people and expanding your experiences through social interaction. The goal is the same as the more '*spiritual*' goal of living harmoniously with others, but it is disguised in a physical symbol.

Because we generally look on the surface layer with the Economic Mindset we become fixated on the thing we want. The symbols. Sometimes we cannot get that thing. And so we feel frustrated and angry as we bang our heads against the wall endlessly to get it.

If we looked from a broader perspective we would often look like a fly who keeps bashing up against a closed window, despite there being an open window just a few feet away.

The important thing is to remember that the thing is not essential, it is just the symbol for the desired feeling. We can find another way of reaching the same feelings and so change our beliefs.

However through the Economic Mindset we lose sight of the real meaning of our desires. We become fixated that we must get the object of our desire.

As we keep focusing on this thing... and yet can't achieve it... the effect is like a car stuck in a muddy field. So the harder we try the more stuck we get. Eventually we have dug ourself into a rut. If we keep spinning our wheels we reach a point where we become so depressed that we can no longer see any other option. Now we're trapped – and powerless – just through our own thoughts.

Therefore it is helpful to recognise that any time you want something. It isn't really the thing you want... that is just to move you towards the experience the deeper part of you craves.

Attention is Power

Find Something Beautiful

I had a very special teacher in high school many years ago whose husband died suddenly of a heart attack. About a week after his death, she shared some of her insights with a classroom of students. The class was nearly over, and as the late afternoon sunlight came streaming in through the classroom windows, she moved a few things aside on the edge of her desk and sat down there.

With a gentle look of reflection on her face, she paused and said, "Before class is over, I would like to share with all of you a thought that is unrelated to class, but which I feel is very important."

"Each of us is put here on earth to learn, share, love, appreciate and give of ourselves. None of us knows when this fantastic experience will end. It can be taken away at any moment. Perhaps this is God's way of telling us that we must make the most out of every single day."

Her eyes beginning to water, she went on, "So I would like you all to make me a promise. From now on, on your way to school, or on your way home, find something beautiful to notice. It doesn't have to be something you see - it could be a scent - perhaps of freshly baked bread wafting out of someone's house, or it could be the sound of the breeze slightly rustling the leaves in the trees, or the way the morning light catches one autumn leaf as it falls gently to the ground."

"Please look for these things, and cherish them. For, although it may sound trite to some, these things are the 'stuff' of life. The little things we are put here on earth to

enjoy. The things we often take for granted. We must make it important to notice them, for at any time...it can all be taken away."

The class was completely quiet. We all picked up our books and filed out of the room silently. That afternoon, I noticed more things on my way home from school than I had that whole semester.

Every once in a while, I think of that teacher and remember what an impression she made on all of us, and I try to appreciate all of those things that sometimes we all overlook.

Take notice of something special you see on your lunch hour today. Go barefoot. Or walk on the beach at sunset. Stop off on the way home tonight to get a double-dip ice cream cone. For as we get older, it is not the things we did that we often regret, but the things we didn't do.

Source Unknown

Information is power.

Wrong.

Knowledge is power.

Wrong.

At the surface level, where we place most of our attention, power seems to be about having things, controlling people and resources. So power appears to come from status and from possessions. Status implies that you can have influence over others, if not control.

Yet this is not authentic power. This is only symbolic power. It may impress those who mistake the symbols for the real thing, but ultimately it is impotent.

There are more variables and unknown quantities to life than anyone could list, let alone control. It doesn't matter how powerful you seem to be. In truth you can never control even one other person. You may be able to coerce them into behaving in the way you wish for a period of time. You will never force them to comply with you in mind, body and spirit.

Look at some of the most powerful people in history.

- Julius Caesar, all conquering hero of Rome, betrayed and killed by a supposed friend.
- Napoleon Bonaparte died in exile in St Helena.
- Alexander the Great at the time was the most powerful man in history, yet he was dead by 33. No-one's certain whether it was through overwork, assassination or infection, but whatever the cause it demonstrates that worldly power – however great – is only temporary and ultimately futile. There are hundreds of other examples, but I think you get the point.

The source of all power comes not from us, but through us, from the source of all life. This power is not limited. However our beliefs determine how much of this power we access. Where the power goes is determined by wherever we focus our attention.

So it is not knowledge or information that is power, but attention. Where we place our attention determines the knowledge and information we gather. The extent to which we allow the power of life to flow through us, determines how awake and alert we are.

The more awake and alert that we are the more around us we will notice and take in. The more we take in, the more we can assimilate and therefore the truer understanding of life we will have.

The truer the picture of life that we have, the more effective and powerful will be our understanding and philosophy of life.

Most people are completely unaware of the source of their power. And so they place their attention everywhere. This is like a hose where the water just splutters out weakly. Each splutter does not

contain enough life force to bring anything to life. So nothing much gets created.

In contrast those who recognize the power and the value of focused attention have the power of a jet-like hose. They have the determination and the effectiveness to cut through problems like a laser. By directing all their attention into the same area they provide enough energy to bring their dreams to life.

Whatever you are pointing your attention at; you are breathing life into. If your attention is focused on the shortcomings of others, you will notice these more. Remember every person is a whole person capable of any behavior. Whichever aspects and levels you choose to see in that person, you will breathe life into. And so you will see more and more of.

Have you ever looked at a friend's Partner and thought what does He/She see in Him or Her?

Well what is happening is that your friend is focusing their attention on the positive aspects of the person. You are observing the negative. Therefore you both see entirely different sides to the same person. Perhaps in time if everyone says to your friend, but look at this and this, they will start to put their attention in the same place as you. This of course breathes more life into those aspects and you become proved right.

If you focus on what is wrong, more problems will crop up in your life. If you focus on your shortfalls, you breathe more life into them.

On the other hand if you pay more attention to the good things that happen, you breathe more life into them. And more of the good stuff will show up in your experiences. If you pay attention to your strengths, you bring them to life and access those parts of yourself and so become more capable, stronger and more effective.

Life is infinitely flexible. You create your experience by your choices. Your most important choice is where to focus your attention.

Time: Opportunity Cost

Everybody Knows: You can't be all things to all people.

You can't do all things at once.

You can't do all things equally well.

You can't do all things better than everyone else.

Your humanity is showing just like everyone else's.

So:

You have to find out who you are, and be that.

You have to decide what comes first, and do that.

You have to discover your strengths, and use them.

You have to learn not to compete with others,

Because no one else is in the contest of being you.

Then:

You will have learned to accept your own uniqueness.

You will have learned to set priorities and make decisions.

You will have learned to live with your limitations.

You will have learned to give yourself the respect that is due.

And you'll be a most vital mortal.

Dare To Believe:

That you are a wonderful, unique person.

That you are a once-in-all-history event.

That it's more than a right, it's your duty, to be who you are.

That life is not a problem to solve, but a gift to cherish.

And you'll be able to stay one up on what used to get you down.

Author Unknown

If our attention is the way that we can direct our power, time is the way our attention is organised. It enables us to see cause and effect. Yet in reality it is only an illusion. An illusion we believe while our attention is directed towards the more superficial layers of life. So you can achieve your intentions far more quickly by moving into deeper layers and collapsing time.

Time, as we understand it, is a recent invention. It only really become particularly important to us at the beginning of the Industrial Revolution when we started to organise ourselves into work groups. Running factories meant that people needed to turn up and get started at the same time. Ever since then our lives have been dictated by the clock.

We see more evidence for this in the varying attitudes different Cultures have to time. In most of the Western world, punctuality is very important. Other Cultures may take a more flexible attitude to appointments.

Time in reality doesn't exist. It is only an interpretation of our experience. If you take Einstein's Law of Relativity to its logical conclusion. Without any mass... time is no longer experienced. All time would be equally accessible.

We use time as a marker. It will take two years to do X. There is no reason that a set time is needed. The assumption is that in two years, you will have experienced certain occurrences. So if you could have had all these experiences within 6 months, you don't need to wait two years.

Here's the process to get whatever you want in life.

1. Focus only on what you want.
2. Identify what is between you and it.
3. Identify what is supporting that obstacle.
4. Take away it's support.
5. Repeat this until there is nothing between you and the thing you want.
6. Then it's yours.

This may seem obvious, but really the only obstacles are in your head. They are caused by you becoming stuck in one layer of life. When you can move smoothly and freely in your thoughts, from the deep to the superficial, you can create whatever you choose.

Often people want to increase the length of their life. What they really want is to experience more. By increasing the velocity of their experiences they can have the same experiences... and experience 140 or 210 years worth of life in just 70 years.

This is how you can get more from life. It doesn't necessarily mean doing more. Often it is by slowing that we experience and savour more. Less is often more. Less distraction and clutter leads to more focused attention.

Everyone has the same time. It is the use of your time that determines the quality of your life. The key is to spend your time on those things that bring you passion and excitement rather than those that dull and bore you.

Sometimes people talk of the difference between Residual or Passive income streams and Earned or Active. Basically if you work at a job or you sell your services you get paid for the hours you work. This is Active or Earned income. If you create a product that once its created...you can sell without spending any more time on, that's Residual or Passive income.

This concept also applies to us as Individuals in how we spend our time and attention. Everyone has to grow or they'll get swamped and buried by life growing over them. Throughout your life you will have heartache, frustrations and disappointments. There are two ways people approach these. You can identify with this because you are probably reading this book for one of two basic reasons.

Reason 1

Perhaps there is something in your life causing pain for you and you are looking for a way to heal it. Most people do this and once the pain has gone they wait for another pain before they do anything else. This is Active or Earned growth. This way you'll have more problems and you won't build up a great deal of momentum.

Reason 2

Or perhaps you worked out that by continually growing you could prevent many problems from even showing up in your life. This can create a snowball effect so that you grow at a compounded rate. You still have to work at it... but the return on your time invested is much greater than if you only worked when Life prodded you into it.

You can move from Reason 1 to Reason 2 by focusing on the following question. This will have the effect of putting you in control of your life. Meaning that you don't get bounced around by life and so eliminate stress, frustration and misery, while creating joy, passion and excitement.

If you were to rank your life experiences on a scale of 1-10, some of your life experience would be 1 and others 10. Why would you settle for less than 10?

If you focused your attention on this question sufficiently, it would stimulate you to wake up every morning determined to make that

day's experiences a 10. As your focus zoomed in on more rewarding life experiences, you'd get more of those.

We'll close this chapter with a way I have explained this concept that has worked powerfully for many people.

Imagine that you stood on the cliff overlooking the sea. Behind you is a bleak and ugly view. Before you is a beautiful seaview. And so you turn to look at the sea.

Now as you look this way, you see a gorgeous beach scene or the beauty of the sea. The sea has a greater pull for you and so your attention, like a camera's zoom, focuses there.

Where once you saw the overview, now you see it has many individual waves. Looking into the clear water you can see fish. The sight of the fish draws your focus in.

Now you hone in one fish and see the marvel of it's design. This creates a feeling of awe and inspiration.

This is how focus works in your life. You see more detail in whatever you focus on. Each separate detail will create different feelings in you. Life has everything. The full 360 degrees of experience. Good and bad. Pain and pleasure. And you are free to focus on whatever you choose. Whatever you choose will determine your life experience.

Plugging the Leaks

Several years ago, a friend of mine and her husband were invited to spend the weekend at the husband's employer's home. My friend, Arlene, was nervous about the weekend. The boss was very wealthy, with a fine home on the waterway, and cars costing more than her house.

The first day and evening went well, and Arlene was delighted to have this rare glimpse into how the very wealthy live. The husband's employer was quite generous as a host, and took them to the finest restaurants. Arlene knew she would never have the opportunity to indulge in this kind of extravagance again, so was enjoying herself immensely.

As the three of them were about to enter an exclusive restaurant that evening, the boss was walking slightly ahead of Arlene and her husband. He stopped suddenly, looking down on the pavement for a long, silent moment. Arlene wondered if she was supposed to pass him. There was nothing on the ground except a single darkened penny that someone had dropped, and a few cigarette butts.

Still silent, the man reached down and picked up the penny. He held it up and smiled, then put it in his pocket as if he had found a great treasure. How absurd! What need did this man have for a single penny? Why would he even take the time to stop and pick it up? Throughout dinner, the entire scene nagged at her.

Finally, she could stand it no longer. She causally mentioned that her daughter once had a coin collection, and asked if the penny he had found had been of some value.

A smile crept across the man's face as he reached into his pocket for the penny and held it out for her to see. She had seen many pennies before! What was the point of this?

"Look at it." He said. "Read what it says."

She read the words "United States of America."

"No, not that; read further."

"One cent?"

"No, keep reading."

"In God we Trust?"

"Yes!"

"And?"

"And if I trust in God, the name of God is holy, even on a coin. Whenever I find a coin I see that inscription. It is written on every single United States coin, but we never seem to notice it! God drops a message right in front of me telling me to trust Him? Who am I to pass it by?

When I see a coin, I pray, I stop to see if my trust IS in God at that moment. I pick the coin up as a response to God; that I do trust in Him. For a short time, at least, I cherish it as if it were gold. I think it is God's way of starting a conversation with me. Lucky for me, God is patient and pennies are plentiful!

When I was out shopping today, I found a penny on the sidewalk. I stopped and picked it up, and realized that I had been worrying and fretting in my mind about things I

cannot change. I read the words, "In God We Trust," and had to laugh. Yes, God, I get the message. It seems that I have been finding an inordinate number of pennies in the last few months, but then, pennies are plentiful!

And, God is patient...

Author Unknown

You know how sometimes you'll see a cartoon character riddled with bullet holes, for emphasis they take a drink and leak water everywhere. That is how most people live their lives. Their attention is spread over so many distractions that they have lost the ability to direct it and so create power and choice in their experience.

They go seeking more money. More self-esteem... more happiness... more excitement... more energy... and more enthusiasm. Yet it doesn't matter how much more they get, because as soon as they get it they promiscuously spill it all over the place.

As a result people go through life feeling empty and lacking. And whatever they do to get more... costs more to get. So no matter what they do, they never get ahead.

We can see this demonstrated in most people's relationship to money. However much they earn; they spend almost all their income and often more. If they start earning more; their cost of living goes up with their income. So no matter how much they earn, they never retain any. Often it just means that they have bigger debts.

Because the same philosophy to life drives other areas of life, the same thing happens in other areas of their life.

They want more attention... yet no matter how much more they get, it's never enough, they need more because whatever they get in; they leak it straight out again.

The leaks come from all the things we give our energy, attention and thought to outside of us.

- Conflicts
- The newspaper article that gets us steamed up
- Doing things or promising to do things when every cell in our body shouts no, but we are too afraid to say no.

In short everything we ever do that is caused by being too inhibited to stand up and say ***'this is me'***. This is who I am... This is how I feel and this is what I am going to do.

We can fix these leaks by first noticing them.

We can then identify why we allow our energy to just trickle out of us. This understanding once it is brought into the open, takes away most of its sting.

We become controlled (by people or events) when we feel as if we have no choice. When we reach the understanding that everything in our life is created by us, or in conjunction with us, we can no longer act powerless. Then we once again have to make the decision whether we will change or not.

Often even when people understand why they do what they do – which is mostly irrational – they still continue to do it. Even knowing that it is for no good reason. This is because emotionally they wish to hang onto the deeper beliefs that uphold this behaviour.

In the next chapter I'll show you the most powerful shift in thinking you can ever make. This is the mindset that creates Billionaires, world famous Artists, Social Reformers, Inventors and others who change the course of history.

Be Your Own Source

BUTTERFLY

A man found a cocoon of a butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could, and it could go no further.

So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily. But it had a swollen body and small, shriveled wings.

The man continued to watch the butterfly because he expected that, at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time.

Neither happened!

In fact, the butterfly spent the rest of its life crawling around with a swollen body and shriveled wings. It never was able to fly.

What the man, in his kindness and haste, did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening were God's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon.

Author Unknown

Just as a lamp needs electricity, humans need a source of energy. It is this need to find sources of energy that drives all of our activities. Mostly we end up just chasing opportunistically whatever seems to have the best potential. As a result we focus our attention haphazardly. This is what causes us to diffuse our power.

Our energy and enthusiasm levels depend on our biochemistry. Excitement is created by having adrenaline coursing through your veins. Your biochemistry can be affected by drugs or environment, but most persistently it is determined by your thoughts.

To apply this concept lets look at what the average person goes through in a day.

They'll wake up in the dark through an alarm clock. This means that bio-chemically the body is still asleep. Naturally we are designed to wake up when sunlight excites the pituitary glands to release hormones. Our body's bio-chemistry changes from the state of sleep to awake and alert.

So since we wake up drowsy we drink coffee to kickstart our system. This causes a high and then a low. Draining energy long term to get energy short term.

Then we interact with those around us. We look at their mood, which determines how we act. Their mood is important to us because it determines the energy we draw from that person. Mostly we'll adapt our behavior to get try to change the mood of the other person - to get the energy we're seeking from them. Draining energy long term to get energy short term.

Then they go into a job that makes demands that may not fit into Who They Are. They do this because they believe they need it to survive. Money equals a form of energy, so they get energy, but at a high cost of their own energy.

The various conflicts and compromises of many people working together creates more energy drain. But people will gladly give up their energy in changing the way that they act; if they think it will gain them energy through praise, attention, recognition etc.

Then they go home and drain their energy worrying about Friends and Family. They'll sit in front of the TV waiting for it to stimulate them and so give them energy. Yet it is draining them of energy by distracting them from their own limitless reservoir.

But someone who is their own source doesn't have to spend out energy to get energy from other people. They don't have to get into acting out, showing off or whatever in order to feel good from other people. They focus on themselves... so the energy builds up in them. Because they have plugged the holes most people have, they have their own energy source whenever they need it.

If you are thinking dull thoughts, your body doesn't believe that you need energy or alertness. So it won't release the hormones and chemicals to make you feel alert and energetic.

If you look at young children they have boundless energy.

Why?

Because they allow themselves to get excited by their thoughts. They don't check every thought to be sure it is practical or realistic. They don't feel they have to have every single detail controlled and worked out. They just follow what excites them. So they have boundless energy and motivation.

Gossip, TV, Films, Music, taking risks, getting engrossed in tragic accidents and so on are all ways that we use the world to create excitement for ourselves. But every attempt to gain energy from outside of us, involves giving up energy to gain some.

In the long run we end up with no more energy than we started with. It's all leaked away in the search for more. It becomes an addiction, rather like gambling. You win. Then you spend out more to win again and you hit a losing streak.

These sources of energy do not create anything or invest any of you in them. So rather than expanding and adding to life – you are merely maintaining what is. This relates to the idea of Residual Growth and Earned Growth that we spoke of in Chapter 8.

All of nature grows organically. Plants and trees grow through their own roots. Humans believe we have to contort ourselves to get everything we need.

People often don't like to or find it difficult to think of themselves in these kinds of ways, so it may be easier to look at how businesses make the same mistake.

Every successful business has in common one thing. It does something, perhaps only one minor thing differently to everyone else.

What makes the difference between a Bill Gates, a Warren Buffet or an Anita Roddick from the millions of other wannabe Entrepreneur? The answer is in the wannabe. Each of these successful Entrepreneurs, like hundred of other multi-millionaires, started out with a passion. It was following their passion in their own unique way that made them successful.

Meanwhile all the wannabe's are focusing their energies outside of them. Analyzing the tactics and strategies that made these millionaires. But the secret is not in specific strategies or techniques, these are the fruit of the tree... but they only work because the tree is set up to support these.

When Japan suddenly became an almost overnight economic success, many businesses went over to study what they were doing. Soon there were lots of books hitting the headlines with the technique that was the secret to Japan's success. Hundreds of company's started to change their ways to use these techniques. For some these worked out, but very few came anywhere near achieving the same success as the Japanese firms. This is because the techniques that Japanese companies were using were their natural responses to their particular situation given their historical and cultural background. They grew organically from the essence of the company, rather being fitted into a secret formula

Taking these ideas into U.S companies is like pulling apples from an apple tree and trying to fix them on a pear tree. The attitudes and beliefs of the people in the company, the company's relationship with its workers and so on are different due to centuries of cultural evolution. So it is always going to be very

difficult to transplant something from one organism to another. Whether that organism is a person, plant or company.

Everywhere you go you find these leaflets promising you \$5,000 a week for 5 hours work. The market for business opportunities is huge. This is entirely because very few people are their own source. If a person is sourcing her ideas and excitement from herself she will be overflowing with potential sources of income.

None of it is about the money; it is about finding new ways of expressing themselves. Work becomes art. And along the way you find the perfect way to receive compensation for your artistry.

What happens is that when people get disconnected from their own source, they look externally for ideas, for money and energy. So they begin looking for the answer always outside of them. This diffuses the focus and potential power of your attention and consequently makes you too weak to create what you want.

Yet each individual however weak and powerless they may seem or behave has an infinite amount of power. If you doubt that you contain the power to create the circumstances you choose in your life - despite all the individuals in various circumstances throughout history who have managed to do so - consider this fact.

If all the energy coursing through every atom in your body right this minute were released, it would be sufficient to blow up the entire planet.

What you choose to do with all that energy depends entirely on where you direct your attention. Whatever you focus on is brought to life.

What do you choose to bring to life?

Build Your Life On The Right Structure

Unconditional Love

A soldier was finally coming home after having fought in Vietnam. He called his parents from San Francisco.

"Mom and Dad, I'm coming home, but I've a favor to ask. I have a friend I'd like to bring home with me."

"Sure," they replied, "we'd love to meet him."

"There's something you should know the son continued, "he was hurt pretty badly in the fighting. He stepped on a land mine and lost an arm and a leg. He has nowhere else to go, and I want him to come live with us."

"I'm sorry to hear that, son. Maybe we can help him find somewhere to live."

"No, Mom and Dad, I want him to live with us."

"Son," said the father, "you don't know what you're asking. Someone with such a handicap would be a terrible burden on us. We have our own lives to live, and we can't let something like this interfere with our lives. I think you should just come home and forget about this guy. He'll find a way to live on his own."

At that point, the son hung up the phone. The parents heard nothing more from him. A few days later, however, they received a call from the San Francisco police. Their son had died after falling from a building, they were told. The police believed it was suicide. The grief-stricken

parents flew to San Francisco and were taken to the city morgue to identify the body of their son.

They recognized him, but to their horror they also discovered something they didn't know, their son had only one arm and one leg.

The parents in this story are like many of us. We find it easy to love those who are good-looking or fun to have around, but we don't like people who inconvenience us or make us feel uncomfortable. We would rather stay away from people who aren't as healthy, beautiful, or smart as we are. Thankfully, there's someone who won't treat us that way. Someone who loves us with an unconditional love that welcomes us into the forever family, regardless of how messed up we are.

Author Unknown

Do you remember the story of the three little pigs? You know the one where the three pigs go off and build their own houses.

One is in a rush and quickly built a house out of straw. The second built a house from wood and the third takes his time to build a solid home from bricks.

Then the big bad Wolf blows down the first two pigs house's because they never spent the time to get the foundations right. But because the third one prepared his properly, he was safe from the Wolf.

This relates to the way that we set up our lives.

Just as the first little pig built his house from straw, many people base their life around one thing such as work or a relationship. But the problem with this is that if something catastrophic happens to that thing the individual's life will come crashing down. What do you do when your purpose for living has gone?

The second little pig bases her life on a number of pillars, such as family, work, hobbies and so on. They may have a Partner, children, work, hobbies, friends and so on. The danger is that they are still being supported or propped up by things external to them.

I have come across people who have led what most would call a balanced and healthy life. They had many interests and a wide 'support network'. Unfortunately sometimes a sequence of events or even rarely a single event has taken away all the pillars that were holding up their life. This is going to cause the individual to feel somewhere from depressed to suicidal.

And most people would say that they were entitled to feel that way. The question is do you want the quality of your life determined by what happens to you? Or do you want to become the Author of your own life?

Life always will throw up situations and obstacles to block what you think you want. You can either, as most people do, become frustrated, bitter, angry or disillusioned. Or from this minute forward... you can determine to live a life of passion, excitement and joy regardless of what life throws at you.

This is what the third little pig chose. When there was no danger and no reason to put in any more than minimal effort, he did. As a result he was prepared and immune to the threat of the big bad wolf.

Your choice is to put in as little effort as you need to now? Or to prepare yourself for what life is about to throw at you, so that when it comes it doesn't effect you? If you choose to prepare yourself... use the third little pig's strategy...

This is to create an overriding strategy or philosophy of life. One that drives every thought, word and action in your life. Of course, life still contains the same people and passions, but they are enjoyed rather than needed.

Some people don't like the thought that they aren't needed or don't need others. If you need others you are with them because you have to be. If you don't need them you are free to go at any time and so are with them to enjoy them. Need creates pressure on

both sides. Whereas freedom relaxes both sides allowing them to express their best sides and focus on the best of the other.

You may think this could never happen to you, but it does to some people. What if all the people you loved were together travelling or at a party when there was a huge accident leaving you the only one still alive?

What if that accident caused you permanent and serious health problems? These problems prevent you from doing your work and your hobbies. Think this is fanciful? I have spoken to people who have had this happen to them through one event and others who through a course of events over a year have had their lives devastated.

In life you never know what is going to happen. I remember when the World Trade Center buildings were brought crashing down. The most shocking thing to me was not the fact that these huge buildings could be destroyed. It was that people couldn't believe that they could be brought down.

Many things like that amaze me. I'm astounded that it is so rare for cars to mount the pavement. Or that traffic lights don't just suddenly go crazy causing massive accidents. The point is that there are hundreds of things in our world that work even though they could at any moment stop working. So to me when the WTC was attacked it wasn't a great surprise. But to many it was unthinkable.

Why?

Because they used mental shortcuts that assume that tomorrow is going to be like today, with a different date. Most of the time it is. Some research indicates that we have 60,000 thoughts a day. And 55-57,000 are the same ones as the previous day. This saves us mental energy, but it also covers up many flaws in our Operating System.

So we think because the WTC is so huge and impressive it could never be destroyed. We think that because property prices have risen for the last five years they will rise tomorrow. We think because our Partner is fit and strong today they will still be there in twenty years.

But that's not necessarily true. Life is an ever-renewing cycle.

Birth ⇒ **Maturity** ⇒ **Death** ⇒ **Renewal**

The problem is that most people never think about this. They live from moment-to-moment, day-to-day without an overall strategy for life guiding them. This doesn't mean a plan guiding to one grandiose life goal. It means fitting every moment into a deeper understanding of life. Without this they often invest much of themselves in work or relationships in an attempt to achieve security or meaning. Then when things don't work out as they hoped they feel cheated, resentful and frustrated.

Perhaps they sacrifice pursuing their passion for the sake of their Partner. Then five or ten years later He or She dies or runs off with someone else.

Or maybe they sacrifice everything to climb the corporate ladder... but just as they touch the top rung, they get made redundant with no hope of a similar position. Then they find their family has moved on without them and they have nothing left.

The devastation, the resentment and utter despair caused by these kind of scenarios wrecks people's lives every year. It causes some to commit suicide. Since everything they believed and trusted in has been exposed as flawed... they do not know how to go on and trust again. It can cause a paralysis, as their Operating system grinds to a halt. So they then have to rebuild it completely.

All because they trusted in things that had no basis. The last few centuries have given us many examples of how this type of thinking causes problems.

In the 1630's there was a spectacular boom in the market for Tulips. It sounds ridiculous now, – as many of our fads will be to future generations – but the rich spent a lot of money on Tulips for status, as they were rare and considered of great beauty. Speculators noticed an opportunity to buy the rights to tulip bulbs, which would produce Tulips to sell for vast profits.

They made out like bandits and the news spread. Tulips became the hot tip and more and more investors put their money in to them. The price rose and rose. Excitement grew about this sure thing, to the extent that people sold their house to buy a few Tulip bulbs. Then one day the price got too high and Tulips went out of fashion and became almost worthless. The unthinkable happened.

This has happened again and again. The South Sea Bubble, the 1920's crash, the 1980's and so on. And the same thing happens to individual's with their relationships, their careers and their personal lives. Over and over again. All because of our flawed Operating Systems.

Your work, your health, the people you care most about may not always be there. Never take anything in the world for granted. Now is all there is. The past has gone and who knows what the future will bring.

Sacrifice is never necessary. It's used when two wants are thought to be mutually exclusive. You can have both wants, but you need to be flexible and step your thinking to a higher level that allows both wants.

What We Perceive Is Not All There Is

The Man by the Window

Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs. His bed was next to the room's only window. The other man had to spend all his time flat on his back.

The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, their involvement in the military service, where they had traveled to. And every afternoon when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window.

The man in the other bed began to live for those one-hour periods where his world would be broadened and enlivened by all the activity and color of the world outside. The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every color of the rainbow. Grand old trees graced the landscape, and a fine view of the city skyline could be seen in the distance.

As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene. One warm afternoon the man by the window described a parade passing by. Although the other man couldn't hear the band - he could see it in his mind's eye as the gentleman by the window portrayed it with descriptive words.

Days and weeks passed.

One morning, the day nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep. She was saddened and called the hospital attendants to take the body away.

As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch and after making sure he was comfortable, she left him alone.

Slowly, painfully, he propped himself up on one elbow to take his first look at the world outside. Finally, he would have the joy of seeing it for himself. He strained to slowly turn to look out the window beside the bed. It faced a blank wall. The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window. The nurse responded that the man was blind and could not even see the wall. She said that perhaps he just wanted to encourage you.

There is tremendous happiness in making others happy, despite our own situations. Shared grief is half the sorrow, but happiness when shared, is doubled.

Source Unknown

Everything in life depends entirely on perception. The man in the story above was happy at the scene described to him, but it wasn't what actually happened that made him happy... it was what he thought was happening.

If you took five people at random and showed them the same picture each would probably remember different things and have a

different interpretation of what was happening. This is due to our perceptual filters.

I remember a man I once worked with in a temporary job, while I was at college. He illustrates this concept so vividly.

Whatever happened or was said he could only see the bad in. He and I were in the same position. We'd both started working on a temporary basis in the summer. Christmas, the Company's busy time was coming up, but we were under no illusions that we were only there on a day to day basis for as long as they needed us.

John worked frantically. After a couple of weeks the manager congratulated him on being the most productive worker the previous night. He also added that they were busy and there was a good chance of being kept on until Christmas. I interpreted this as encouragement. John shared his interpretation.

'He must think I'm a right ****, he tells me I'm doing well, then in the next breath he's telling me I'm out the door at Christmas'.

This was in July and he'd had no promise of work beyond the week. Yet John couldn't seem to allow himself to feel good about anything. Instead he focused on the negative... the subtle reminder that he was only there on a temporary basis.

He rapidly became known for his ability to see the worst in anything. People used to tell him things, just to see how he'd react. The only time John was pleased was when something bad happened to someone else. He was so afraid and had so little faith in himself that he needed others to fail to feel equal or superior to them.

One of the temporaries who'd been there for two years compared to John's six months was taken on permanently. He told John.

John's reply was 'Well that's me ***** then'. There was no congratulations, no good feeling. I saw him later and he poured out his bitterness, feeling he should have got the job. John thought he worked harder, which was true.

However the culture at this company was such that jobs generally went on the basis of how long you'd been there. Unless you did

something to upset someone. Rather than accept this and take it as encouragement that sooner or later he would be taken on, John saw it as a personal rejection.

John had always been the hardest working, but then along came someone younger and faster. He hated him. He got on with the Manager. John believed that his face didn't fit. He thought he would be seen as too old to be given a job.

It became a game to feed John's fears. He took in everything negative because it fitted with what he believed. This worked him up into anger and bitterness about everything. After a while we got fed up of winding John up and began avoiding him. Just talking to him was draining. He rowed with the Managers and Supervisors over petty things that only meant a lot to him. This isolated John.

As a result he pushed himself down the list by antagonizing the Management. A quiet patch hit in February and we were laid off for a couple of days. Then they only needed three of us for a few days. John through his fear had made himself disliked and was not picked among the three to come back. However he was so frightened that perhaps he was the only one to be laid off that he turned up at work in his own time to check. When he saw other temporaries there he flipped and rowed with the Supervisor.

John created the very outcomes he feared by distorting situations to match his pessimistic beliefs.

Whatever your circumstances in life are they are created by you through your perception. Imagine that all the possibilities of life were spread across 30cm ruler. Now think of all the experiences humans have reported. Out of body experiences... mystic visions... psychic phenomena... seeing aliens... lifting a car to free a trapped child and thousands more.

What we as an individual see and understand about life is equivalent to a 1mm groove. In any given situation we have hundreds of options. Often though we become so stuck in our groove that we only see one or two options. So we do not think it is possible to experience all the types of experiences listed above. And they aren't while you are stuck in the groove you are currently in. But if you changed the groove... you change the possibilities you can see.

So if you do not like the circumstances in your life, you need to choose a different wavelength and tune into that. This will change your perception and so you will have an entirely different experience of life. Your outward circumstances may not even change – though they probably will – and your experience of life would be completely different.

Our perceptual filters enable us to make sense of the world. Without them we would be completely overwhelmed with information and unable to mentally function.

When we think of the world and our position in it, we imagine ourselves as if God has placed us in a world that wouldn't notice if we were here or not. But this is not really a true representation.

It sounds like a work of Science Fiction... but picture standing in nothingness and having 3 million separate pieces of information whizzing past you every minute. That is actually a truer picture of how our experience of life is created. However it would be impossible to be able to relate to anything else thinking like this. And the key purpose of life is the ability to demonstrate your beliefs **in relation** to everything around you.

What we do is set up a kind of mental organizational system. We try to reduce all those separate pieces of information into just the ones that we need at that moment.

One of the key things we do is to take in less information about familiar environments and routines. You know how when you go into someone else's house it often has a distinct odor. But you've become so used to your own home's scents that it doesn't register.

Or how someone else can notice your kids have grown, when you don't. This is all because this information is less important for you to perceive. Therefore your perceptual filters discard it. You only get the information that your organizational system believes is most important for you to know. Usually you do not notice the temperature, but if it is brought to your attention or it becomes uncomfortable, you'll start to pay attention to that information.

For this reason we often keep doing stuff long past when it makes sense, just because it is a habit.

There is a story of a man who marries into an Italian American family that illustrates how we do things just out of habit. Every year the whole family meet up for a Thanksgiving meal where they eat Roast Beef. At first he goes to his girlfriend's house and watches silently bemused as her Mother cuts the ends off the meat.

After marrying and setting up home they host the Thanksgiving's meals. Year after year he watches his wife cut the ends off the meat. One day he can contain himself no longer.

He asks her why she always cuts the ends off the beef. She pauses for a moment as if she has never considered the possibility of cooking it any other way and then answers that it is how her Mother always cooked it.

Intrigued he asks her Mother why she cooks beef in that way. She is also surprised and says that is how her Mother always cooked it. He turns to the Grandmother and asks her why she cooks beef in that way.

She says 'I don't anymore, but when we first came over from the old country we lived in a small cramped flat. When I cooked meat my oven was very small and I had to cut it so that it would fit into the oven. Of course I don't do that any longer.'

How many areas of your life are you still doing things that make no sense?

When we first learn a new skill, whether it is learning to drive or to cook, we devote a lot of attention to it. We learn the reasons why we do something. These beliefs are the pillars that support the behavior.

As we become used to doing something we just start to do it automatically. Our attention drifts somewhere else where the information is more relevant. Therefore we often forget what our beliefs are. We can't walk around every minute knowing every belief... that would be like having every piece of software running on your computer at the same time. It would stop you from being able to do anything.

However the problem is that many times circumstances change, as in the roast beef story, and because we have forgotten the reasons why we are doing the behavior we do... we do things that logically make no sense. This is all a side effect of the need to focus our attention.

There is was a frog who had lived his whole life in a small well. One day a frog from the sea came into the well.

'Where do you live' asked the first frog. He then asked where and what the sea was.

'It is a large body of water and not far away'

'How big is the sea'

'Oh very big'

'As big as that stone'

'Oh much bigger'

'As big as my well'

'Oh much bigger'

'How much bigger'

'You could fit millions of your wells'

'Nonsense' said the frog from the well, 'you are a dreamer and a falsifier, get out of my well. I want nothing to do with you'.

Author Unknown

The Human Operating System

If we could shrink the earth's population to a village of precisely 100 people, with all the existing human ratios remaining the same, it would look something like the following:

57 Asians

21 Europeans

14 from the Western Hemisphere, both north and south

8 Africans

52 would be female

48 would be male

70 would be non-white

30 would be white

70 would be non-Christian

30 would be Christian

89 would be heterosexual

11 would be homosexual

6 people would possess 59% of the entire world's wealth and all 6 would be from the United States.

80 would live in substandard housing

70 would be unable to read

50 would suffer from malnutrition

1 would be near death;

1 would be near birth

1 (yes, only 1) would have a college education

1 would own a computer

When one considers our world from such a compressed perspective, the need for acceptance, understanding and education becomes glaringly apparent. The following is also something to ponder...

If you woke up this morning with more health than illness...
you are
more blessed than the million who will not survive this
week.

If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation...you are ahead of 500 million people in the world.

If you can attend a church meeting or a spiritual group without fear of harassment, arrest, torture, or death...you are more blessed than three billion people in the world.

If you have food in the refrigerator, clothes on your back, a

roof
overhead and a place to sleep...you are richer than 75%
of this
world.

If you have money in the bank, in your wallet, and spare
change in a
dish someplace ... you are among the top 8% of the
world's wealthy.

If your parents are still alive and still married... you are
very
rare, even in the United States and Canada.

If you can read this, you just received a double blessing in
that
someone was thinking of you, ... and you are more
blessed than over
two billion people in the world that cannot read at all.

Author Unknown

Even with our perceptual filters blocking out most of the information that we receive, we still need some way of making sense of the rest of it.

So all the information gets processed into a mental framework. The mental framework is like a scaled down model of the real thing. It misses some of the details, but broadly it looks the same. I call this our Operating System.

We start out having certain genetic tendencies. These influence the way that we react to situations. So each Baby will interpret and react to the same stimulus in different ways depending on their temperamental traits. So each is already starting to build up their own Operating System.

You've probably read that we only use 10% or less of the potential of our brain. Here's what that is based on.

All of us have billions of neurons at birth. The first time we process new motions, thoughts and actions these build a neural pathway by connecting neurons. The newborn baby responds to its interpretation of an event in the best way it knows how.

This creates a fresh path, like footprints in the snow. The next time the baby interprets an event needing the same response he takes the easiest route, which is following the previous footsteps. Sometimes he will add a new step or branch off slightly.

By the time he gets to be say six or seven there are clear pathways.

By the age of seven, 70% of all the neural connections your brain ever will make are made. It's not that we can't make more connections. But most of us do the same things over and over again. We become stuck in our ruts. Therefore we don't do new things and so we don't create new connections.

Like walking across a field it's easier to follow where others have walked before. The more you respond in the same way, the harder it is to do something differently. The pathway turns into a rut and in time to a ditch. Until eventually it is impossible to see any alternative.

New actions that require unfamiliar responses, such as learning to drive, will create new pathways. But when you lift a drink to your lips you use the pathway you used to drink your bottle as a baby. When you throw something in anger it is the same pathway you built throwing your toys from your pram.

Most movements and thoughts are refinements of pathways built in childhood. They all start out along the same path, but in time we give ourselves more options. The more options we have; the more effective we will be.

If you have a powerfully emotional reason to do something differently you will. For example, if you usually eat cake with a coffee, you probably automatically reach for it and eat it. But if you had a coffee after the Doctor has just scared you out of eating cake, you'll catch yourself and stop.

Most of life is conducted on autopilot. We are only capable of doing so much, but the more we automate the mundane stuff the more we can do. Therefore we only pay attention to the things that are most important to us at this moment. The rest we delegate to our own Personal Assistant – our subconscious.

When we need to act, unless we have any reason to believe the situation needs a great deal of attention, such as being very dangerous, we take the quickest option. We forget all the reasons why we act as we do... and just respond as we normally do.

For this reason, most of our lives are conducted on automatic pilot. Therefore our actions are controlled by our Operating System. So the most important changes you can make to your life, are those in your Operating System. But by its nature, we are unaware of most of what is in our Operating System.

Yet every decision you take determines the path you take through life. And almost all of these are decided through your Operating System without your even being aware of making the decision.

Just a small shift in beliefs can create huge differences in your experience of life. Because the deeper and more buried the belief... the greater the trajectory of change. Changing one of your core fundamental beliefs will change many other beliefs along the way to your actions and so into your experience.

Think of an aeroplane flying thousands of miles. Being just one degree out, can lead to being hundreds of miles from the planned destination. Yet the nature of flying means that Pilots spend most of their journey being off course. Their job is to continually adjust to get back on track and eventually get where they want to be.

Humans though expect to learn the **rules... to understand right and wrong...** and then never deviate off track. To just mindlessly go through life, reach the destination and everything will be fine. When we do drift off track we think it is a calamity and we're going to be condemned forever.

Its never too late to get back on track. The nature of life is to throw us off track. We are not supposed to be Passengers through life, we are supposed to be Pilot's continually adjusting to get back on

track. The difference is that there is no final destination... just the direction we are traveling in.

Not only are your actions mostly chosen by your Operating System, but your Perceptual Filters are also set to support the Operating System.

The job of your Operating System is to minimize the mental energy you have to spend. It does something called Satisficing. What this means is that rather than trying to be perfectly accurate, it compromises accuracy in order to cover more ground. It does this by as much as it can making what you see match with what you believe.

You know how Politicians use facts and situations to emphasize their case. Even if they are taken completely out of context. This is exactly what your Perceptual Filters do. They reflect back to you as much as they can what you believe.

It is for this reason that arguments are generally useless in getting other people to see things your way. Whatever evidence you use, they will see it through their perspective. You know how some people just can't see what you are telling them. It doesn't matter how much you explain or how many ways you try to tell them. This is because they literally can't see it fitting into their Operating System.

To believe something, there are certain assumptions and supporting beliefs that have to be there for it to slot in. Otherwise the information just falls flat and just gets stored under miscellaneous junk. It's a bit like giving someone an ornament and without having any shelves or cabinets to display it in.

I have a theory along these lines. I believe that when people read a book that reflects the beliefs and understanding they already have... they think it's good. If it articulates what they were thinking, but hadn't ever put it together... they think it's great. If it has beliefs they held a long time ago... or beliefs too far advanced... in other words if it doesn't fit in with the stage they're at... they don't like it.

Whatever we believe to be good; is good because that is the way that makes sense given our entire Operating System. Equally

whatever we believe to be bad, right, or wrong and so on all depends on our Operating System.

The problem with this is that we almost always have a false view of how things are. Life is creating change in every second, yet our Operating System is showing us as constant a world as it can get away with. It is the extent of the difference between our Operating System and reality that determines the extent of the stress or happiness we experience.

In the following chapters we will discuss how the operating system is created and how this interacts with what happens in your life to create the emotions you feel.

Socialisation

One day a wild horse turned up at a wise old man's house. At this time a horse was valuable, equivalent to a house today. All the other villagers came and congratulated him on his luck and good fortune.

'Maybe' he said.

A week later his son was thrown trying to break the horse in. The resulting broken leg meant he could not help run the farm. This was harvest time and all the crops would be lost. When the villagers learned of the son's accident they commiserated on his misfortune.

The wise old man would only say 'Maybe'.

Two weeks later Army generals came to the village conscripting all fit young men to join in an ongoing war. The wise old man's son was the only one unaffected due to his broken leg.

Author Unknown

Most of our Operating System is set up in our childhood. Some of it becomes updated as we grow and are capable of understanding more. We learn that Father Christmas doesn't really bring us our presents. That adults don't know everything and a hundred and one other things we once believed aren't true. However there are still many, many beliefs that never get changed, because we have never had the time, or reason, to consciously think about them.

Therefore the Socialisation process, what Freud called the introjection of Society's view, is very important. Introjection means initially your Parents and Teachers tell you something over and over again. Eventually it becomes so ingrained that you do it to yourself in your own head. Freud used this in terms of a conscience, but I think it relates to what we believe.

This process begins with our Parents or Carers. We learn not just from what they consciously teach, but from their every thought, word and action. It doesn't matter what you say, people can still pick up on your thoughts through your body language. Parents are particularly important as they provide the basic template for our Operating System.

The next stage is when the Child goes out to School or Nursery. Here they learn that not everyone does things in the same way or thinks the same. There are different rules and codes of conduct.

This expands their Operating System. What they gained from their Parents and Siblings, were Personal Operating Systems. Now they are being exposed to Group Operating Systems. As it belongs to a bigger number of people it is far broader and more inclusive.

However it is likely to still be somewhat idiosyncratic. For example, I went to a school in London that predominantly had pupils from an Irish Catholic background. So there is still some biased aspects of the Operating System than if I had gone to say a mostly Hindu school.

Later we become immersed in the culture and rules of the company you work for and the industry you work in influence our Operating System.

The media shepherds us towards Society's Operating System, by the slant that they put on their stories. Ridiculing and savaging those who are wrong by their Operating System's interpretation. And making Martyr's of those who support and exemplify it.

Government then puts in place laws on the outer boundaries of Society's Operating System, which define the boundaries that are accepted by society.

Generally people like to think that they make their own mind up. Research studies consistently demonstrate how we can become swayed to conform and obey.

If you doubt the extent to which we rely on or are influenced by society consider the following psychological studies into conformity.

Asche gave a group of 7-9 participants a number of questions, such as;

Is the line on one card the same as line A, B or C on another card.

It was set up so that the answer was fairly clear and simple. Initially the groups answered correctly for a few rounds. Here's where the experiment gets to be fun. All but one of the participants are in on the secret that this is not really a perceptual test as advertised. They all begin to answer incorrectly. The individual being studied is therefore always last, or second from last.

Film of the experiment shows the participant shaking his head and looking at his fellow group members in utter disbelief, yet when it comes round to his turn to answer he goes along with the group. Instead of trusting his own judgement, he instead conforms and trusts their judgement. 3 out of every 4 participants conformed to varying extents.

Remember this was in tests where the answer was clearly wrong. After the experiment participants gave their reasons for conforming. Some didn't want to upset the experimenter, some figured they must have made an obscure mistake and others began to question their judgements 'were their eyes playing tricks on them' or 'were seeing things differently where they are sitting'. Another reason given was that they didn't want to be different from the others.

Do you see any similarity between those findings and decisions and possible views or beliefs you've dismissed because they don't fit in with what everyone else sees?

Asch's experiment has been carried out with many twists. One of the most interesting discoveries was the finding that there is almost no difference, in terms of influence, between 3 people in agreement and say twelve. With one other person there is almost no influence, two some, but three increases influence a great deal.

How does this relate to your life?

In a group of friends are you swayed, even unconsciously, to conform?

We each perceive reality through our perceptual filters. These relate to our individual construction of reality. This is why five people each have a different explanation of a single event. Hence the notorious unreliability of eye witness testimony.

From this individual construction of reality we develop our own best response to a situation. However when we become aware this differs from 'what is normal' we begin to doubt our judgement.

During the sixties, some Social Psychologists became interested in how ordinary citizens in Nazi Germany were turned into cold-blooded killers merely 'following orders'. A decade after Asch's studies Stanley Milgram sought to increase our understanding of obedience.

To do so Milgram advertised a memory test. When participants turned up they were introduced to a young man in a lab coat and a middle-aged accountant also taking part in the experiment (actually one of Milgram's assistants). The experimenter explained to both that the study was looking into the effects of punishment on learning. They picked a name from a hat as to who would be the teacher... rigged of course.

The accomplice was strapped into a chair, which would deliver an electric shock every time the teacher flicked a switch. A small shock was given to the teacher, before beginning, to convince him of the reality of the experiment.

Then he left for the Teacher's room. Every time the Learner made a mistake in responding, or failed to respond, to the Teacher's question... the Teacher was to give him an increasingly powerful electric shock by flicking a switch. Of course this was all staged, in the learners room was a tape recording.

Initially there is little response from the Learner that develops into pleas to escape the experiment to agonized screams to refusal to continue to eerie silence.

If the teacher should waver the experimenter had a script of four responses;

- *Please continue*
- *The experiment requires that you continue*
- *It's absolutely essential that you continue*
- *You have no other choice, you **must** go on*

There were also reassurances that the shocks although painful, will not cause any permanent damage.

Before conducting the experiment Milgram polled 40 Psychiatrists as to what they thought would happen. They predicted less than 1% of participants would administer through to the highest and potentially fatal level.

What do you predict, what percentage of participants would be willing to kill someone because an experimenter tells them to, even when the fellow participant pleads to be let out?

The results shocked the scientific community. 62.5% of participant, more or less two in three continued giving shocks up to the maximum of 450 volts.

It was not sadism or lack of concern on the part of the Participant. Participants displayed a variety of anxious behaviors. Some twitched; others laughed hysterically or verbally attacked the experimenter. They sweated, stuttered, trembled, groaned, bit their lips and dug their nails into their skin. Three participants had full blown, uncontrollable seizures.

It was partly due to the effects, at the time and after the research, on Participants that research like this isn't carried out today. Many Participants struggled as they realized the behavior they were capable of.

This experiment has been conducted all over the world many times to demonstrate its reliability. Some twists have been attempted to explain why participants are so obedient.

Some claimed that because the location of the experiments was Yale University this afforded greater authority to the experimenter.

Even when conducted from a small and rundown office the obedience rate was still 47.5%. Perhaps the setting played a part for some participants, but there is still some deeper underlying dynamic.

When the participant was in the same room the compliance rate who continued shocking right up to the end dropped to 40%. A sizeable number continued even when rather than flicking a switch the teacher had to actually place the learner's hand on to the plate giving the shock.

When other teachers (assistants of Milgram) were present and refused to continue after a certain point compliance reduced to just 10%.

When another person was flicking the switches obedience rose to 92.5%.

When the experimenter left the room obedience dropped to just 20.5%. Many only pretended to press the buttons or used a lower voltage.

What obedience and conformity both share said Milgram was the

'...abdication of individual judgement in the face of some external social pressure...'

This is key to understanding how to improve the quality of your life. When you allow another to influence you, you have given control of your life away. Perhaps not consciously, but every decision you take or avoid taking shapes your life.

Because of the way our Operating System is created... unless we take the time to revisit the beliefs we created, or accepted, as we developed our Operating System... we are living out the beliefs of other people.

In this sense we are mentally and spiritually cloning. The purpose of our lives can be found not in our sameness, but in our uniqueness.

Our uniqueness brings something new to the world. Our sameness adds no value and so we doubt our value.

We conform and obey in order to please and pacify others. We need to belong to the pack and think that if others knew what we were really like... no one would want to know us. This isn't necessarily a conscious thought, but if you analyse it right down to the root of conformity, it is what you'll find.

Because of this we strive to put up an image that fits in. Of being just one of the crowd.

Have you ever been waiting anxiously for an test result, where you could have got anything from top mark to failure... but to stop the nail-biting, you would willingly have given up your chance for a top grade – to ensure a pass mark?

That is the kind of reasoning that leads people to sell out their dream in order to fit in. Being normal becomes overwhelmingly important. This is why fashions and magazines that set the tone have become increasingly popular. The intense focus on famous people's private lives and the success of reality television programs are due to this need to find out about others.

Do they really do the same as me?

Am I normal?

When people find that there are many others who feel the same way, much of the pressure they felt is relieved.

To some extent we do tend to grow out of this as we get older and start to relax and just be ourselves. And this links in with research findings that show that we become happier as we age.

The rushing around like headless chickens that we often do... attempting to build success, power, status and affection... in order to prove our value to society is mistaken.

The value we as humans create is not in following rules, ideas and processes... it is in expanding and creating new things, new ideas and processes.

The people who are most valued are those who rewrite the rules. Not the people who make minor incremental improvements.

So if you feel that you lack in value, it may be because you aren't creating value. Not because you are inherently lacking in value.

What most of us do, is to follow the Operating System we have by default. Then we become too caught up in life to even consider that we may not be thinking for ourselves. We look around and think that the fact that we lack self-esteem, motivation, success, happiness and so on is because of a fault in us.

We look for all the ways in which we are broken. As we tune into that wavelength, our perceptual filters look for evidence that we are broken, and start to find it. Now we can prove that we are not worthy and consequently we lack self-esteem.

The real problem is that as we are not thinking for ourselves we are not adding to the world. If we revisited each belief and decided what we as an Individual chose to believe, it would tune us in to the wavelength where we are most comfortable and happiest.

Then around us we would see all we needed to learn, all the circumstances and people we need in order to create, whatever it is our unique talents can. This new idea, creation, process or service then expands the boundaries of the Universe. We grow and the world grows. Then there is no question of your value. To you or to the world.

If you look at any person who is valued, famed and acclaimed... from Pop Stars to Inventors to Entrepreneurs to Statesmen you will notice that not one of them ever got there by being the same as everyone else. Each had the courage to stand out from the crowd, in some way, and to stand up for their beliefs. Often they will have been ridiculed by many, but in time as came to understand their perspective, they became our Hero's and Heroine's.

What conventional wisdom and beliefs do you disagree with?

Why?

If you have solid reasons for disagreeing... and can find a better way, a better solution... dig, test your ideas and adjust to what life shows you... you could be on the way to finding your unique

message. Spread your message. Expand the world. Then you will never doubt your value ever again.

Emotional Health

I cannot conceive of a personal God who would directly influence the actions of individuals, or would directly sit in judgment on creatures of his own creation.

I cannot do this in spite of the fact that mechanistic causality has, to a certain extent, been placed in doubt by modern science.

My religiosity consists in a humble admiration of the infinitely superior spirit that reveals itself in the little that we, with our weak and transitory understanding can comprehend of reality. Morality is of the highest importance - but for us, not for God

Albert Einstein. The Human Side, 1954

Everything in life, when you boil it down to its sub-atomic level is just energy. This energy is the force of life. This force creates and connects everything. By definition, nothing can exist without it or separate from it.

The history of mankind has been a debate over what this force is called or wants. Today some call it God, in various languages, or the evolutionary force or life force. It doesn't matter because the words and interpretations are the petty details that only us humans care about.

This force of life flows through us. Our beliefs determine and shape the world that we experience.

As the life force flows through our beliefs, it creates an emotional reaction. This reaction is a message from Life, God, the Universe, Evolution or whatever you wish to call it.

If the emotion is positive, your beliefs are allowing life to flow through you freely.

If the emotions are negative, there are one or more beliefs that are causing friction with the energy flowing through you. The specific emotion you feel is highlighting to you the beliefs that need changing in order for you to feel in tune with life.

Adapting your beliefs to fit in with your emotions will develop the truest and most effective Operating System. And this will lead you to the path that is perfectly designed for you to walk along.

The type of emotion will help to lead you to the source of the belief that is creating your discomfort. Emotional health or dis-ease is created in exactly the same way as physical health or dis-ease.

We are physically healthy when our body is in its natural state. When our body gets knocked out of balance through something alien to it, such as pollutants, germs or even the biochemical effects of too much stress, it starts to exhibit symptoms of being unwell. Many of the symptoms of a disease are actually the side effects of our body working to protect us.

For example, we experience a temperature as our immune system mobilizes to attack the invader. The temperature is not caused by the disease, but by our body's reaction to the disease.

Happiness is the emotional equivalent of physical health. We become unhappy when we emotionally take on something that is alien to us.

When we say something, or act in a way, that is not really true to us we become unhappy. We experience unhappiness in a number of ways. Sometimes it is anger or frustration, other times it is anxiety.

All are the emotional equivalent of a disease or illness. Our emotions are not caused by events that happen to us... but by our reaction to the events that happen to us.

Our happiness and emotional health comes under attack whenever we think, speak or act something that is not really true to our natural design. Just as with our physical health, we are continually attacked by many 'invading aliens'. These include;

- The pressure to conform to Society's, groups and organizational rules.
- Expectations of ourselves, and others, to live up to certain standards.
- Fitting into pre-designed roles, which restrict, confine and limit our expression of our true individuality.

These will attack us for as long as we continue to believe they are important. Once we get crystal clear on exactly who we are and what we are here to do... our emotional immune system becomes strong enough to make these invaders irrelevant to us. Just as a healthy body with sufficient nutritional reserves will protect us from physical invaders.

Emotional Intensity

Cracked Pot

A water bearer in India had two large pots, each hung on each end of a pole, which he carried across his neck. One of the pots had a crack in it, and while the other pot was perfect and always delivered a full portion of water at the end of the long walk from the stream to the master's house, the cracked pot arrived only half full.

For a full two years this went on daily, with the bearer delivering only one and a half pots full of water in his master's house. Of course, the perfect pot was proud of its accomplishments, perfect to the end for which it was made.

But the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do. After two years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream.

"I am ashamed of myself, and I want to apologize to you".

"Why?" asked the bearer. "What are you ashamed of?"

"I have been able, for these past two years, to deliver only half my load because this crack in my side causes water to leak out all the way back to your master's house. Because of my flaws, you have to do all of this work, and you don't get full value from your efforts," the pot said.

The water bearer felt sorry for the old cracked pot, and in his compassion he said, "As we return to the master's house, I want you to notice the beautiful flowers along the path."

Indeed, as they went up the hill, the old cracked pot took notice of the sun warming the beautiful wild flowers on the side of the path, and this cheered it some. But at the end of the trail, it still felt bad because it had leaked out half its load, and so again it apologized to the bearer for its failure.

The bearer said to the pot, "Did you notice that there were flowers only on your side of your path, but not on the other pot's side? That's because I have always known about your flaw, and I took advantage of it. I planted flower seeds on your side of the path, and every day while we walk back from the stream, you've watered them. For two years I have been able to pick these beautiful flowers to decorate my master's table. Without you being just the way you are, he would not have this beauty to grace his house."

Each of us has our own unique flaws. We are all cracked pots. But it is the cracks and flaws we each have that make our lives together so very interesting and rewarding. Tap the cracks in those around you to make flowers. You've just got to take each person for what they are, and look for the good in them. There is a lot of good out there. There is a lot of good in all of us! Blessed are the flexible, for they shall not be bent out of shape.

Remember to give to and appreciate all the different people in your life (even if they forget your name at first) and they will reciprocate, come to appreciate and like you.

If it hadn't been for the crackpots in my life, it would have been pretty boring...and I wouldn't be were I am today!

Author Unknown

Have you ever been dumbstruck by the way your Partner or friend could take something so calmly while you were boiling with rage?

Or were you the calm one who couldn't understand why they were so worked up?

Here's why.

I don't really like to categorize people into specific groups. I'm not sure if you see people like that, because that's what you're looking for (the wavelength you are tuning into) or because that's how they are. However sometimes that's the easiest way to understand something.

What I have noticed is that there are two types of people. Sometimes one person can switch between the two roles. One group I call the **Structurers**. These perhaps relate closely to Introverts. **Structurers** tend to be more detached and therefore they can be more analytical and see things with greater clarity.

The second group, I call **Enhancers**. This relate to Extraverts. **Enhancers** are deeply attached... they feel things far more vividly. As a result they are far more dramatic and bring more color... more drama and excitement to situations.

Both groups need each other. **Enhancers** exaggerate what is going on. This enables **Structurers** to see what can be changed more easily as it magnifies details for them. **Structurers** provide the detail and the foundations that provide the stage for **Enhancers** to bring to life far more vividly.

There is no better example of the way **Structurers** and **Enhancers** work together than in Entertainment. The Directors, Cameramen, Casting Agents and so on keep a more detached view holding onto the bigger picture and making the details fit together perfectly. Meanwhile the Actors, Actresses, Dancers, Singers and so on concentrate all their focus on portraying more and more emotional depth.

The result is a believable and gripping structure that holds attention building up to the peak emotional scenes and then a depth of emotion that moves audiences to tears.

Neither is better than the other. They just play different roles to reach the same goal.

Next time you see the Drama Queen or the Insensitive Oaf in your life remember their role in either exaggerating to highlight, or in detaching to analyze. By listening to others and honestly sharing your views, you'll get so many more insights and perspectives that life becomes so much more dimensional and so you'll see many choices in life. Then all of your life becomes a choice.

How We Create Our Emotions

In a few hundred years, when the history of our time will be written from a long-term perspective, it is likely that the most important event historians will see is not technology, not the Internet, not e-commerce.

It is an unprecedented change in the human condition. For the first time - literally - substantial and rapidly growing numbers of people have choices. For the first time, they will have to manage themselves. And society is totally unprepared for it.

Peter F. Drucker

We generally think of our emotions as being directly caused by events. 'You made me feel...', 'It was the ... that made me feel...'. This is the thinking that traps us as powerless victims.

There is no such thing as a stressful situation. Only stressful thoughts.

Any pressure, stress, frustration, disappointment or anger we feel is caused only by the mental frameworks we use to see and evaluate life through.

We only feel these emotions when we have a timeframe or deadline that has to be met. Or when there is an image of the way something must match up to. Take away the mental constructions – and they are only constructed through your beliefs – and all you have is life... happening in its own perfect way.

No one else can ever make you feel anything. Events happen, life just is. We feel emotions in response to our thoughts about things. The actual events are neutral. If you get a promotion... if you win the lottery... if your football team wins... these are neutral events. But because you have attached value to these events as being good – you think of them as being good. To the people you pass in the street they mean nothing.

“Nothing is good or bad. Only thinking makes it so”

William Shakespeare

The nature of the way we perceive the world and our nature of thinking economically causes us to forget this. For this reason we often have difficulty in understanding others and how they feel.

Life is like a torch. It flows through us and shines onto our beliefs. The projection is what we think of as the outside world. It is actually what we choose to see of the outside world. If you change your beliefs it will be like changing radio stations and as you tune into different information... you will see a different version of reality.

At the same time your Operating System synthesizes all the information you have on a situation or issue. Then processing these through your beliefs it determines what is good and bad in relation to the issue. From these it creates a **Should Vision**. This is the ideal outcome from the understanding you have.

This **Should Vision** is key to your emotions. Whatever you feel is determined by how close your **Should Vision** is to reality. If they match up... you'll feel happy. The more contrast and difference that you see... the more miserable you will feel.

Stress is the tension of literally trying to pull reality into the same shape as your **Should Vision**.

Your emotions are your built in guidance system. We are naturally drawn to feel good and averse to feeling bad. So when we feel bad we are forced to try to feel better. There are three main ways to do this.

1. Many people simply try to dull down the feelings. Some with drink, drugs, work, television, anything to dull and distract themselves from feeling. The problem with this is that they are always moving away from pain and the distractions never last for long. Meanwhile the pain is growing greater and greater all the time.
2. More try to change the outer world. Life feels so hard, such a struggle when you are trying to control, influence and change the hundreds of variables you notice. Add in the fact that there

are thousands more that you cannot even see let alone change and you have a recipe for frustration, anger and heartache.

3. The easiest option is the least taken. It is so much easier to change the one thing that you have complete and utter control over... your beliefs. If you change these then immediately – though you may not see it in your reality immediately - one or perhaps two changes will occur. Firstly by changing your beliefs you have relaxed your **Should Vision** and so it will become more flexible. Secondly by changing your beliefs, you may also have changed your perceptual filters... thereby changing the way that the world looks.

The Perfection Of Disharmony

A Picture Of Peace

There once was a King who offered a prize to the artist who would paint the best picture of peace. Many artists tried. The King looked at all the pictures, but there were only two he really liked and he had to choose between them.

One picture was of a calm lake. The lake was a perfect mirror, for peaceful towering mountains were all around it. Overhead was a blue sky with fluffy white clouds. All who saw this picture thought that it was a perfect picture of peace.

The other picture had mountains, too. But these were rugged and bare. Above was an angry sky from which rain fell and in which lightning played. Down the side of the mountain tumbled a foaming waterfall. This did not look peaceful at all.

But when the King looked, he saw behind the waterfall a tiny bush growing in a crack in the rock. In the bush a mother bird had built her nest. There, in the midst of the rush of angry water, sat the mother bird on her nest... perfect peace.

Which picture do you think won the prize?

The King chose the second picture. Do you know why?

"Because," explained the King, "peace does not mean to be in a place where there is no noise, trouble, or hard work.

Peace means to be in the midst of all those things and still be calm in your heart. That is the real meaning of peace."

Author Unknown

Generally we go through life and think that if only life was easier... if only everyone saw and did things our way... that the world would be some kind of paradise. This is a mistake based on the idea that if the world matched up to your **Should Vision** it would be perfect. This is a mistake because the information that makes up your **Should Vision** is mistaken, false and incomplete.

First think about this. What would be your idea of Paradise?

The most common vision seems to involve lying in a hammock on the most beautiful beach... having the tastiest foods and drink fed to you by the most attractive waiting staff. Every material possession only has to be reached for and everyone agrees. There are no conflicts.

When you're feeling bruised and sore... when life seems too frantic and too harsh... this vision seems more and more seductive. Yet this wish is just as flawed as King Midas's wish to turn everything he touched into Gold.

It would take only a few days to get bored with living the same day over and over again. Which is what this vision would be.

We do not really want everyone to agree with us. We only want to be able to get along with each other even if we disagree. We don't want everything to just fall in our laps. We just want to know that we can steer our lives in the right direction.

If you look at every aspect of life you can see that there is never an end. There is no perfection, because with every improvement there are always further possibilities. Life is the game that never ends. The Universe expands with every breath. Each Creature evolves into an ever more complex and sophisticated version.

As a society we expand from disharmony. Not the kind of destructive disharmony that creates war and destruction. But the

kind of disharmony that leads to progress. The disharmony that turns conventional wisdom on its head. This kind of creative friction is the force of progress and evolution. It is this that forces our Society to expand to include new ideas.

When there is just one idea that everyone agrees with. There is harmony. It could also be called a trap. When there are two or more ideas you have the ability to exercise free will and direct your own life. Wherever there are two or more ideas there is also the possibility to synthesize the two and create new ideas. The more ideas there are; the more possibilities open up.

The problem is that we have always had a tendency to mistake others for their ideas. Rather than separating the person from the idea and feeling harmonious with the person, but not necessarily the idea... we feel that it is offensive to contradict someone. Therefore we don't.

However by superficially agreeing, even when we don't, we create a split deep inside of us. The split grows into a chasm and causes us to feel frustration. This creates a resentment against the other – for no other reason than that our pretence has made us feel bad. Then when we feel sufficiently angry we'll snap. But by now as we have identified the person as being tied to the idea we now experience disharmony with the individual, rather than the idea.

It is all based on a fundamental misunderstanding. People are not the ideas that they speak. Any idea spoken is just a snapshot of that person's thoughts. Now it is true, that due to economy of thought, many people in our world do not pay much attention to the ideas they hold and so don't change them very often. However the person is still not the idea. Yet our Operating System using as little mental energy as possible sometimes does link them in together.

If we free ourselves from this mental shortcut we are able to discuss ideas freely without offence. This is the greatest way that we can evolve. By sharing ideas and putting together all the pieces together in our own way to create our own picture. When we are able to truly share our thoughts and ideas without fear of offending others than we are able to find ourselves. Read on to find out why...

Who Are You – The Shattered Mirror

The five colours blind the eye.

The five tones deafen the ear.

The five flavours dull the taste.

Racing and hunting madden the mind.

Precious things lead one astray.

Therefore the sage is guided by what he feels and not by what he sees.

He lets go of that and chooses this.

Lao Tsu

All of life is so, so simple. Yet the entire history of humanity has been of an ever-growing complexity. The result is that we sit here with few people having a strong sense of identity... and problems that have become so tangled that no-one seems to understand how to untangle them.

Increasingly over the last couple of decades more and more people have been searching for Who They Are. There is nowhere to go to find yourself. The answer to Who You Are is simple. You only have to look into the mirror and say what you see.

But any slight deviation from the complete and absolute truth... when you tell someone 'no, you don't look fat in that', 'yes, everything will work out fine'... when that is not what you believe... each causes a split in the mirror.

Every time that you tell a lie, whether your intention behind it was good or bad you create a split in your internal reality. A lie is a denial of Who You Are.

Once you have told a lie... you then have to keep hold of the truth in your mind, but at the same time, you have to hold onto the alternate reality.

Now your mental energy has been split in two.

Add to this the fact that many lies need other lies to maintain the original. Each then further divides your mental realities.

Sometimes people will tell 2, 3 or even more versions of the same event to different audiences. This then divides their mental energy to maintain however many different stories they have told. Plus on top there is the additional worry of being found out. The result is similar to the effects of being schizophrenic.

If you take every internal conflict between one part of you that wants to do X and another that wants to do Y. Add to these, every lie you have allowed to be interpreted from your responses and this determines how shattered your mirror is.

Since the mirror is shattered it is difficult to see Who You Are. Am I the me in this fragment or that. Until you are whole and integrated – expressing Who You Are, in every situation... you cannot and neither can anyone else know Who You Are.

As a result you do not add to the world... you do not create the value that you would by sharing your unique message and so you turn yourself into a commodity. To others you look bland and therefore just like many others. Therefore neither they nor you can see anything special about you. And so they don't value you as highly as they could – and neither do you.

The key to life is integrity, in every sense of the word. Generally we think of integrity meaning honesty. What it actually means is the integration of everything you think, say and do. When you are fully integrated and congruent then Who You Are, is no longer a question. In the meantime all the searching in the world won't help you to find yourself.

What's It All About?

The Cricket!

A Native American and his friend were in downtown New York City, walking near Times Square in Manhattan. It was during the noon lunch hour and the streets were filled with people. Cars were honking their horns, taxicabs were squealing around corners, sirens were wailing, and the sounds of the city were almost deafening.

Suddenly, the Native American said, "I hear a cricket."

His friend said, "What? You must be crazy. You couldn't possibly hear a cricket in all of this noise!"

"No, I'm sure of it," the Native American said, "I heard a cricket."

"That's crazy," said the friend.

The Native American listened carefully for a moment, and then walked across the street to a big cement planter where some shrubs were growing. He looked into the bushes, beneath the branches, and sure enough, he located a small cricket. His friend was utterly amazed.

"That's incredible," said his friend. "You must have super-human ears!"

"No," said the Native American. "My ears are no different from yours. It all depends on what you're listening for."

"But that can't be!" said the friend. "I could never hear a cricket in this noise."

"Yes, it's true," came the reply. "It depends on what is really important to you. Here, let me show you." He reached into his pocket, pulled out a few coins, and discreetly dropped them on the sidewalk.

And then, with the noise of the crowded street still blaring in their ears, they noticed every head within twenty feet turn and look to see if the money that tinkled on the pavement was theirs.

"See what I mean?" asked the Native American. "It all depends on what's important to you."

Author Unknown

There are many theories, but no one actually knows why or how we developed the more powerful capacity for conscious thought. Somewhere along the evolutionary path though we did. We became able to predict eventualities and to co-operatively prepare for these possible outcomes.

To predict an outcome requires a framework of understanding far beyond just what might happen. It often involves making a leap of imagination derived from certain facts we know. Sooner or later our experience tells us whether our imaginative leap was accurate or not.

If you consider the early Cavemen and women who were trying to create a sense of order from the patterns they saw in their life. Why sometimes their Prey turned up and others it didn't? Why their efforts were sometimes helped and sometimes hindered by weather and luck?

Given the fact that they had no real knowledge of how anything other than the most basic and practical information, they are likely to incline towards magic and superstition. Noticing that they prey on some animals and those on others, it is likely that they believe in a hierarchy of importance.

Therefore it must have seemed logical that there was someone or something invisible that preyed upon them. Taking their kin when

it chose, punishing them with poor weather or healing them and providing good weather and foods.

Just as a subservient dog will try to placate its owner... our Ancestors attempted to placate the Gods. Immediately Man had created a higher purpose beyond survival. The more they learned about life the more sophisticated their version of God became.

Societies came and went. Languages came and went. But every institution... every word and every custom became stained with this belief. And so today it doesn't matter whether you are religious or not... you still through the language you use and the socialisation process operate through a cognitive framework that fears the wrath of God. Not consciously perhaps, but analyse your thoughts to their roots and you'll find some evidence for this.

Through history there have been many wise and great individuals who transcended these limitations. People such as Jesus, Buddha, Mohammad, Lao Tzu and Confucius. These have explained life in the language of their own times and culture, in ways most appropriate for their peers. But words are so limiting. The more that you focus on something the more details you see of it. This is why Eskimos have many words for different types of snow, while we only have the one word. These visionaries tried to fit words understood from common experiences to explain experiences and concepts others couldn't relate to and so do not have words for.

Add to this the fact that our capacity to understand is limited by our willingness. Life could not be any simpler. But if we are emotionally unwilling to drop some of our beliefs then it becomes far harder to intellectually understand. Sometimes impossible.

As a result the followers hung onto the literal words, rather than the spirit of the message. Look at how many varying interpretations there are of different religious books to see how open words are to misunderstanding. Often many decades later these works were written down. Through the centuries they have been taken out of all context and translated through hundreds of languages, changed by misinterpretation, or outright manipulation, and then are expected to make perfect sense to us. Today two or more people will quote the exact same passage in defence, or opposition, to the same action at the same time.

Even before the written form of these words appeared there was a general consensus as to an agreed code of conduct. Yet no one was quite sure of the rules. Indeed even today no one is certain. Therefore we needed to elevate certain people who knew.

This began with Tribal and Religious Leaders. As our society has become more complex, it has extended into experts on every area of life. There are people who claim to know the rules about areas as varied as Etiquette to Interior Design. The problem comes not in listening and using these experts advice, but in substituting it for our own. Specialists can save you years in gaining insight without trial and error, but that knowledge must fit in with your overall strategy and approach to life.

An agreed code of conduct now gave us a standard to judge ourselves against. From here on our value became evaluated against these external standards. And here began the centuries old conflict between Society and the Individual.

As an individual you have certain wants, needs and actions that may help you to further along your chosen path.

Yet everyone else from your family and friends, to your employer or employees and Government wants you to do, or believe, certain things. Sometimes its just because from their limited understanding they believe that your life would be better if you believed or did certain things. Other times, such as the millions of Soldiers who've lost their lives in battle, its because they believe sacrificing you, is worth it for others.

In reality the sacrifice of your time, free will, or even your life is no more necessary than the human sacrificial rites we once performed. It is all based on a belief that the world is not expansive enough for us all to be us. A belief that there is some Supreme Being somewhere who needs us all to conform to his/her plan.

Today we have enough scientific knowledge to override this view. Everything science tells us, from genetics to quantum physics to Chemistry all indicate that order and perfection is built into the system. The world is not a random chaotic mixture. It is a perfect blend that has an inevitable result.

The expansion in size... in complexity and understanding of ourselves and of the Universe is guaranteed. We don't have to distort ourselves to fit in. Instead it's all the better if we don't fit in. Then the world has to grow to accommodate us.

The sacrifice strategy doesn't work. One of the most common areas we see this used is by Women in the Homemaker role. Society has always told them that they must forget themselves in order to devote themselves to their family. Then their Daughters can grow up to sacrifice themselves for their Daughters and so on.

So who ever gets to live?

The cycle perpetuates itself until we have a whole family line of what could have-beens.

Many people take an attack on the sacrifice strategy to be a call for everyone to do whatever they want at any expense. Wherever the sacrifice strategy is used, the view is that someone must lose. Either the Sacrificer or the Person or Organisation the sacrifice is made for.

Wrong.

It is only looking through the old world view that this is true. As Einstein said;

“The significant problems we face can not be solved at the same level of thinking we were at when we created them”.

The situation is a challenge for all concerned to grow. If you sacrifice... it is because you did not act on the prod life has given you to grow, and find a solution that doesn't require anyone to lose. And at the same time you have also denied those others from making the same growth.

The world is expansive enough for everyone to get what they need. Yet what they want is often not what they need, because their understanding of life is flawed. And so sometimes the fact that you may not sacrifice yourself to fit in with their plan forces them to rethink. This may then be the catalyst for them to create a newer and more refined plan.

From birth Society has trained us to put the good of others before our own needs. To care more for others, than for ourselves. Anything other than this is selfish, uncaring and any other manipulative words that can be used to get you to fall into line. The problem is that it isn't possible to care more for others than for ourself. We can never feel anyone else's pain more acutely than our own – however empathic we are. And the less cared for... the less loved we feel... the less capacity we have to love.

So from birth we have a continual fight. A fight between the external world that tells us over and over again that it knows more than us and we must be bad to not agree with it... and our body, our instincts and intuitive knowledge... that screams to us that the world is wrong and what we are doing is wrong.

In the face of such numerical and historical support from the external world, almost all of us give in and dismiss our instincts. Then we tell ourselves that we must be bad. So we hide our real feelings and put on a Social Mask. Although everyone else is going through the same conflict, the fear that anyone else may think we are odd or bad, means that we look at others and think they're coping I should be able to.

So we trick ourselves into believing that we are really bad and so we need to be controlled. Therefore we need more rules... more regulation... more constraints and less trust. The debate goes back at least, as far as Aristotle and Plato, probably much further. The result is that we have been disconnected from our own source of wisdom and insight, from each other and from the Universe.

The view that we need Religion and Laws to keep us all from raping and pillaging our neighbour's supports the very institutions that created the view in the first place.

We need order they say or we'll all behave like animals. Yet animals have their own order. It may not fit in with ours, but it is an order that makes sense for them.

Contrast that to the order we have artificially perpetuated. Year after year crime rates rise... mental illnesses increase... loneliness increases... more powerful weapons of mass destruction are

created... more of the world is destroyed... more species are made extinct... more of the worlds resources are depleted.

The planet has been systematically and ruthlessly raped and pillaged. Not by animals, savages or by rotten individuals... but by Society attempting to maintain the 'Rules'.

Its time to wake up and recognise that we backed the wrong side. Its not our instincts or us that were wrong. It's Society. And its our instincts that hold the key to growing it into a more enlightened form. Without our higher wisdom, just like a tree that's growth is blocked, we grew gnarled and knotty.

Now from this point on... you can be responsible 100% for what you believe.

Since you are responsible for what you believe... you must also be responsible for what you say and do.

If you are responsible for what you think, say and do... you must also be responsible for the results that happen in your life.

The Secret To Mastering Life

I am Me. In all the world, there is no one else exactly like me. Everything that comes out of me is authentically mine, because I alone chose it - I own everything about me: my body, my feelings, my mouth, my voice, all my actions, whether they be to others or myself.

I own my fantasies, my dreams, my hopes, my fears. I own my triumphs and successes, all my failures and mistakes. Because I own all of me, I can become intimately acquainted with me. By so doing, I can love me and be friendly with all my parts.

I know there are aspects about myself that puzzle me, and other aspects that I do not know - but as long as I am friendly and loving to myself, I can courageously and hopefully look for solutions to the puzzles and ways to find out more about me.

However I look and sound, whatever I say and do, and whatever I think and feel at a given moment in time is authentically me. If later some parts of how I looked, sounded, thought, and felt turn out to be unfitting, I can discard that which is unfitting, keep the rest, and invent something new for that which I discarded.

I can see, hear, feel, think, say, and do. I have the tools to survive, to be close to others, to be productive, and to make sense and order out of the world of people and things outside of me. I own me, and therefore, I can engineer me.

I am me, and I am Okay.

From Self Esteem by Virginia Satir

In the last chapter we spoke about the importance of integrity, in the sense of all of you being integrated. Once every part of you is aligned and working in the same direction you will become many times more effective and powerful.

The only thing that is separating you from everything you want is lack of clarity. If you stop and analyze all the problems you'll ever face... you'll discover they come in one of three categories.

- One is a lack of Clarity, not knowing exactly what the problem is and therefore not being certain what to do.
- Two is a lack of Courage to believe in your own solution or your ability to carry it out.
- Three is a lack of Competence to carry it out effectively.

If you go even deeper you will see that Courage is derived from understanding what needs to be done and the risks involved. Once these risks are minimized and you see the possible consequences of not acting outweigh the reduced risks of acting... you'll find the courage to act. So Courage also comes from Clarity.

Likewise Competence is the ability to recognize exactly what needs to be done. Many people use the old story of a Plumber who after tapping a pipe with a hammer charged \$100. When challenged for an itemized bill, he wrote an invoice for \$5 for tapping the pipe and \$95 for knowing where to tap. The more knowledge and experience we have the quicker, more accurate and effective we become. So Competence also originates from Clarity.

Our barrier to Clarity is the Shattered Mirror Syndrome. The Clarity with which you see with is a reflection of how integrated you are. We tend to tune into different frequencies dependant on where we are and who we are with... therefore we see parts of one frequency, parts of another and so on. All are fragments of different worlds. So they do not make up a complete and clear picture.

Slugs perceive the world by taking a snapshot of what's around them every three seconds. So if you put something in front of

them and took it away in the three seconds they weren't paying attention... it would seem the thing has disappeared. With this type of perception it is very difficult to separate cause and effect.

This is the effect that the Shattered Mirror Syndrome has on us. We see something... then we alter our perceptual frequency to fit in with the situation we are in... and so when we return to the previous perceptual frequency... we can't see clearly enough to make sense of what has happened. Once you consistently tune in to your natural wavelength, you will get consistent perceptions of the world. This consistency of perception enables you to get a clearer picture of life.

When you are always tuned into your natural wavelength you will always think, speak and act consistent with Who You Are. Then it is clear for everyone to **really** know you. But when you jump from one thing to another depending on the context you're in, no-one can know who you are – even you.

Achieving this Clarity is the secret to mastering your life. With it you will always know what to do, how to do it and you'll know the situation well enough to have the Courage to act. Read on to find out how to achieve Clarity...

The Three Keys To Life

Every morning in Africa a gazelle wakes up and knows that it will have to outrun the fastest lion or it will be killed.

And, every morning in Africa a lion wakes up and knows that it will have to outrun the slowest gazelle or it will starve to death.

So, in Africa, it doesn't matter if you are the lion or the gazelle. When that sun comes up, you had better be running.

Author Unknown

There are three keys to life. If you manage these they will open you up to all the riches you ever want in life. Here are the three keys;

- **Your relationship with yourself.**
- **Your relationship with others.**
- **Your relationship with the symbols of success.**

Your relationship with yourself is the key to all the joy that your inner world can bring.

Your relationship with others is the key to all the joy and pleasure that people can bring into your life.

Your relationship with the symbols of success is the key to all the joy and pleasure our planet can bring.

It all starts with your relationship with yourself. It's this that sets the wavelength that you tune into. Based on the information you take in and the way you process this information determines what you say and do. This determines the success of your relationships with others and how successful in materialistic terms you will be.

Of course it is possible to be materially successful without feeling comfortable with yourself. For some people that's what drives them to have to be successful. But that kind of success is empty.

So ultimately everything depends upon your relationship with yourself...

Self-Management

There was Grandfather. His little grandson often came in the evenings to sit at his knee and ask the many questions that children ask. One day the grandson came to Grandfather with a look of anger on his face.

Grandfather said, "Come, sit, tell me what has happened today." The child sat and leaned his chin on Grandfather's knee. Looking up into the wrinkled, nut brown face and the kind dark eyes, the child's anger turned to quiet tears.

The boy said, "I went to the town today, with Father, to trade the furs he has collected over the past several months. I was happy to go, because father said that since I had helped him with the trapping, I could get something for me.....something that I wanted.

I was so excited to be in the trading post. I have not been there before. I looked at many things and finally found a metal knife! It was small, but good size for me, so Father got it for me."

Here the boy laid his head against Grandfather's knee and became silent.

Grandfather softly placed his hand on the boy's raven hair and said, "And then what happened?"

Without lifting his head, the boy said, "I went outside to wait for Father, and to admire my new knife in the sunlight.

Some town boys came by and saw me. They got all around me and started saying bad things. They called me dirty and stupid and said that I should not have such a fine knife.

The largest of these boys pushed me back and I fell over one of the other boys. I dropped my knife and one of them snatched it up and they all ran away laughing."

Here, the boy's anger returned, "I hate them. I hate them all!"

Grandfather, with eyes that have seen too much, lifted his grandson's face so his eyes looked into the boy's. Grandfather said, "Let me tell you a story. I too, at times, have felt a great hate for those that have taken so much, with no sorrow for what they do. But hate wears you down, and does not hurt your enemy. It is like taking poison and wishing your enemy would die.

I have struggled with these feelings many times. It is as if there are two wolves inside me, one is white and one is black.

"The White Wolf is good and does no harm. He lives in harmony with all around him and does not take offence when no offence was intended. But it will only fight when it is right to do so, and in the right way.

"But the Black Wolf is full of anger. The littlest thing will set him into a fit of temper. He fights everyone, all the time, for no reason. He cannot think because his anger and hate are so great. It is helpless anger, for his anger will change nothing.

Sometimes it is hard to live with these two wolves inside me, for both of them try to dominate my spirit."

The boy looked intently into Grandfather's eyes and asked, "Which one wins, Grandfather?"

Grandfather smiled and said, "The one I feed."
Author Unknown

I have read thousands of books, articles and message board posts advising how to boost your self-esteem. And most of them are the equivalent of painting a house that is about to collapse.

Keep yourself busy. Get out more. Achieve something. Write three good things about yourself. Buy new clothes and take an effort over your appearance.

Almost no one takes the time to think what the problem really is.

- It doesn't matter if you have more money than Bill Gates.
- It doesn't matter if you have more friends than a Hollywood Casting Director.
- It doesn't matter if you look like Brad Pitt or J Lo.
- It doesn't matter if you have a book bigger than War and Peace filled with nice things about yourself. They still won't give you self-esteem. Not the kind of lasting self-esteem that you'll maintain whatever happens.

They may make you feel better. They probably will give you more confidence. But confidence is an entirely different thing from self-esteem... although most people don't seem to realize it.

But in your mind there will always be a nagging little doubt. A little voice that creeps up on you.

"What if you lose your money"...

"what if you fail next time"...

"what if your friends don't like you anymore"...

"what if you get it wrong"?

So actually all these things will bring you is only a good feeling for as long as they last. And a feeling of insecurity in case they don't last.

Why won't they change your self-esteem?

Because self-esteem really has nothing to do with anything other than your own judgement of worthy you are. These are how Webster's and WordNet define self-esteem.

Self-esteem \Self`-es*teem"/, *n.* ***The holding a good opinion of one's self; self-complacency.***

Source: Webster's Revised Unabridged Dictionary (1913)

self-esteem *n*

1: a feeling of pride in yourself [syn: {self-pride}]

2: the quality of being worthy of esteem or respect; "it was beneath his dignity to cheat"; "showed his true dignity when under pressure" [syn: {dignity}, {self-respect}, {self-regard}]

Source: WordNet (r) 2.0

Note that nowhere does it mention that your self-esteem depends to any extent on what others think. However as few people are their own source... and so depend on others for their needs then their judgement becomes only a reflection of others judgements.

This depends on how you understand the world and how you see yourself fitting into it. All the stuff around you will change. Losses will happen... friendships will end... looks will fade... and successes will pass. But the only thing that is constant, and always with you... is you.

So to really develop a belief in yourself... that doesn't depend on everything going right... a belief that will comfort and support you whatever happens in life... you need to understand exactly where you fit in to the grand scheme of the universe.

Its not as snappy as the usual kind of three steps you usually see. It's not as much fun as going out more. Nor is it as obvious as achieving more.

But by developing a philosophy that guides you – you'll prevent ever being back in the same situation again.

You get to choose what is true. Your imagination is like a catalogue. All you can imagine is possible... you get to choose what you bring to life through your belief.

Self-esteem means the value that you place on yourself. So many people are going through life blaming their Parent's, their Ex's and anyone else in the firing line, for their low self-esteem.

And books, magazines articles and so on are so outwardly focused that they perpetuate the myth. They assume self-esteem must be a reflection of the extent the outward world values you.

The world can only value what it sees though. And it only gets to see what is the tip of a massive iceberg. Whatever you have achieved or haven't achieved or done there is far, far more potential and possibilities you could do in the future.

The key to your relationship with yourself is being your own source. Everything you've ever been told about thinking too much of yourself and so on only has its roots in the fear that inherently you are a bad person and need to be controlled.

We live in a physical body, but that is not who we are. The body is a vehicle for us to express our message and display our beliefs. The body needs the essence of us to power it. However we are too expansive to fit into our body. So what we can't fit in stays outside... this is sometimes called an aura. The more of you, you allow in the more energy, strength and motivation you will feel.

The extent that you deny yourself is the emptiness that you feel. And in feeling that emptiness it doesn't matter how what you say or do for others. Your words and actions will be stained with bitterness, frustration and anger.

When you allow yourself to let in all that you are. You will soon overflow with love and joy. It is not then capable for you to not help others. Everything you think, say and do then becomes stained with your love and joy. People will feel uplifted just by being in your presence.

If you look at what made Jesus so popular, it was not his words. Throughout history there have been many eloquent and articulate speakers. It was the fact that his love for everyone overflowed from him to everywhere his attention spread. Yet we have always looked at his example, but through our limited understanding the assumptions that we made were that he must have been directing his focus outside and thereby neglecting himself. Hence the myth of sacrifice.

Wrong.

Jesus created an unlimited source of love and energy by loving himself first. He did this by taking time to be on his own, eg 40 days and nights in the desert.

Despite having more opponents than followers, Jesus did not take their opinion on his value. He instead looked within, and as his own source accepted himself as he was and loved himself.

This enabled him to relax his beliefs and therefore access unlimited energy, wisdom and insight.

Your Relationship With Others

The Power of a Friend

One day, when I was a freshman in high school, I saw a kid from my class was walking home from school. His name was Kyle. It looked like he was carrying all of his books. I thought to myself, "Why would anyone bring home all his books on a Friday? He must really be a nerd."

I had quite a weekend planned (parties and a football game with my friends tomorrow afternoon), so I shrugged my shoulders and went on. As I was walking, I saw a bunch of kids running toward him. They ran at him, knocking all his books out of his arms and tripping him so he landed in the dirt

His glasses went flying, and I saw them land in the grass about ten feet from him. He looked up and I saw this terrible sadness in his eyes. My heart went out to him.

So, I jogged over to him and as he crawled around looking for his glasses, I saw a tear in his eye. As I handed him his glasses, I said, "Those guys are jerks. They really should get lives."

He looked at me and said, "Hey thanks!" There was a big smile on his face. It was one of those smiles that showed real gratitude.

I helped him pick up his books, and asked him where he lived.

As it turned out, he lived near me, so I asked him why I had never seen him before. He said he had gone to

private school before now. I would have never hung out with a private school kid before.

We talked all the way home, and I carried his books. He turned out to be a pretty cool kid. I asked him if he wanted to play football on Saturday with me and my friends. He said yes. We hung all weekend and the more I got to know Kyle, the more I liked him. And my friends thought the same of him.

Monday morning came, and there was Kyle with the huge stack of books again.

I stopped him and said, "Damn boy, you are gonna really build some serious muscles with this pile of books everyday!"

He just laughed and handed me half the books.

Over the next four years, Kyle and I became best friends. When we were seniors, began to think about college. Kyle decided on Georgetown, and I was going to Duke. I knew that we would always be friends, that the miles would never be a problem.

He was going to be a doctor, and I was going for business on a football scholarship. Kyle was valedictorian of his class. I teased him all the time about being a nerd. He had to prepare a speech for graduation. I was so glad it wasn't me having to get up there and speak.

Graduation day, I saw Kyle. He looked great. He was one of those guys that really found himself during high school. He filled out and actually looked good in glasses. He had more dates than me and all the girls loved him! Boy, sometimes I was jealous.

Today was one of those days. I could see that he was nervous about his speech. So, I smacked him on the back and said, "Hey, big guy, you'll be great!"

He looked at me with one of those looks (the really grateful one) and smiled.

"Thanks," he said.

As he started his speech, he cleared his throat, and began. "Graduation is a time to thank those who helped you make it through those tough years. Your parents, your teachers, your siblings, maybe a coach...but mostly your friends. I am here to tell all of you that being a friend to someone is the best gift you can give them. I am going to tell you a story."

I just looked at my friend with disbelief as he told the story of the first day we met.

He had planned to kill himself over the weekend. He talked of how he had cleaned out his locker so his Mom wouldn't have to do it later and was carrying his stuff home.

He looked hard at me and gave me a little smile. "Thankfully, I was saved. My friend saved me from doing the unspeakable." I heard the gasp go through the crowd as this handsome, popular boy told us all about his weakest moment.

I saw his mom and dad looking at me and smiling that same grateful smile. Not until that moment did I realize its depth.

Author Unknown

If you took two people whose relationship had broken up and asked them why the relationship hadn't worked out, it's likely both

would have a different story. In most cases, particularly if the break up was acrimonious each would blame the other.

Obviously both can't be true... or can they?

So often through life we act as if everything is someone else's fault. As if there is only one objective world. In truth there is a world for each individual.

We live in a world of relativity. Everything is relative. This means there are no absolutes... no certainties.

Put your hand on a hot stove for a minute, and it seems like an hour. Sit with a pretty girl for an hour, and it seems like a minute. THAT'S relativity
Albert Einstein

Therefore we have choice. Choice in how we perceive... interpret... and respond.

Having choice means that the difference in good, or bad, is down to us. It is not inherent in the person, place or thing... it just depends on how we choose to perceive it. Therefore our relationships are really all about us, and where we choose to be in relation to the other person.

A relationship is not about two people trying to be something that they're not in order to fit together. It's not possible to be someone you're not and be happy. Neither can your Partner. Sooner or later you'll get frustrated with your Partner or vice versa.

However if You are yourself and your Partner themselves. You still have choice in how you perceive them and so how you judge them.

Every individual is capable of a full range of emotions. We can all feel happy, sad, frustrated and ecstatic. Equally we are all capable of being the full range of behaviors from angelic to evil.

Some people will come across you and see certain behaviors and emotions and judge you in a certain way. And others will see completely different behaviors and judge you in a completely

opposite way. This could even be in response to the same contexts. So one judges you poorly for the same behavior and demeanor that another judges you highly for. You see, it doesn't matter what you do... however people judge you has far more to do with their history and Operating System than it has to do with your actions.

In the early days of a relationship, the honeymoon stage, couples tend to perceive the behaviors that they rate most highly. Later, in times when you feel a dislike for the person, you will perceive the range that you judge to be more negative. Sometimes it is even the same behavior. It is not that they have necessarily changed, but that your displeasure with them... your frustration about something even unrelated to them, has caused you to tune into the negative range of perceptions.

If you want to maintain your relationship and make it more enjoyable, it is possible by remembering what you perceive is a choice.

If you allow frustration and resentments to go unresolved between you this will create a balloon between you that will grow. This then inclines you towards the negative perceptions.

All frustrations and resentments are of course caused by perception. Often in relationships the Economic Mindset causes us to continually assess if we are generating the maximum return on our investment. Is there a better deal outside for us?

The solution to this is to choose your Partner. Rather than looking at your Partner to see if he or she matches up... decide to just enjoy them whatever. Decide to choose them in any context rather than thinking who might be better in a certain area.

Years ago, I asked God to give me a spouse. "You don't own because you didn't ask" God said. Not only I asked for a spouse but also explained what kind of spouse I wanted. I want a nice, tender, forgiving, passionate, honest, peaceful, generous, understanding, pleasant, warm, intelligent, humorous, attentive, compassionate and truthful. I even mentioned the physical characteristics I dreamt about.

*As time went by I added the required list of my wanted spouse. One night, in my prayer, God talked to my heart:
"My servant, I cannot give you what you want."*

I asked, "Why God?" and God said "Because I am God and I am fair. God is the truth and all I do are true and right."

I asked "God, I don't understand why I cannot have what I ask from you?"

God answered, "I will explain. It is not fair and right for Me to fulfill your demand because I cannot give something that is not your ownself."

*It is not fair to give someone who is full of love to you if sometimes you are still hostile,
or to give you someone generous but sometimes you can be cruel,
or someone forgiving; however, you still hide revenge,
someone sensitive; however, you are very insensitive...."*

He then said to me: "It is better for Me to give you someone who I know could grow to have all qualities you are searching rather than to make you waste your time to find someone who already have the qualities you want."

Your spouse would be bone from your bone and flesh from your flesh and you will see yourself in her and both of you will be one. Marriage is like a school. It is a life-long span education. It is where you and your partner make adjustment and aim not merely to please each other, but to be better human beings and to make a solid teamwork.

I do not give you a perfect partner, because you are not perfect either. I give you a partner with whom you would grow together"

Author Unknown

Choose Versus Need

I never saw an ugly thing in my life: for let the form of an object be what it may, - light, shade, and perspective will always make it beautiful.

John Constable

The ultimate romantic image that many people have of relationships is of they and their Partners needing each other and not being able to bear to be apart. Each being a different side of the same coin or a half of something better. Out of the six billion individuals on this planet, their Partner is the only one who can complete them. So millions of people go on a quest to find their Soul-mate, their Mr/Miss Right.

The central problem to this basis of need for a relationship is what happens when for one reason or another the other side cannot fulfil it. You'll begin to feel as if you are lacking or deprived. This frightens you, as you do not feel sufficiently complete alone. Fear turns into frustration at your self-imposed limitations... then to anger and eventually resentment at being **made** to feel weak and insecure.

If this cycle happens often enough it may make you begin to look around for other options to fill your **need** that is created through your perceived lack.

On the other hand approaching relationships knowing you are in yourself complete and without need for another to compensate and balance you...changes the relationship's basis.

Now you are not with someone out of the need to be made whole... but simply because you enjoy and prefer being with them.

This removes the pressure of trying to change your Partner in order to ensure they supply that which you believe you lack. Since both sides are more relaxed, there is more leeway for each to express themselves. It's like the difference between a car tyre with no tread and one with a deep tread. There is a reserve... a margin for error... more room for friction without it seeming to be a matter of life or death for the relationship.

Choosing your Partner goes beyond need. Think of the difference in the way that you shop for necessities and luxuries. When you need milk, bread or sugar, it doesn't really matter if your preferred brand (if you have one) is out of stock. You just take whatever they have because you need it.

Contrast this with shopping for a high end car, holiday or designer dress. You won't take just anything... it has to be the one you want... the one that is right for you. You're prepared to wait, look around, be patient and discriminate in your investment.

It's the same difference between choosing and needing a Partner or a relationship.

Create Versus Compare

TO: Jesus, Son of Joseph
COMPANY: The Woodcrafter's Carpenter Shop, Nazareth
FROM: Jordon Management Consultants, Jerusalem
SUBJECT: Management Report

Thank you for submitting the resumes of the twelve men you have picked for managerial positions in your new organization.

All of them have now taken our battery of tests, and we have not only run the results through our computers, but also arranged personal interviews for each of them with our psychologist and vocational aptitude consultant.

It is the opinion of the staff that most of your nominees are lacking in background, education and vocational aptitude for the type of enterprise you are undertaking.

They do not have the team concept. We would recommend that you continue your search for persons of experience in managerial ability and proven capacity.

We have summarized the findings of our study below:

- Simon Peter is emotional, unstable and given to fits of temper.
- Andrew has absolutely no quality of leadership.
- The two brothers, James and John, the sons of Zebedee, place personal interests above Company loyalty.
- Thomas demonstrates a questioning attitude that would tend to undermine morale.

- We believe it is our duty to tell you that Matthew has been blacklisted by the Greater Jerusalem Better Business Bureau.
- James, the son of Alphaeus, and Thaddeus definitely have radical leanings. Additionally, they both registered high scores on the manic depressive scale.

However, one of the candidates shows great potential. He's a man of ability and resourcefulness; he is a great networker; has a keen business mind; and has strong contacts in influential circles. He's highly motivated, very ambitious and adept with financial matters. We recommend Judas Iscariot as your Controller and Chief Operating Officer.

All the other profiles are self-explanatory. We wish you the utmost success in your new venture.

Author Unknown

The curse of socialisation is the mistaken belief that there is a set standard we should match up to. It causes us to always be looking around and so diffusing attention, rather than focusing on what we can do ourselves.

In relationships this means that our energies are often diverted from creating our dream relationship to comparing with other relationships. Or comparing other potential relationships.

There is always something else to compare against. You can never be definitively 100% certain that A will be a better bet than B. But if you choose A and keep checking or even jumping from one relationship to another, you'll never invest enough into it to make it as good as it could be.

It's like wanting to invest money. You could spend a lifetime checking out strategies and following tips without ever acting. Eventually there is a point where if you had just plumped for one

method you would have made more than by procrastinating and prevaricating.

If you are in a relationship and want to continue being in that relationship, forget about what other relationships look like. Your energy and attention will be much better spent on directing it into creating the type of relationship you want to enjoy. There are no rules. You can create a relationship to be however best suits you.

Equally forget about comparing your Partner with other potential Partners. If you want to stay in the relationship... focus your attention on the relationship and bring it to life. When you take away the distractions you are left with much more focus... and so more power. That you will start to create your perfect relationship.

Differences: The Source of Growth And Improvement

You are the You-niverse-
the You-niverse is only made up of "You",
and that's all you'll ever find in your particular You-
niverse...is you -
your expression of the Infinite.

If you wish to call it God,
if you wish to call it Goddess,
if you wish to call it All That Is, as we do, it does not
matter,
because All That Is doesn't care what you call It,
because All That Is knows that anything you could think of
is a name that's already contained within All That Is,
and It will accept it as Its own name - because everything
is within "all that is",
that's why it's called "All That Is"!

Because there's nothing outside,
if it were it would be: "All That Is Plus What's Outside",
but All That Is is exactly as it sounds - it is 'ALL THAT IS'
and there isn't anything else because, what IS simply IS.

The idea therefore, is to understand,
that what you will always discover, will simply be,
All That Is expressing Itself
through the unique portion of All That Is that you were
created to be.

Remember the Second Law: "The One is All, the All are
One"
Every component of the All That Is - all of you - all of us,

every individuated being, every individuated concept,
is the 'Whole' expressing itself as a part.

Important point - I'll rewind that and repeat it,
because we understand that you have been trained to
think segregationally,
and sometimes individuals on your planet may miss the
point,
all of you are - yes, a part of the Whole,
but as a part of the Whole,
you are the Whole expressing Itself as "a part of the
Whole".

Big difference than just thinking of yourself
as a part of the Whole without the other side.

You have to understand yourself holigraphically,
it is this AND that - not this OR that.
Anything you can imagine is this AND that,
it is all inclusive - you have to have both sides,
the heads and the tails - in order to have a coin,
without one side you don't have a coin.

So, you are the part AND, you are the Whole,
you are both one and the same, but expressing the Whole
as a part.

The idea, therefore, is to understand yourself this way,
and express yourself more holistically,
and you will understand how to experience more of the
Whole.

You will get, in a sense, more of an expanded experience

when you express yourself as if you are more of the
Whole.

The idea being that there is a "Whole Picture"
that you might liken unto a large puzzle that has a picture
on it,
as we know many of you like to play with these on your
planet,
you understand that the puzzle is made up of
many small, individual, differently shaped pieces.

Now, we have observed on your planet,
That, oh, for the course of say...oh,
several thousand of your years of time,
you have been trained to try and be a shape that you are
not,
to try and be this shape, to try and be that shape,

"Fit here - fit there - come here - belong this way,
do this - do that - do not be yourself,
that won't work - stop dreaming - stop daydreaming,
stop being yourself - that doesn't fit in,
be who we say you need to be".

And so now you've become experts at being someone
other than yourself.

The idea being, therefore, is that when you do that,
you are no longer the shape that you were originally made
in.

If you are no longer, as a puzzle piece,
the shape that fits in the Whole you were originally made
for,
then you cannot support the creation of the 'Whole
Picture',
because you no longer fit.

Only by being your Natural Self will you be your natural
shape,
and only by being your natural shape
will you fit in the original space designed just for little old
you,
and by fitting in that space do you then act in service to
every other piece,
because then you support the Whole which supports all
the other pieces
who are willing to be their true, natural shape--that's how it
works.

Are you understanding?

All I am doing is reflecting back to you
what you already know, but may have forgotten for a little
while.

That's all there is to it...you have forgotten...you know all
of this.

I am telling you nothing new at all.
In fact...I will tell you a deep, dark secret:
it would be impossible for me to tell you what I am telling
you
if you didn't already contain it.

Why? Because your reality is what?
A reflection!

Bashar channeled by Darryl Anka
Session Excerpt "You Are the You-Niverse.
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From the conventional romantic perspective of relationships, an argument is a failure. It is a failure because it shows a split, where the aim is for two to be as one... with a shared mind and shared thoughts.

Actually though, differences are the way that you and your relationship are strengthened. We become stronger when we are more inclusive. God, the force of life, or whatever terminology you wish to use, includes everything – the good and the bad – the more we can embrace the closer to God we become.

The more ideas, facts, people and situations that remain outside of us... the more potential there is to cause us problems.

The purpose of relationships - and everything in life is in relation to you - is to provide a continual source of growth. Eventually the two become one. Not in the sense of sharing the same mind and opinions, but through becoming inclusive enough to embrace and accept the others opinions as an equally valid choice. This then moves us towards the relationship God has with us.

The conventional view assumes that there is only one right way. So when Mr Smith thinks A is best and Mrs Smith thinks B... it appears that one must be right and the other wrong. Therefore each must argue their case for all they are worth. If they don't then they risk being annihilated in the sense that their idea – which symbolises them – becomes consumed by the other.

If, however we allowed the possibility that both could be right... you are forced to find a more inclusive understanding that embraces both perspectives. This attitude leads to more inclusiveness and so more growth... each Partner is more respected and validated giving them the foundation to explore more deeply and continually grow.

Sources Of Motivation

The American investment banker was at the pier of a small coastal Mexican village when a small boat with just one fisherman docked.

Inside the small boat were several large yellow fin tuna. The American complimented the Mexican on the quality of his fish and asked how long it took to catch them.

The Mexican replied, "Only a little while."

The American then asked, "Why didn't you stay out longer and catch more fish?"

The Mexican said, "With this I have more than enough to support my family's needs."

The American then asked, "But what do you do with the rest of your time?"

The Mexican fisherman said, "I sleep late, fish a little, play with my children, take siesta with my wife, Maria, stroll into the village each evening where I sip wine and play guitar with my amigos, I have a full and busy life."

The American scoffed, "I am a Harvard MBA and could help you.

You should spend more time fishing; and with the proceeds, buy a bigger boat:

With the proceeds from the bigger boat you could buy several boats.

Eventually you would have a fleet of fishing boats. Instead of selling your catch to a middleman you would

sell directly to the processor; eventually opening your own cannery.

You would control the product, processing and distribution. You would need to leave this small coastal fishing village and move to Mexico City, then Los Angeles and eventually New York where you will run your ever-expanding enterprise."

The Mexican fisherman asked, "But, how long will this all take?"

To which the American replied, "15 to 20 years."

"But what then?" asked the Mexican.

The American laughed and said that's the best part. "When the time is right you would announce an IPO and sell your company stock to the public and become very rich, you would make millions."

"Millions?...Then what?"

The American said, "Then you would retire. Move to a small coastal fishing village where you would sleep late, fish a little, play with your kids, take siesta with your wife, stroll to the village in the evenings where you could sip wine and play your guitar with your amigos."

Author Unknown

Everything in life has many, many layers and levels to it. And motivation is no different.

No one has ever lacked motivation. Probably the most common area where people talk about motivation is losing weight and exercising.

Now why is someone overweight? Because they have too much motivation for the foods that make them put on weight.

Why don't people exercise? Because they are more motivated to do anything rather than exercise.

The problem is not motivation. You are always motivated, but you are motivated for the things that you feel will bring the greatest rewards or the least pain.

Your motivation depends to a great extent on your personality. Introverts are more interested in avoiding pain, whereas Extraverts are more concerned with possible rewards. Some people have a longer-term view of life, others care more about now.

So an Introvert with a longer-term perspective is far more likely to choose the fat-free option because he or she wants to avoid the pain of being overweight.

Whereas a more impulsive Extravert will probably go for the chocolate cake because the reward now is far more exciting than the possible pain in the future.

Everything we think and do comes through the framework of the Economic Mindset. By economic I don't mean financial, but we do attribute everything with a value. And we continually look to maximize our pleasure and reduce our pain.

So if your motivation drops off. Look for what you are valuing more. The pay-off may not be obvious or even now, but on some layer or level there must be a pay-off.

This brings us to another aspect of motivation. Different areas work on different levels and as a result access different sources of motivation. The source of motivation you are using will determine how long you stay motivated for.

What does this mean?

Well, there are five levels of motivation that I can think of. And each one has a slightly longer life span than the last. There's;

1. The Resolution you make because it's expected of you.

This type of Resolution has no real emotional pay-off to you. It's just something you are doing because doing something else may cause you the pain of disapproval or the risk of standing out and appearing abnormal.

Doing what's expected is easy. It saves anyone nagging you and the effort of thinking for yourself.

But once you are out of that situation it's hard to maintain, because it loses its reward and you have to suffer the pain of carrying it out.

2. The Resolution you make because you feel bad at the moment.

This type of Resolution is made as a knee jerk reaction in the moment to get rid of a pain. So it has an emotional pay-off, but as soon as the pain has gone there is no reason to continue.

For example, if you really analyse why people exercise – I used to own a Health Club, so I did – you'll find that they tend to do it because they're fed up being overweight or unfit or whatever. But this isn't a sudden decision. Most have been considering exercising for months or even years. What really gets them to start is a more intense emotional pain.

Either a Doctor scares them into exercising or more often it's a time when they feel insecure. Perhaps they have just got divorced... or their relationship is hitting a rocky patch and they are thinking of either competing for their Partner or being back on the dating market. Whatever the specifics they feel so bad when they worry that they have to do something to ease the pain. 'Yes, they say I'm determined to stay on the program this time. I know it's not a quick fix'. And they mean it when they say it.

Two or three months later though, the situation that was causing the pain has resolved itself one way or another. So the incentive for exercising has gone. Yet still the grind of going through the boring routine is still there. Sooner or later the pain of exercising outweighs the pain relief it used to bring. And then the Resolution ends.

3. The Resolution you make because you want something.

Sometimes this level comes from wanting something to get rid of a pain. And sometimes it just a natural ambition to grow. It lasts until you outgrow the desire or something better comes along.

4. The Resolution you make because want to feel good.

Often people will go through the other level of Resolutions. And with each stage of evolution they find that life in general just starts to feel better after overcoming a problem. Then somewhere something just clicks and they realise that they feel better because each problem caused them to grow, in order to resolve it. The idea pops into their head that if they were to just grow for the sake of it... life might get more and more enjoyable.

Because this resolution is based on a far more permanent feeling it lasts for far longer than the previous motivations, which were just passing wants. However what you want and do to feel good will change as you grow. One time you may want X, but three months or three years (depending on how quickly you are evolving) later you change your mind about what will make you feel good. Then your Resolution will change possibly before your motivation goes.

5. The Resolution you make because it's you.

There are some things that you just feel so strongly about that you absolutely must do them or you would never do them. This is because they just aren't you. So the motivation for this type of resolution will last for as long as your identity remains constant.

With all these levels you can have different Resolutions in different areas of your life. Though I think each level of resolution represents a problem or an urge to grow. Overcoming these problems or achieving these desires causes us to grow and evolve. Once we grow there is no going back. Try not being able to ride a bike or do up your shoelaces. So problems and desires are the carrot and the stick forcing us to evolve.

Eventually we can reach a stage where we realise that... all along it was us that created the problems. And if we just accept ourselves and be ourself, we can enjoy all of life... and life will enjoy us.

The Three Step Process To Directing Your Own Life

Let's say you are in a canoe and you have 30 minutes to go a half a mile and you can go upstream or downstream. It's your choice.

What's logical?

Let the current carry you. You see. But when you have created a current that's going that way and you say, "I want to go that other way," then there is not enough time in the world to ever get you there.

It's like saying, "I want some hot tea." So you turn on the fire under your tea kettle, and just before the water boils, you turn it off. Then you turn it on again, and just before it boils, you turn it off. And then you turn it on again, and just before it boils, you turn it off, and then you complain,

"For ten years, all I've wanted is a cup of hot tea."

And we say, "Just leave it on."

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Once you understand the principles that cause your emotional health and the physical reality you see about you... it is possible to extend and direct your power of attention to create whichever reality you choose. It doesn't matter if the reality you want to create is a successful relationship, business or a change in Society.

As long as it is consistent with your purpose here on this planet the process is always the same. Anything in life that will successfully translate from an idea into reality needs to go through these three steps.

Firstly, you must understand and use the **three key cycles** of life, **Dream, Dare and Do**.

The three cycles to everything in life are;

1. **Dream** of what you want.
2. **Dare** to plan and prepare.
3. **Do** it.

Generally people **try** to jump in at step 3. So they are **not** clear **exactly** what they want... or **exactly** what to do. Because they are muddled and confused, they know **something** might go wrong - but they're not sure what.

They begin trying to do **something**, with only a **vague** idea of what they want, but they don't know **if** they can do it or **what** might go wrong. And then they **wonder why they aren't motivated** enough.

People are always advocating writing down your goals. It is **not** the fact of having written goals that makes **you** successful; it is the clarity **you have** of what **you** want to create.

People generally fall into three broad groups.

1. Those who have forgotten what excites them. So now they may have difficulty in dreaming. They have their foot pressed so hard on the brake that they cannot even move.
2. Those who have a dream, but are too afraid to act on it. These are scared to move, so they don't push the accelerator.
3. Those who have difficulty in bringing their dream to fruition. This group can move, but they can't steer in the direction they want to go in.

All of the problems essentially boil down to a lack of clarity. Once you have the clarity to see your dream as if it were already here the steps to create it will be so clear that it will be easy to create it.

It took our earliest Ancestors centuries to invent fire and tools. Yet if you or I were transported back into their time. Immediately we would think of using these to make life easier. Only because these have become so real and obvious to us. This is what Dreaming does for you. The longer you dream the clearer the creation seems. Therefore it needs less courage to implement it.

If you pay less attention to your dream than to reality you will need a great deal of courage because it then only seems like a pipe dream. But when you have spent hours examining the idea from your imagination... you become as familiar with the dream object as reality. And so the question of it not existing becomes ridiculous.

This is the plasticity of human experience. Things are real only if you pay them enough attention to make them so. People say, but it's not real is it. I can't hold it in my hand.

No, but can you hold your worries and anxieties in your hand. But you still pay attention to them.

The butterflies you get in your stomach before making a speech... are they real?

The feeling of love when you see your Partner or Child, is that real?

Reality is only what you believe to be real. If you focus your attention on your dreams... in time it will seem real. At that point you can deconstruct the way it was created and follow those steps to bring it into reality. Without that level of attention though, you will lack the courage, belief, ability and knowledge to bring it into reality.

Dream until it is **so clear** that you know **exactly** what steps to take. **Dream** until you are **so excited...** that you **cannot** procrastinate... you **must** make it come true.

Then is the natural time to move into the Dare stage. Many people know exactly what to do, but don't do it. Sometimes for **lack of motivation** and other times because they are **afraid**. This is why

the **Dare** stage is so important. This is the planning of **how** to make it happen.

Many people fall at this hurdle. They get **scared** and **doubt** themselves. Instead of following **their dream**, they chase the **easiest** way – or the **least risk** or **most money**. This is where people begin to justify '**a means to an end**'.

And before you know it you have **sold out your vision and integrity** for something as **temporary** as money or status. You get the money or the status... but can't understand why it doesn't feel **as good**, as you expected it to. The result is millions of Men and Women settling for a **lower quality life and relationship** than they dream of. And **never being recognized** for what they **could** do.

It will be natural for you to lose sight of your dream... to dilute it... or to get too afraid to continue with it. In these times just ease up on yourself, don't try to force it through. If you force it you'll kill your enthusiasm and end up selling out your dream for a compromise that ultimately destroys your dream. Instead slip back into the dream stage. We too often think that everything has to move forwards at a great speed. Sometimes it is natural to slip back, regain your purpose, motivation and enthusiasm. Then the next step will soon become clear again.

The final stage is the cycle of actually **Doing** it. In most things in life we don't jump straight in and do it **perfectly first time**. We need practice. In anything worth doing, we need to find our own route. We **need** to make a few mistakes, go up some dead ends to **understand** what is going to work, what isn't and why. After doing this for a while we create a map of knowledge, just like we create a map of our neighborhood.

When you first moved to your home didn't you make a few wrong turns. Eventually all those wrong turns create a map in your head. So now when someone asks you directions you can **quickly** find the **best** way to get there.

Likewise you can become just as **confident** in living out your dream.

But because most people jump in at this cycle without **Dreaming** and **Daring** they are already **lacking motivation and courage**. In their mind perhaps they already say to themselves

“I’ll just try this out.”

They dip their toe in the water... And if their unconvincing attempt results in **anything less**, than overwhelming success they decide it won’t work.

“Oh well, I gave it a shot” they’ll say.

Then they will find a hundred and one reasons to explain why **‘IT’ wouldn’t and couldn’t work for them**.

Wrong.

You see life is so simple, **if only** you fit in with it. **Everything** has a natural cycle to it. You wouldn’t try to bake a cake, **without** putting the ingredients in first, but **so many** people try to create a better life **without** knowing what the ingredients are... or even what recipe they are using.

Some people have a problem with this concept, as they believe that this is interfering with God’s plans. However if it is not through you, me and everyone else, how is God’s wonder and splendor ever going to manifest on earth? We are the vessels, the pipelines, for God’s force.

If it makes it easier for you to accept think about it this way. God has created a swimming pool (the world). Just an empty hole isn’t much use so he needs to fill it up with water. So he uses a hose (us) to fill the pool. We can direct the water where we want. We can fill the deep end (be wealthy) first or the shallow end (lack). He doesn’t care which... he knows the water will settle down... find there own place and move about. So the force is his, but you get to choose where it is directed.

It’s difficult to grasp this point. It goes against everything you have ever known. This is why people have difficulty with it. The world teaches you that you take what you have and then make the best you can from it.

Wrong. So wrong.

This is why people have no motivation to lose weight, to go to work and so on.

The event is created by the thought. You think, then do. You think, then attract.

It is your dream, your vision that determines the level of energy, enthusiasm and ability. You know how with something you are interested in; work is not a chore. Because you understand the value of what you are doing. You know how important it is for you.

When you get such a dream that you truly believe will change the world... that is when you have the ability, the energy and anything else you need to change the world.

Dream lofty dreams, and as you dream so shall you become. Your vision is the promise of what you shall one day be; your Ideal is the prophecy of what you shall at last unveil.

The greatest achievement was at first and for a time a dream.

*The oak sleeps in the acorn;
the bird waits in the egg;
and in the highest vision of the soul a waking angel stirs.*

Your circumstances may be uncongenial, but they shall not long remain so when you perceive an Ideal and strive to reach it.

James Allen in As A Man Thinketh

It is only the clarity of vision that separates Gandhi, Mother Theresa, Martin Luther King from people who everyday go to work and struggle. There are many other people brighter, richer, younger and fitter that cannot do as much, because they do not call the energy and inspiration through them.

If you do not have enough - of anything, money, time, fun, whatever. It is because you have not asked for enough. It is not that you are being greedy to ask for more. It is that you expect so little of God to ask for so little.

When you have a use for millions of pounds, for hours of free time to spend as you wish, for tons of fun, for joy, for excitement, for passion, love and everything else you want. When that purpose is so clear, so exciting, so tantalizing that you can taste it. Then you'll find the money, the time and so on.

What most people do, is what we have all been taught to do. Instead of digging an empty hole to create our swimming pool... we find a puddle. It's not our own, but we pass it and because we are scared that this huge, infinite universe will not have anywhere better to stay than this tiny muddy puddle... we set up home here.

This puddle doesn't really suit us... but it's home now and it's better than the dry patches outside. At least there is some water. Occasionally there will be a little rain, or a trickle from the pool further along the path. But then we look at where we live, we'll see what we have done and think I can't do that. And we can't, but only because we have not found and prepared our own hole... and then connected ourselves to the water tap.

Your imagination is the catalogue of possibilities. You may order whatever you like. But it will give you nothing more than you order. Be sure that you want it. Often people will say I want X. Really though what they want is a new experience to grow. At the same time they are fearful that any change may rob them of things they hold dearly. So they pull the thing they want and then push it away at the same time.

Then what you have done is with your thoughts... you have found yourself a swimming pool (Remember the hose analogy) - your niche in life. Now keep the force flowing, amplify it and you will fill your pool with all you need.

So your dream creates a hole, which expands the world by adding something that doesn't yet exist or filling in a gap. The bigger the hole the more of life's force you'll flow through you.

People like Mother Theresa, and Nelson Mandela, achieved great things not because they were great. But because their need was great. Need is only a perception. If you empathize so strongly with a group or need that you feel must be filled. So greatly that you are willing to step up and fill the need then your perceived need is far greater than if you were to live a *normal* life. This applies to all fields. If you dream for so long that you truly believe you are going to be a world famous Star, billionaire businessman or whatever your perceived need will be far greater. And so you'll pull through more life force, which brings through the talents and energy to bring your dream into reality.

Its important that your dream focuses beyond something like money or fame. These won't create enough pull.

What is it that you want the money, the fame or the power for?

Many people wish to have more money. Sometimes they even get around to writing down their goals. They may set down a goal for a million dollars. Yet in their dream they are only clearing their \$20,000 debts, spending \$10,000 on a holiday and a vague idea of being wealthy.

Firstly, this doesn't make you believe it. Even to you it only feels like a pipe dream. So you can't deconstruct the steps to take.

Secondly, this dream of you feeling more comfortable is the spiritual equivalent of a pain killer. It's about eliminating a pain rather than the alchemy of transforming the discomfort into growth and expansion. In no way does it expand the universe. And that is the point of life. Expansion and evolution.

Thirdly, its based on a mistake. Money and all the other symbols are just the tools of life. They are a human construct that makes us more efficient. Money is not your ultimate goal. When people say that they want money, they really want one of two things.

One is that they want freedom from restriction of watching what they spend... the hassle of being in debt... or a feeling of security.

The other is that they want it for something specific. So stop asking the Universe to deliver in used ten-dollar bills by Friday and just start asking for what you want. Then it may turn up in the

money to buy it, or it may turn up in another way. It doesn't matter. It's all the same thing.

Maintaining your dream directs your life force that flows through, wherever your attention is focused. This in time, if held consistently, will fill the hole you've created. Usually by the time that we've set on something and started to get the wheels in motion we switch our attention elsewhere. It's like a car going in one direction and then reversing. Over and over again. You never end up getting anywhere.

Once you've set this process in motion, its important not to set your definitions so tightly that you'll only recognize it if it turns up in the exact form you expected. Say for example, you want more money. With our limited understanding of the Universe you may think this means a check in the post. However it may turn up in a work bonus... a business opportunity or even unexpected presents. We have such a limited understanding of the world that we can't imagine the form it will come without upsetting the balance of everyone else's reality. The Universe matches our intentions up with those of all the people around us, that we don't even know and then creates the perfect situations to give to all what they have asked for.

You can't micromanage the whole process. If you try to you'll lose your connection and cut off the life force that flows through you. But if you give up control you'll get to direct where to aim the flow.

Then pay attention to even the smallest sign, such as even finding some coins down the back of the sofa. With your attention and appreciation these will grow in magnitude.

Focus only on the thing that you want. Not what has happened, could happen or that it isn't in front of you at the moment. With every shift of your attention you are starving the thing you'd previously wanted to create, of the life force it needs to manifest.

Then in the time that is right for you, life will deliver.

In the meantime how can you be sure it's on it's way?

How do you feel?

There are two states you can be in about something you want.

The Tantrum State

This is where we feel bad. Here's why we feel bad. We look at what we want and say,

'I don't have this. It's not fair. X is so unfair. They are just being beastly to me. I want it and I haven't got it'

Of course we become more refined and we rationalize our justifications in more sophisticated ways. Essentially though our direction is the same as a two-year-old's temper tantrum. Our focus is on what is blocking us from having what we want. This makes us feel bad. After a while as we focus more attention on what blocks us we will have more detailed and sophisticated explanations. In time we'll believe these more strongly and so get further away from the thing we want. Maybe we'll even shut off from wanting things and feel numb, depressed, lifeless and stagnant.

The Creation State

The second state is where you are on the path to what you want. Think of it this way. You dig a hole in the ground, through your thoughts, for what you want.

What you want is in a bowl that would fit perfectly into the hole you have dug. But at the moment there are obstacles blocking you from having what you want. These are like sticks holding the bowl (what you want) apart from your hole.

Often there are many obstacles between you and what you want. So you have many bowls separated from each other by sticks propping them up.

So the process is to identify what the first obstacle is between you and the thing you want. Tackle it and knock the stick away. The bowl will fall into the ground.

Repeat this over and over and sooner or later the thing you want will fall into the hole you dug and you have created that which you wanted.

Some say to this, but it seems like such an effort.

Perhaps.

The key point is this. As you are tackling the obstacles and focusing on what you want... you feel good. You feel excitement, passion and life flowing through your veins.

It isn't really even about the end goal. It's about the journey. And you can know you are travelling towards what you want if you feel good and away from it if you feel bad.

You can listen to a recording of me taking someone through the happiness process at

<http://www.coachingtohappiness.com/happiness-process.html>

Fear: The Hidden Barrier

Turnips & Living Dreams

If you're not living your dream, the following story about turnips, turnip greens and pigs might help you understand why. I suppose you could say this story begins when my wife, was just a little girl, and I was a little boy.

We were raised in totally different cultures. However, we did have one thing in common, she spent part of her summer holidays on the farm and so did I. An American, Linda grew up in the deep south, in Alabama and I was raised in northern Ontario, Canada. You could say that fate brought us together.

Shortly after we were married, we were wandering through a Super Market when Linda asked me what I would like to have for dinner. I told her I would like to have some turnip. As I picked one up and put it in our basket, she said, "What are you going to do with that?"

I replied, "I'm going to eat it."

She said, "Well, I'm not going to eat that."

I asked "Why not? I thought you liked turnip?"

"I do, but I wouldn't eat that. It's the root of the turnip...we feed that to the pigs."

You know, as strange as this may seem, I had never heard it referred to as the root of the turnip! It was always just a turnip to me. I must have looked at her rather strange when I said, "Well, what do you eat?"

"We eat the green of the turnip."

I said, "Isn't that strange, we feed the greens to the pigs."

To my knowledge, I have never eaten turnip greens. I reluctantly put the turnip back where I got it and we went on our way. But I began wondering how far back I would have to go in our family tree, to find out who made the decision that we would eat the root of a turnip, and feed the green to the pigs, or how far back I would have to go in Linda's family to discover who made the decision to eat the greens.

Neither Linda, nor I, have changed our eating habits with respect to turnip. As a result, we just don't eat turnip anymore! But every time I hear the word turnip or see one in the grocery store, I smile and it causes me to think of all the ideas that are controlling our lives that we inherited at birth. You see, I never woke up one morning and decided which part of the turnip I would eat - I just ate what I was served. And I'm darned sure that my mother didn't wake up one morning and decide which part she would eat either. She just ate what she was served.

How much of your life is being controlled by a decision you inherited that was made by some ancient ancestor?

Author Unknown

Ultimately the only thing in life that stops us from living the life of our dreams is ourselves.

We limit the amount of life force that flows through us through our openness to life and its experiences. We choose our beliefs. Most of our beliefs are handed down from generation to generation and accepted without question, just because everyone agrees that's the way it's always been. We just get trained into believing certain things and stuff them into a dark cupboard in the recesses of our mind and never consider them again. Yet these beliefs determine the reality that we see.

Change your beliefs and you change the entire landscape of your world. Our beliefs create a structure – our Operating System. As the force of life flows through our beliefs and so determines what we think, say and do, this creates the world we see about us.

Different beliefs would lead us to think, say or act differently. This would evoke a different reaction from the people around us or even cause us to be in a different place with different people. We'd get a different experience of life and so feel different emotions.

Of course at times, for everyone, life has its tough moments. Equally we all have many, many opportunities, but so many people just don't see them.

The major reason that we don't see them, or act on those we see, is fear. So many people feel anxious walking into a room with other people in. Or trying out something new. Almost everything in life is inhibited, limited or ruined to some extent by fear.

Its fear that stops us from sharing our true self and our talents with the world.

Its fear that stops us from enjoying relationships as intimate and honest as they could be.

Its fear that blocks millions of people from doing anything more exciting than sitting in front of the telly night, after night.

Its fear that makes us settle for the certainty of ordinary, rather than the excitement of the incredible.

Yet again it only ruins our lives because we misunderstand the role fear plays in our lives.

Fear comes about from uncertainty. Physical fear is a protection against danger. If a hungry lion were creeping up behind you, wouldn't you want some kind of warning? Fear is like the warning light in your car that tells you you're low on oil.

Emotional fear serves a similar purpose. When you begin to dream and you feel fear, it is caused by the friction of the life force

flowing through your beliefs. The fear comes from the conflict between the dream and a belief in opposition to your dream.

The greater your fear... the more life force flowing through you... and so the more power and importance connected to the dream. Once you identify the opposing belief and change it your fear will transform into a momentum that will speed up the process of bringing your dream to life.

Though usually we misunderstand this. And the fear becomes so great that it paralyses us. Instead of taking this as encouragement that our dream is on its way and identifying the belief... we try to dull down the fear. The side effect of this is to dilute or ignore our dreams. Instead we settle for that which doesn't cause such uncomfortable feelings. The other side of this is that it bores us and makes us feel less than we know we could be.

Many people think that beliefs are set in stone. This isn't true. Everything you believe, you believe for a reason. Most of the time it was a choice we made many years ago and now we'd choose differently. However as life is so fast paced, we've never got around to reviewing our beliefs. Getting clearer about what exactly is frightening you will bring you to the obstructing belief.

Then if you analyse and examine the information on which the belief is based you will sooner or later find something that isn't true. When you fill in the gaps in your knowledge you can choose to base your belief on the new evidence. And as the life force flows through your new beliefs... your dream will now begin to take shape.

Tip

A tool I have come across that is immensely powerful in helping to change outdated beliefs is a process called Scripting. Karol Truman has written a book, ***Feelings Buried Alive Never Die***, detailing how scripting can improve the quality of your life.

Here's an extract from that book explaining Karol's perspective...

"My Soul is comprised of my Spirit and my Body. Having been schooled by my senses from birth, my human nature is to listen to the needs and the wants of my Body.

So, naturally, the desires of my body seem to receive the most attention, thereby governing my actions and my existence. Because of this, my Spirit is often neglected—much to the detriment of both my Body and my Spirit.

My desire is to function as a whole—a whole Be-ing—to be at peace in my Body and in my Spirit (Soul). In order to do this, my Body cannot be in charge and allowed to overrule my Spirit. Both Body and Spirit need to be balanced, to be in harmony.

Because of my human nature and unruly will (my self-will), most of my life I have allowed my Body to “call the shots.” But I experienced too much inner conflict and frustration functioning from the Body being the master. Life was not bringing me the peace and joy that I knew was possible. I definitely wanted to correct this, so, upon learning about the “Script,” I decided to become aware, conscious and mindful of my feelings, thoughts and words so I could correct the disharmony, the conflict, the war going on between my Body and my Spirit that was causing fragmentation in my Soul.

As I recognize what I’m feeling or thinking that is bringing me any disharmony, I go through the “Script” stating that feeling or thought. I give MY Spirit instructions to correct the erroneous programming that is causing my discomfort.

Dr. Deepak Chopra, M.D., indicates in his book, Perfect Health, that the cells’ memory of perfection contained in the DNA cannot be lost. It is only covered over, at which point the perfect blueprint of the cell is distorted. It is distorted by incorrect perceptions and erroneous programming, which alter the perfect blueprint and in turn distort the cells.

When I address my Spirit, I am talking to and instructing no one except my Higher Self, my Intelligence, my Spirit. My Spirit in turn goes to the feeling that has covered the memory of perfection in my DNA, knocks on the door, tells the feeling that answers the door that she (my Spirit) has been requested by her Body to make some corrections, to clean house, to uncover the memory of perfection contained in the cells original perfect blueprint; to eliminate the distortion and to restore the cells perfect function by

re-programming them; to bring harmony and balance back to the DNA and RNA.

When I do this, I am being response-able for myself. I am becoming account-able for what I feel and think. I am facilitating my own shift, my own transformation, uncovering the memory of perfection in the cells throughout my body. The cells then can begin functioning as they were designed to function. The cells can realign themselves to become balanced and more in tune with Universal Laws—with God's Laws.

If you choose to use the word Intelligence, Subconscious, or Higher Self instead of Spirit in addressing that All-knowing aspect of yourself, the same principles apply and the "Script" still works effectively.

Please, do not allow any words contained within the "Script" to trigger discomfort in you. No offense is meant to anyone."

You can change persistent beliefs that you no longer wish to hold onto, using the following script.

*Spirit, please locate the origin of my feeling/thought of (insert the **negative** feeling **or** what you want **to resolve** here) _____.*

Take each and every level, layer, area and aspect of my Be-ing to this origin. Analyze and resolve it perfectly, with God's truth.

*Come **through all generations of time & eternity**, healing every incident **and it's appendages** based on the **origin**.*

***Do it** according to God's will until I'm at the present, filled with light and truth, God's peace and love, forgiveness of myself for my incorrect perceptions, forgiveness of every person, place, circumstance and event which contributed to this feeling **(s)** /thought **(s)** .*

With total forgiveness and unconditional love I allow every physical, mental, emotional and spiritual problem, and inappropriate behavior based on the negative origin recorded in my DNA, to transform.

I choose _____ (insert same positive replacement for each blank.)

I feel _____ I

am _____

It is done. It is healed. It is accomplished now!

Thank you, Spirit, for coming to my aid and helping me attain the full measure of my creation. Thank you, thank you, thank you! I love you and praise God from whom all blessings flow.

Standing On The Shoulders Of Giants

Praying Hands

Back in the fifteenth century, in a tiny village near Nuremberg, lived a family with eighteen children. Eighteen! In order merely to keep food on the table for this mob, the father and head of the household, a goldsmith by profession, worked almost eighteen hours a day at his trade and any other paying chore he could find in the neighborhood.

Despite their seemingly hopeless condition, two of Albrecht Durer the Elder's children had a dream. They both wanted to pursue their talent for art, but they knew full well that their father would never be financially able to send either of them to Nuremberg to study at the Academy.

After many long discussions at night in their crowded bed, the two boys finally worked out a pact. They would toss a coin. The loser would go down into the nearby mines and, with his earnings, support his brother while he attended the academy.

Then, when that brother who won the toss completed his studies, in four years, he would support the other brother at the academy, either with sales of his artwork or, if necessary, also by laboring in the mines.

They tossed a coin on a Sunday morning after church. Albrecht Durer won the toss and went off to Nuremberg. Albert went down into the dangerous mines and, for the next four years, financed his brother, whose work at the academy was almost an immediate sensation. Albrecht's etchings, his woodcuts, and his oils were far better than

those of most of his professors, and by the time he graduated, he was beginning to earn considerable fees for his commissioned works.

When the young artist returned to his village, the Durer family held a festive dinner on their lawn to celebrate Albrecht's triumphant homecoming. After a long and memorable meal, punctuated with music and laughter, Albrecht rose from his honored position at the head of the table to drink a toast to his beloved brother for the years of sacrifice that had enabled Albrecht to fulfill his ambition.

His closing words were, "And now, Albert, blessed brother of mine, now it is your turn. Now you can go to Nuremberg to pursue your dream, and I will take care of you."

All heads turned in eager expectation to the far end of the table where Albert sat, tears streaming down his pale face, shaking his lowered head from side to side while he sobbed and repeated, over and over, "No ...no No No."

Finally, Albert rose and wiped the tears from his cheeks. He glanced down the long table at the faces he loved, and then, holding his hands close to his right cheek, he said softly, "No, brother. I cannot go to Nuremberg. It is too late for me. Look ... look what four years in the mines have done to my hands! The bones in every finger have been smashed at least once, and lately I have been suffering from arthritis so badly in my right hand that I cannot even hold a glass to return your toast, much less make delicate lines on parchment or canvas with a pen or a brush. No, brother ... for me it is too late."

More than 450 years have passed. By now, Albrecht Durer's hundreds of masterful portraits, pen and silver-point sketches, watercolors, charcoals, woodcuts, and

copper engravings hang in every great museum in the world, but the odds are great that you, like most people, are familiar with only one of Albrecht Durer's works. More than merely being familiar with it, you very well may have a reproduction hanging in your home or office.

One day, to pay homage to Albert for all that he had sacrificed, Albrecht Durer painstakingly drew his brother's abused hands with palms together and thin fingers stretched skyward. He called his powerful drawing simply "Hands," but the entire world almost immediately opened their hearts to his great masterpiece and renamed his tribute of love "The Praying Hands."

The next time you see a copy of that touching creation, take a second look. Let it be your reminder, if you still need one, that no one - no one - ever makes it alone!

Author Unknown

Everything in life is made from the same 4 building blocks. Hydrogen, Carbon, Oxygen and Nitrogen. So everything you ever see, however different and unique it may seem, has in its structure the same building blocks. In the same way every new idea, technique or mental tool is just a different combination of the same building blocks.

When you read a book or take a course, essentially what you are getting is the fruit from a tree. They have taken a number of seed ideas... planted them... nurtured them and watched them grow into strong trees. Year after year these trees will produce fruit.

Now the fruit on its own, looks nice when it's fresh and tastes great. But two weeks later its rotten... it doesn't look so great and it tastes awful. This is just like the way that many people learn something from a book or course, they feel confident in it but they do not have the mental infrastructure to nourish and maintain the idea.

So they'll come across a situation and they'll think,

‘Hmm, I learnt how to deal with this... now let me think I need to do X and then Y, and what was that other thing’.

Now perhaps if you are able to devote the time you can integrate the concepts into a mental infrastructure that supports and allows the concepts to develop. But it is only by becoming the idea that you fully understand it. You do not get this from others or books or courses. They will give you seeds, but you must grow and nourish them.

The key is to take the main idea from a book or course, not use the idea as a substitute for your own thoughts. Process the ideas down to their root and mix them altogether for your own unique life philosophy. My intention in this book has been to categorise

It isn't necessary to reinvent every idea. We are here at this time and era in history not to start again in every generation, but to build upon the past. So our job is to discard, refine and synthesise concepts and ideas.

Although we do not need to reinvent the wheel, we do need to update and refine the ideas we currently hold. Tradition is not a valid reason for believing something. Businesses have learned that if they don't identify the loopholes and weaknesses in their products and strategies that they will be overtaken by their competitors. They call it Creative Destruction. It's not a new concept. It happened to the Dinosaurs. It doesn't matter how big or powerful you are... if you don't change when the tide changes you're going to get swept away.

Now through this book you have been given concepts, processes and ideas. In themselves they are worthless, just as the greatest speech without a listener. But planted, nourished and developed they are all you need to make everything you could wish for in your lifetime.

It's down to you now.

How many creative ways can you apply them in your life?

Which will you discard?

How will you refine them?

What new combinations will you make of them?

I'd love to hear from you, how these ideas have affected your life.
Let me know at rob@coachingtohappiness.com

Deserving

Is It a Limiting Belief?

Do you know that the only thing that can ever hold you back is your own limiting beliefs?

Now, what is a limiting belief? A limiting belief is a belief that contradicts your desire. That's it.

Well, how did you get those beliefs? You just picked them up along your physical trail, and now you drag them everywhere you go.

Do you do it deliberately?

Do you say, "I think I will carry limiting beliefs around with me, to keep me from thriving, to keep me from being clear minded, to keep me from being safe, to keep me from being well, to keep me from being prosperous. I think I will just pick through the rubble of physical human experience, and I will just gather up a whole parcel of things that don't serve me well. And I'll carry them around and pass them on from generation to generation, and I'll make my life miserable with them and, hopefully, I'll pass them on to my children who will do the same."?

It's not like that at all, is it? Not one of your limiting beliefs did you pick up deliberately intending to do yourself or someone else harm. You did not do any of this in a deliberate way, you did it in an indeliberate way, because you did not understand the power of your emotions. You did not believe that feeling good meant that it was good for you.

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When people used to ask what my website was about, I used to say Happiness feeling somewhat stupid. And they'd laugh. I felt stupid and they laughed because I knew they were talking about different things.

They understood happiness to be the momentary elation when something you really wanted happens. To me happiness is the purpose and the scorecard of life.

Life is just so simple. It's like breathing. But we've all grown up in an environment that has taught us we have to follow more rules than we know in order to deserve anything. Then maybe if we've been a good boy or girl, we'll be given stuff that will make us happy. Just like our early teacher's gave us a gold star.

You can have anything that you want. You don't have to jump through any hoops to get it. The world will give you any experience, any feeling or anything that you want. It's you that pushes it away.

Why?

Because you don't believe you deserve it. Either because you feel you need to qualify for it or because you don't believe you are a worthy enough person.

People get what they believe they deserve. Not what they actually deserve. There is no universal judge or Supreme Court sitting in judgement. Everything is available to you however good or bad you are. Look around and you'll find people who have everything, yet you consider them to be undeserving. And equally you'll find those whom you see as deserving, with nothing.

This applies to everything in life. Relationships, success, happiness, fun. Let's take money as an example. It's not about hard work. Life doesn't care about any of that stuff. It wouldn't matter if you worked flat out a hundred hours, of the hardest labour, a week for twenty years. Still all your earnings wouldn't dent Bill Gates'.

Neither is it intelligence. Many of the smartest people in the world earn meagre wages.

Nor is it skill. You can be the greatest tiddlywinks player in the whole world. Still you are unlikely to earn fortunes.

It all comes down to believing that you deserve it. And so people who feel undeserving or don't believe that the world will deliver for them... unconsciously put the brakes on. This then translates into missing opportunities or action that is less effective, or productive, than it could have been. Then they get what they believed they deserve.

In much the same way you'll see examples of people who win fortunes without raising a finger. Or you'll hear stories of some Film or Pop Star's outrageous demands. They make these – and get them – because they feel so deserving in that specific area. That doesn't mean that being deserving means acting like a spoilt brat. That's just how some people get themselves to feel deserving.

And because you feel deserving in one area of your life. That doesn't necessarily mean you will feel deserving in other areas. Often great wealth causes lack of happiness in relationships. It doesn't have to, but the person concerned may believe it does and so unconsciously creates those situations.

It is feeling deserving that opens you up to the ideas, abilities and opportunities that bring to you whatever it is you want. All the wisdom, skill and circumstances are available to you. You only have to tune into what you want, by allowing yourself to receive and act on inspiration.

Much of the pain that we feel, comes not from what happens. But from the endless replays and brooding on what happens. The resentment, anger and frustration from trying to appeal to what is fair or justified. Almost every day there is a story in the newspaper of someone who is by most accounts morally justified in their actions. Yet through a legal technicality they end up punished. In the same way life doesn't work on your version of what actions are fair or justified. It just is.

We often look at life and think the things we want are rewards. The universe understands that things, relationships and experiences are just the tools we use for evolution. So as the

force of life flows through us we experience desire and repulsion. These work to get us to move through life, to experience more.

Say for example, you have a driving ambition to start your own business. Ultimately, at the deepest levels of your being, it isn't for money or success or even more time. You are experiencing that desire in order to put yourself into situations that will bring you more growth.

In the same way repulsion at your current work may be to get you into a new job to experience something new. Because the new is what you need to grow and evolve you.

How To Have Everything

P'taah's Morning Song

Beloved, there is no difference in the energy of abundance/lack. That is the grand truth. The difference is in your perception. When you are focusing on lack and need and have-not, what do you think is the underlying emotion?

Need equals fear. A quick trick to transform your life -- of course this is presuming that you will be in the embracement of that baby part of you; one does not work without the other - stop focusing on have-not. For as long as you perceive yourself in need, you are being in a place of fear.

Shall we give you a beautiful song to sing every day? Indeed, you may create your own tune but we will give you the words. Are you ready?

*From the God/ Goddess of my being I give forth thanks
for the love that I am.*

*For the love in my life and the love that surrounds me,
thank you.*

*Thank you for the miracle of life that I am and
thank you for the miracle of life I see reflected all about
me.*

Thank you for the gift of life that I am.

*Thank you for this perfect body, my health and well-being,
thank you.*

*Thank you for the abundance that I am and
thank you for the abundance I see reflected all about me.*

*Thank you for the riches and the richness of my life and
thank you for the river of money which flows to me,
thank you.*

*Thank you for the excitement and adventure of the
millions of wondrous
possibilities and wondrous probabilities,
thank you.*

Thank you for the wonderment and thank you for the joy.

Thank you for the beauty and harmony.

Thank you for the peace and tranquility.

Thank you for the laughter and thank you for the play.

*And thank you for the privilege of serving and sharing the
gift that I am.*

Thank you! Thank you! Thank you!

*And, by the way, all of those things that you have given
thanks for do exist in your life. Love is the truth of you and
there is not a lot of lack here. Your body is a miracle and*

is absolutely perfect. You are abundance. How could it be any other way?

And all about you in your exterior reality you are surrounded by love, by abundance, by the miracle of life.

And you do know about the possible and probable realities - wondrous and limitless.

You do know about peace and tranquility; about love and joy and laughter and play. And even if you cannot really grasp it in this Now, you truly are a gift.

Sing this song to your universe each day as you go forth to bathe your body, as you stand beneath the delicious flow of water and your beautiful body is warm and relaxed.

The water is crystalline in property and is grandly magnifying, and as you sing forth the words, the sound embraced by the feeling in the Is-ness, in the Now of being in total abundance, you are in that reality. And as you go forth in your day, you carry with you the resonance, the energy that knows no lack.

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(A laminated version of Ptaah's Morning Song is available at <http://www.ptaah.com/misc.html>)

I promised earlier that I would explain how you can have everything you ever want. Here's time to deliver.

Imagine that every single thing you want is represented by a colour. Success may be blue, happiness yellow, calmness green and so on.

Now when you say I want success, this request is so vague and broad that when you choose that the whole screen becomes blue. Soon you miss happiness and say 'I just want to be happy'. Now

the screen turns yellow. At first you say 'Ah this is what I missed'. But soon again you feel deprived. And you say I want success and happiness. Now you get a blend of the two.

Do you get the picture? When you make broad, unspecific requests, you get broad, unspecific results. And so what you choose now, blocks out what you chose previously.

So how do you get everything?

You paint a picture with your thoughts. Like an artist you set out where you want each colour. You say I want success, but I want it here, here and here, this shade and just like this. Then I also want calmness and it will look like this. And with each thought you transfer every want that you have into a big picture. Your vision and overview of how you want your life to look.

And once your vision is clear to you, your action to bring this vision to life is no more difficult than painting by numbers. But without the vision, you do not know if you will like what you are painting until you see it. Then you have to rub it out or worse yet, scrunch up the paper and start all over again. Then it all seems such a struggle, impossible even. After rubbing out numerous mistakes and starting with a clean sheet a few times, most people give up and learn to live with the blotches and smears they don't like. They say this is life. It wasn't ever meant to be perfect.

But now you know it can be - if you really want it to be...

In A Word

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has opened for us.

Helen Keller

Remember that happiness is a way of travel – not a destination.

Roy M Goodman

Happiness is essentially a state of going somewhere, wholeheartedly, one-directionally, without regret or reservation.

William H Sheldon

You feel a loss of freedom because you've lived a life of loss of freedom. Almost every desire that you felt bubble within you was squelched almost in the moment that it began to bubble - because someone else didn't agree with it or approve of it.

We can see why there are those who would worry that Abraham's message would get out. Because it is truly a liberating message. It is truly a self-empowering message.

What it says to you, and what it would say to your children or to any children, is: You have come forth intending to be eager, and you have, within you, guidance that will keep you in vibrational harmony with what you intended. And there are those who feel a need to control you because they are not sure that you would choose wisely. We are certain that you will.

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We live in the era of the thirty-second sound bite. None of us have time to go too deeply into very much, and so style often counts for more than substance.

The problem is that we often misunderstand or misinterpret the sound bite because we do not have all the information that supports the conclusion. The conclusion is like a tabletop. Without knowing the assumptions, which support it as the legs support a table, you won't get the full meaning.

The full meaning allows you to use the belief. You can use, adapt or discard it to best serve you... rather than being trapped. And ultimately beliefs are just tools. None are inherently any more true than another. They depend on the perspective we look from and where we are at this moment in time.

So in the chapters up to now I have given you as much information and perspectives I can, without personally speaking to you, to support this conclusion.

Happiness is...

Freedom.

That's really all happiness is about. Think about it. What makes you unhappy?

Analyse it down to it's root and you'll discover in some way it is about feeling trapped.

- Sometimes it's feeling trapped by a lack of money.
- Sometimes it's feeling trapped in a relationship.
- Or trapped in behaving a certain way for fear of the reaction of others.
- Trapped in a job.
- Stuck in a situation.

In a million different ways we bind ourselves up in the rules. We get hung up on a set way for things to be done and then make ourselves miserable.

We are only bound and trapped in our thoughts. Change your thoughts, be open to new possibilities... then freedom and happiness are yours.

Every unhappiness is created only by ourselves. And the thing that perpetuates that unhappiness is our attempts at justifying and rationalising our unhappiness.

Be Open...

Be Free...

Be You...

Be Happy.

Share Your Thoughts On

The Thirty-Two Building Blocks Of Happiness

I'd love to hear your thoughts on these principles and concepts.

How have they made a difference in your life?

Were you happy with the book?

Was there anything that interfered with your enjoyment of the material?

Do you feel I've missed something?

Just click on the link below and send in your views.

<http://www.coachingtohappiness.com/views.html>

The Six Strategies That Lead To Happiness

I've categorised everything I've noticed in a decade of studying happiness. My intention in writing this book has been to provide all the information you need to choose a happier and more fulfilling life.

But.

This information alone does not lead to happiness. It is the consistent application of this information that makes for a happier life.

Some people can take information and use it to transform their life. Others struggle. Some because they misunderstand. Others because they lack confidence or because they don't learn as well from books as from people.

So I have created program's that can help and even show you how to apply this information in your life. For more information click the link below

<http://www.coachingtohappiness.com/happiness-strategies.html>