

# The Practically Magical Use of Lists

How to Use Lists to Transform Your Everyday Life With Excellence and Ease.

Presented by JoreJ Z. Elprehzleinn  
www.Elprehzleinn.com



The most sought after prize in life is the mastery of your mind. Every benefit that you can possibly imagine, desire, or expect comes from doing it. Now you can do what few before you have ever achieved using the simple magic of making lists, in a the practical way that handles and directs your mind for your highest good and the highest good of all. With Peace and Love.

**Featuring:** An Introduction to “ClearTalk”, the world famous system, method, And tools for consciously creating your own reality with Financial Intelligence.

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## INTRODUCTION

"...if there is intense study of how MIND is indeed the builder, it will see that what is held in the act of mental vision becomes reality in the material experience."

*Edgar Cayce*

People who read this book often assume that I wrote it and that it is about me. I did write this introduction, and chapter 6, and chapter 7. I did pay all the individuals, who helped put this together, so that I could publish it. I paid them in dollars, and I paid them in services. I invested years and many dollars to make this wonderful and now widely acclaimed e-book publicly available for you now. I did edit the whole book many times. I believed in this material, when nobody else did, and against tremendous opposition. I work with the technology everyday, since about 1995. Several people were involved over the years channeling and discussing with me to make this possible. And many beautiful "unseen friends".

What you have here is so potent, in my opinion and experience, that for some reason I had to face challenging opposition to develop and publish the amazing e-book which presents what many people who have already used it say is the most concise and effective book of its kind. From the first version to the most highly developed version that you have in front of you now, I have tried out all the exercises myself. I have achieved excellent results in my life, using these lists. I condensed what I experienced by using the materials in Chapters 1 through 5 into what is now known worldwide as "ClearTalk" which is a method, system, and tools for consciously creating your own reality.

This e-book contains an entire home study workshop using the practical magic of lists. As you move through Chapters 1 through 5 you progressively gain the knowledge of the full power of lists and how they can change your reality. You learn by experience the basic technology that you can then use to feel and know the value of "ClearTalk" which is the ultra sophisticated system, method, and tools that you can use to completely and consciously create your own reality.

**DEDICATION:** This book is presented in the form of exercises, stories and examples. The man who is described as the subject of the first five chapters of the book is not me as some people assume due to my role in presenting this material. The man who is mentioned in the first five chapters of this book, has this to say about his important role in bringing this book to the public:

*This course is based upon the use of my life by a higher power in order to discover a number of hidden truths that had been there all along, but had never been put forth in a manner that could be applied by anyone, no matter who they would be. This higher power, or God, or whatever you want to call it, literally used my life as a guide for the purpose of writing this course.*

*I feel so very strongly that my life has been guided, just so this course could be written. I don't even think it is mine. I most certainly do not feel that any of the techniques were actually created by me. I am just the guy that was used by a higher power to put all of this forth.*

*I once took credit for it, but now realize that the whole thing was a miracle from God, or whatever you want to call that higher power. I am not a religious man, nor have I ever been. However, the sheer power of what I have seen with this course has led me to believe that it has been in the hands of a power much higher than me. The sheer intelligence of what you are about to read still amazes me. I was just an instrument for the creation of this course, and you who read it and apply it will discover that. I wish you a swift journey to the greatest you that you can possibly be.*

Now, let us continue with the presentation of these life changing materials. In order to gain the full benefit from this course, all you have to do is do the exercises. Everything else that is written is a form of explanation that will cease to be important once you have your own experience of what you can do with the exercises and the underlying experiences that they open up for you.

After using the first five chapters of this home study course successfully you come to the final chapters that give you an introduction to “ClearTalk”.

Once you have attained the ability to use the lists effectively you can understand and feel good about learning and using “ClearTalk” to completely and consciously create your own reality.

If you would like to choose to jump right into using ClearTalk to do that right now you can in about two hours. To jump straight into ClearTalk and bypass the step by step building blocks of understanding that are what this e-book is all about then go now immediately to:

[www.MagicalMindPower.com](http://www.MagicalMindPower.com) and when you get there follow the Quick Start Guide. For those who wish to continue to learn the basics first, and the magic of making lists, please continue here.

## **Do You Create Your Own Reality?**

I have been doing it for about twenty years. As you know there are many programs and courses and workshops on the topic. My definition of consciously creating your own reality is that whatever you imagine, desire, and expect is exactly what happens, and that is how you live your life.

Sounds impossible?

**"Alice laughed: "There's no use trying," she said; "one can't believe impossible things." "I daresay you haven't had much practice," said the Queen. "When I was younger, I always did it for half an hour a day. Why, sometimes I've believed as many as six impossible things before breakfast."**

***Alice in Wonderland - Lewis Carroll***

Your imagination is a powerful thing. I can tell you from my own experience that the method that I use and share worldwide for many years now certainly and for sure produces results that are truly satisfying and deeply amazing.

And if you stick with it, you can go all the way to being able to have everything that you desire, imagine, and expect, just the way you want it. The catch is that even though with the method, system, and tools that I offer you must still do the work of using them.

And doing that involves mastering your mind. And mastering your mind is known to be the most difficult thing to do on the face of this earth.

And so even though I offer you a full and complete method to start getting results almost immediately including that you feel good right away I cannot promise that you will stick with it and go all the way to where you can go with this.

**"Knowledge is not enough; we must apply.  
Willing is not enough; we must do."  
-*Martial Artist, Bruce Lee***

What I can promise you is using the methods that I teach and share including the basics in this e-book and especially if you go ahead to [www.MagicalMindPower.com](http://www.MagicalMindPower.com) and follow the Quick Start Guide to get involved in the full program with Financial Intelligence I can promise that step by step and without any risk to you and with tremendous fun and awesome enlightenment through a most amazingly simple and yet tremendously effective set of easy to use technologies that are literally presented to as a gift you can choose to go all the way to being a person who lives the life they imagine, desire, and expect. The way the full program is designed is based on years and years of my teaching and sharing this with others and years and years of those who came before me.

When you choose to learn the full program, beyond the basics of this e-book, when you get involved online which you can do at any time even now it is there for you right now you can choose to focus on attaining the skill of being able to use ClearTalk and the power of your own mind to imagine, desire, and expect whatever you want and get it.

The way I designed the current version of the full program includes a method called Financial Intelligence which absolutely guarantees that unless you succeed each step of the way to get results that you can consciously notate and check off your list as the successes that you asked for, you do not even have to pay the full price.

In fact the Financial Intelligence method is an integral part of the tracking system and the motivation and self-evaluation system that greatly assists those rare people who do choose to fully and consciously create their own reality.

You can be one of those people if you choose to, or you can enjoy relating to me and the methods and systems and tools I provide, including this e-book at any level of success you feel willing to have.

If you do truly want to create everything in your life consciously, if you do want to make your life exactly what you imagine, desire, and expect it to be and you are willing to take it one step at a time and evaluate and prove it to yourself each step of the way with your own experience, I know you can do that with ClearTalk and Financial Intelligence.

You can get started with all that by following the Quick Start Guide at [www.MagicalMindPower.com](http://www.MagicalMindPower.com)

If you choose to take the home study course in this e-book you can gain great benefits in your understanding the magical power of lists. Just keep in mind that there is something even more wonderful than making lists, and something even greater for you to achieve if you want it.

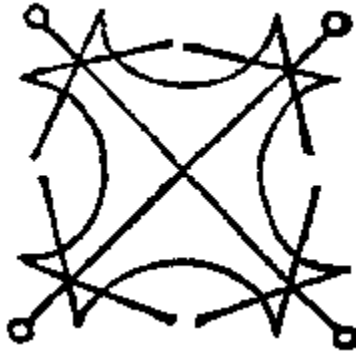
No matter what you choose, make sure and visit me on my blog at [www.MagicalMindPower.com/wordpress](http://www.MagicalMindPower.com/wordpress) to get personal help from me with whatever it is that you are trying to accomplish in life, as long as it is in harmony with your Higher Self, and with harm to none, and with Peace and Love.

*Be excellent to your self and to each other,*

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"...with our thoughts we create the world..."  
*Buddha*



**Life Transformation System A-Z, and ClearTalk**  
is a method, system, tools, and resources to transform  
the life you have now into the life you consciously imagine, desire, and expect,  
using the power of your own mind, with love, and your higher self.  
This e-book provides a valuable set of building blocks and basic skills  
For mastering your mind in a most effective and practical everyday way.

For our full program that you can get started with today with Financial Intelligence  
visit:

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



## WINNING

**C**ongratulations! You now have in front of you what could prove to be the most important and far-reaching tool for understanding you have come in contact with so far in your life. I want to tell you that you are pretty terrific. You have abilities far beyond what you've ever thought, but you need knowledge to put your power to use. It is knowledge that must come from within yourself. I cannot tell you exactly which knowledge you need, and I'll tell you why.

Let's assume the needed knowledge is behind a vast wooden door with a keyhole. Many wise men in the past have come up to this door, but they never have gotten through it. They have, however, managed to look through the keyhole and gotten an idea of what knowledge was. Perhaps, they then went out and told their friends and great movements, both religious and otherwise, were started from this keyhole version of knowledge. As each new wise man found the door and looked through the keyhole, a new group was formed.

One day a man came to the door that was not nearly so wise as all the rest, but for some reason, he didn't look through the keyhole. Perhaps, he felt he was not wise enough to interpret the knowledge he would see through the keyhole. Instead he looked at the door itself and was startled to see in the dust at the far corner of the door, the key that would open it. He then took the key and turned the lock, which opened this great door to knowledge.

Upon going inside he became so knowledgeable and so wise that he realized that he would never be able to tell others what he saw or felt, for they would never understand real truth because they were already blinded by too many false images and distortions of the truth. The only sensible thing to do was to make duplicates of the key and pass them out to all who would have the courage to walk through the door to truth. Upon entering the door, they would know their own truth - and what was true for them was true, and what was not true for them would not be true.

Well, my friend, this book is the key. The first thing to do is unlock the

shackles which bind you to lies and false images such as worry, fear, doubt, superstition, vanity, greed, and hatred. These are just a few of the barriers that seemingly stand between you and whatever you desire and imagine for your life. Now begin to clear away the false images, and experience how your mind really works and interacts with you and your life. I'm going to begin by telling you what the key is. At first you will not grasp it, but this is the beginning of passing it on to you. The key is, and this is all going to be put in capital letters to accent it, the following:

**THE MIND AND YOU ARE DIFFERENT. YOU HAVE THE ABILITY TO THINK. YOUR MIND ALSO THINKS. IT THINKS ENTIRELY DIFFERENTLY THAN YOU DO. YOU DO NOT USE IT TO THINK.**

This may be startling at first, and without examples and exercises, totally impossible to apply. The insane asylums, the prisons, and every unhappy home or business are filled with individuals that have tried to go against this key. It causes marriages to fail, businesses to crumble, and incredible unhappiness to wreak havoc across the world. Let us look at an example of how your mind thinks differently than you do.

## WINNERS AND LOSERS

The first example of how your mind thinks differently than you do is in regard to winning and losing. You may have noticed that in life there seems to be a great deal more losing than there is winning for many people. I've made that statement in hundreds of lectures and I can usually tell what my audiences' lives have been like by the way they react to it. Some people sigh audibly and agree completely about losing; others are uncertain, and some people disagree. Let me pose the question: What is a win? Is it getting your own way? Is it coming out ahead of other people in some activity, whether it is business or sports? Is it doing something well? Is it making a lot of money? What is a "win?"

### Chapter 1, Exercise 1.

Think about the question, "What is a Win, " for a few moments and then write your answer down on a separate sheet of paper before you go on reading.

I repeat. Do not go on reading until you have written down your definition. The reason is because your definition will show you why and how you have lived your life to this point. Naturally it won't provide the whole answer, but it should provide some interesting insights. Once you've got that definition written let's proceed.

People can be affected in later years by their childhood.

Take an imaginary individual we'll call Michael. Michael was born into a family

where both the parents are wealthy, successful, happy, and very much in love. They are experts in raising children; knowing exactly what to do to bring the best out of a child in all ways. They encourage him in all things and correct his actions in such a way that Michael never feels criticized or invalidated. When Michael is ready for school, his teachers are experts in handling children and giving each child the amount of personal attention needed in order to excel in studies. Michael continues in school always getting help when needed. Naturally he is a straight A student. He excels in sports and his school was never defeated in any athletic or scholastic encounter with any other school. Michael goes on to graduate with honors and upon graduation, he lands a fantastic job in exactly the field he loves working in.

Michael feels he is a winner, yes? Obviously, because all his experience is winning.

As we look at this example, we can say, "Well that's all fine and good for Michael, but what about the rest of us? Most people do not have a life anywhere close to this. Most of our parents were not wealthy, and many of them were not especially loving or supportive because they had their own problems. Teachers that most of us had certainly did not understand children's needs, and the athletic teams at our schools did not win all of their games. How then are we to think of ourselves as winners when we have little experience of winning? How do we now get on the winning track?"

Looking at my own life, I was born on a mid-western farm. My father was a farmer and not a great financial success. For my eleventh birthday I received a tractor with a very strong implication that I use it to do a thing called work. Did you ever notice that as you were growing up that adults were constantly indoctrinating you into something called work and teaching you how terrible it was to be an adult? I remember some of their comments; "You're going to have to work someday. You can't be a kid all your life." Another one was, "Be glad that you're a kid because when you get to be an adult, it's really going to be tough." But, we only partially believed them.

Sure, we hear and know that it could probably happen to somebody else, but not to us. We're going to grow up to be a great actor, actress, singer, dancer, athletic hero or any one of a number of dreams that children have. We're going to be successful. Your dreams keep you alive, but one by one they begin to die. The great actress doesn't qualify for the school plays. The future great singer is told he sings off-key.

I remember my own dreams. The first was to be a professional basketball player. So, I did all the things that I thought you were supposed to do to become a professional. I shot baskets by the hour. I even shoveled snow off of my outside court on the farm so I could shoot baskets. I played in the rain and mud. When it

was too cold for my fingers, I played with gloves on. Well, interestingly, from my sophomore through my senior year in high school, our basketball team set a record in our state, which I believe, still stands today. For the most games consecutively lost over a three-year period. If that wasn't bad enough, I wasn't even on the first team. Eventually, people even hated to show up for the games. The attitude at the school definitely became one of losing.

After so much losing, how could one get a winning attitude?

In case some of this sounds familiar, do not despair. First of all, there is a very good likelihood that our original example of Michael and his perfect life were not so perfect. There has been so much emphasis placed on attitude over the years that no one has bothered to look at the prodigious number of individuals that crashed and burned attempting to maintain what was called "a positive mental attitude". This one single idea is like a form of sabotage unless you know how your mind really thinks.

Let us put down a definition of what winning is to your mind. This is not your definition. However, if you do not adhere to it, you will be so overwhelmed by your mind that you could forget your own name. This is the first way your mind thinks differently than you do. Whoever came up with this originally never came up with a way to apply it, particularly on a daily basis. It was far too simple, and everyone before me bypassed it to go on to something that they thought would be more appealing. Your mind is not fancy. It does not have big dreams, and it most certainly has no personal interest of its own. The only thing it really does is record whatever your life is, and then use that information either for you, or against you. The definition that you have been waiting to hear you may have heard before, for it is most certainly out there. However, it has never been pointed out that this is your mind's definition and not yours. The definition that your mind has for winning is:

WINNING IS ANYTHING YOU DECIDE TO DO AND THEN DO IT OR ANYTHING YOU DECIDE NOT TO DO AND DON'T DO IT.

Obviously, LOSING is just the opposite. Once again, this is your mind's definition, and not yours. You would be looking to something big. This is why the majority of people live their lives vicariously through the big accomplishments of others. This is so prevalent in today's society that it is as though everyone is a watcher, and not a doer. The question would be how do you apply this knowledge? This is our first exercise, and this is for your mind and not you. It has been overlooked for so many years that it may take a few minutes to be reborn. It is very important that you do this exercise exactly as given. The exercise is as follows:

## Chapter 1, Exercise 2.

1. Look at the wall to your right.
2. Look at the wall to your left.
3. Take your right hand and put it on your left hand.
4. Now, look at the floor.
5. Now, take your right hand and put it behind your left ear.

Now that you've done this little exercise, I'm going to tell you a great truth. This is probably the most valuable thing that I could tell you regarding all of this. This is so important that this truth will be put in all capitals:

**YOUR MIND IS COUNTING. IT HAS JUST GIVEN YOU FIVE WINS. IT DOESN'T CARE HOW BIG THE WINS ARE. YOUR MIND IS ONLY CONCERNED WITH THE QUANTITY OF THE WINS. YOU COULD HAVE WON THE SWEEPSTAKES, AND IT WOULDN'T BE ANY MORE IMPORTANT TO YOUR MIND THAN THOSE FIVE WINS YOU HAVE JUST GOTTEN. YOUR MIND WILL SUPPORT YOU AS A WINNER ONLY IF IT HAS COUNTED ENOUGH WINS. SHOULD YOU BE LIKE MOST PEOPLE, YOUR MIND HAS NOT BEEN COUNTING WINS FOR YOU, BECAUSE IT DOESN'T COUNT THEM AS WINS UNLESS YOU DO.**

This is remarkable when you think about it. Your mind is constantly watching you, and it values your opinion. You can just consider the ramifications of all of this. Your mind can be your greatest friend, or your greatest obstacle. Let us look at an example of just how this would apply.

## Chapter 1, Exercise 3.

I am going to give you the same instructions as before, but with one additional factor. This time YOU make the decision, BEFORE you do each of these things. Let's begin.

1. Decide to look at the wall on your right, and when you are sure that you have made the decision, then go ahead and look at the wall.
2. Now decide to look at the wall on your left and when you are sure that you have decided, go ahead and look at the wall.
3. Now decide to look at the ceiling and when you are sure you have decided, go ahead and look.
4. Now, decide to put your right hand on your left and when you are sure you have decided, go ahead and do it.
5. Now, decide to look at the floor and when you are sure that you have decided, go ahead and look. Make sure you have decided first.
6. Next, decide to put your right hand behind your left ear and when you are sure you have decided, go ahead and do it.

Let's find out what you noticed from doing this. Did you notice that it felt much better when you made the decision first and then did the exercise, as opposed to when you just did what you were told to do? The reason for that is that the exercise now included you. Your mind still counted the wins, but this time, you also felt better. The reason for this is because you became more alive. Most people are so afraid of making a decision that they live their lives in a form of torment as to what will happen next. Let me give you a very poignant illustration.

There was a story a number of years ago, about a certain plane flight, which exemplifies this. All of the passengers were securely in their seats and the plane was racing down the runway when a voice came over the loudspeaker that said, "Ladies and Gentlemen, welcome to flight 402. This is a recording speaking to you. This entire flight is being done by automation. There are no human pilots in this plane. We are now taking off and in just a few seconds, we'll be in the air. So just sit back and relax and remember that nothing can go wrong, wrong, wrong, wrong, wrong, wrong, wrong."

This illustrates our next great truth, and that is, once again in all capitals:

**PEOPLE ARE LIVING THE MAJORITY OF THEIR LIVES ON AUTOMATIC PILOT WITH LITTLE OR NO AWARENESS OF WHAT THEY ARE DOING.**

This may be a shocking statement. However, just make a decision to really look at people and their actions and see if it isn't true. Better yet, check yourself. I'm sure that you'll find that the times you feel most alert and alive are those times when you consciously decide to do something and then do it, no matter how small or insignificant the activity seems at the time. This is because you were in harmony with your mind, and probably didn't even know it. It is infinitely more satisfying to consciously decide to do small things and then do them, than it is to do large things on Automatic Pilot. This is because your mind supports you in those things.

## Chapter 1, Exercise 4

*Special note: click for a [preformatted win list](#) that you can download now to do this exercise or you can do it with a sheet of paper.*

A very simple way to apply this, and I cannot overemphasize how powerful this is, would be to write out on a piece of paper all of the things you are going to do the next day. Lest you think this is just a list, please realize that your mind is watching you do this, and to your mind, this is just as important as if you were

going to have the greatest day of your life. This is very important to realize. Everything that you have been taking for granted, or doing on automatic, can now be turned into a win that your mind will totally support you in accomplishing. Take things like getting out of bed, or even just waking up, and put them on your list. Should you really want to, you could have at least twenty (20) wins for your mind before you even leave your house. This is vital.

Include things like brushing your teeth, showering, eating, kissing your spouse, putting on your shoes, or any other articles of clothing. You can include the smallest of things, and your mind will give you a win the minute the thing has been done, and most importantly, checked off your list. **IF YOU DO NOT THINK IT IS A WIN BY CHECKING IT OFF, YOUR MIND WILL NOT EITHER.** There is an enormous satisfaction in doing this, because you become more alert, and more off automatic with each thing that you check off.

**THIS IS BECAUSE YOUR MIND HAS BEEN GUIDING ALL OF THIS AS YOUR AUTOMATIC PILOT UNTIL YOU TOOK OVER THE CONTROLS AGAIN. NOT ONLY THAT, BUT YOUR MIND HAS BEEN CONSIDERING YOU TO BE A TOTAL LOSER THE WHOLE TIME THAT IT WAS YOUR AUTOMATIC PILOT. THE WHOLE TIME IT WAS BEING YOUR AUTOMATIC PILOT, IT WAS NOT COUNTING YOUR WINS, BECAUSE YOU DIDN'T HAVE ANY. THE ONLY WAY TO TAKE IT BACK OVER IS WITH LITTLE SIMPLE THINGS. YOUR MIND IS WAITING TO SERVE YOU, BUT IT WILL SERVE YOU ON A PLATTER IF YOU DO NOT FOLLOW THIS.**

It is very simple to just write your list, and then just check off your wins. Should you try to do this with just large things, like a shopping list, you will have missed your greatest opportunity to begin living again. Your mind is concerned only with the quantity of your wins, and the number of things that it is not in service as your automatic pilot to accomplish.

*Special note: The win list is very different than what is often called a "to do" list. They may appear the same at first. They are very different. Many people use a list of tasks to accomplish things. The win list will greatly empower your use of a to do list, however a win list is unique from a to do list. If you would like help to greatly empower the effectiveness of using to do lists, incorporating the Life Transformation technologies, then contact Jorj Elprehzleinn, 1-619-819-8774, and book his time for a consulting session to help you get more out of your to do list. For the purposes of this book, be aware that the win list exercise is different than a to do list. To get the most benefits, from doing the win list, make sure and put small, easy, sure wins on the list.*

You can take this win list a step further. You can actually gain strength, by setting up the little exercise that was described earlier, the same way you would accomplish a physical exercise program. Just sit or stand wherever you are, and make out a list of things to decide to do, and when the list is completed, go ahead and decide to do them one by one. This is to get you back in the driver's seat far

faster. It is up to you how fast you want to go. It does not matter whether it is just looking at things in your environment. That is what your mind has been doing for you as well. The idea is to live, and if you are like most people, you have been knocked out by your mind, and didn't even know it. Good luck, but if you follow this, you really shouldn't need it. Above all, do not include goals, or anything that you are not quite certain you will be able to check off of your list. Your mind has more than likely been thinking of you as a loser for so long that it will fight you on those. Whatever it thinks of you, based upon the number of wins, and the amount of time it has not had to be your automatic pilot, your mind will either support you, or deport you.

Let me give you some major encouragement. You still want big wins. I know that. I want big wins. However, your mind still doesn't care. The key is that by creating all of those seemingly little wins for the benefit of your mind, your mind will be far more reasonable as you go after your bigger wins. By doing this conscientiously, your chances of having bigger wins will be that much greater. The thing that you have been looking for all along, which is that positive mental attitude, will finally be yours. More importantly, it will be yours without the insanity of the denial of the negative mental attitude that your mind has been secretly projecting, because it considers you to be a loser.

Try it in your own life and see how differently you feel. Some of you might say "But I wouldn't feel right giving myself those little wins. Something has to be a big win before I can count it." Well, it is amazing that we find it hard to give ourselves little wins but we don't hesitate a moment to give ourselves little losses. Oh my, I forgot my appointment! Oh dear, I forgot to brush my teeth! You dummy, how could you forget your lunch! These are little losses, but one would think the world was ending the way some folks carry on when these or similar things happen.

People are just too hard on themselves. Ever wonder why? It could be that it goes back to childhood and some of the criticisms we received at that time. A lot of us were raised around very critical people who seemed to be just waiting for us to make a mistake, so that they could correct us. Being small, there was really no effective way that we could protect ourselves from these critics. Talking back sure didn't do much except get us in worse trouble. Consequently, we developed self-defense mechanisms. Whenever they would rush over to correct us or call us names, we were ready. We could hold up our hand and say, Stop right there because you don't have to criticize me or call me names. I've already done it to myself. I've already called myself dumb and stupid so you don't have to.

This may have been very workable as a child but the problem is that as with so many things, it was put on automatic. Here we are years later. And as adults, every time we make a little mistake, we act as though that person from our childhood is going to rush out of nowhere and say "You stupid dummy. How could you do such a silly thing?" Now, we say it to ourselves. Parents have no idea how they wrecked their children by this form of abuse. Have you ever noticed that the more you call yourself stupid, dumb, or ignorant, the more

stupid dumb things you tend to do?

The reason for this is because your mind basically took over when you had to bow to all of that criticism. You basically stopped living, and your mind took over, and has been running the show ever since. This may be shocking, but it is the truth. It is up to you to do these simple little things that I have described to turn your life around. This is only the beginning to the key. Remember, and this is the next great truth, and it will be in all capitals:

**YOUR MIND WILL TAKE YOUR WORD AS TO WHETHER YOU CONSIDER SOMETHING TO BE BAD OR GOOD, EVIL OR GOOD, OR A WIN, OR A LOSS. EVERYTIME YOU UTTER THE WORDS THAT YOU ARE STUPID, YOU ARE DUMB, OR YOU ARE ANYTHING, YOUR MIND JUST TAKES YOUR WORD FOR IT. YOU WOULD BE FAR BETTER OFF MAKING NO FORM OF JUDGEMENTS REGARDING YOU, AS OPPOSED TO MAKING NEGATIVE ONES. YOUR MIND IS ALREADY WAY AHEAD OF YOU IN DOING THAT. JUST FOLLOW THE EXERCISES THAT HAVE BEEN DESCRIBED, AND THIS WILL TURN AROUND FOR YOU. NOT ONLY WILL IT TURN AROUND FOR YOU, BUT ALSO YOUR MIND WILL BEGIN TO SUPPORT YOU WITH ALL THE POSITIVE IDEAS THAT CAN BE FORMED ABOUT YOU.**

**A FORM OF SUICIDE IS TO DO WHAT ARE CALLED AFFIRMATIONS BEFORE YOU HAVE DONE THESE EXERCISES FOR QUITE SOME TIME. I KNOW HOW MANY GROUPS AND SCHOOLS TEACH AFFIRMATIONS AS A WAY OF LIFE. THEY HAVE NO IDEA THE AMOUNT OF FORCE THEY ARE BUILDING UP IN THE MIND OF EVERY PERSON THAT THEY TEACH TO DO AFFIRMATIONS. YOU CAN BE POSITIVE AND HAPPY, WITHOUT USING ANY FORM OF DENIAL OR OVERWHELM ON YOUR MIND. IT WILL LASH OUT LIKE A SNAKE, WHEN YOU LEAST EXPECT IT, IF YOU DO NOT FOLLOW THIS. REMEMBER, YOUR MIND DOES NOT JUST ACCEPT YOUR WORD, UNLESS IT IS BACKED UP BY ACTION, AND THE PRECEDING ACTIONS SUPPORT WHATEVER WORDS YOU ARE SAYING ABOUT YOU. THAT IS ENOUGH SAID.**

The next thing we are going to take up is truly remarkable. Let me give you a little history on myself. I have been through practically every type of training or school there is. All of them teach pretty much the same things. The world is replete with self-help chapters, and practically every type of supposed understanding about how the mind works. Most of them haven't got a clue, because they just copied from someone else. This someone else probably thought they had the answer, but it failed miserably. This is particularly true in day to day life. Many people were turned into a form of predator by many of these chapters and schools, all in the name of what is called, "success". However, there is something discussed in practically all of them that I have found truly effective. We could call this a number of things, but let us relate it to your mind. This is the next great truth, and it will be capitalized:

NOT ONLY DOES YOUR MIND NOT CARE HOW LARGE YOUR WINS ARE; IT DOES NOT CARE WHETHER THEY EVEN HAPPEN IN THE REAL WORLD. THE POWER OF WHAT IS CALLED, "THE IMAGINATION", IS TRULY AWESOME. HOWEVER, LIKE ALL GREAT POWERS, YOU HAVE TO TOTALLY CONTROL IT, OR YOUR MIND WILL TURN IT AGAINST YOU. LET ME ILLUSTRATE.

When I first started out to change my life, I had been so battered that the only thing that I was willing to try was the sport of bowling. That was as far as I could see. I reasoned that if this imagination thing would work for the sport of bowling, it quite possibly could work in other areas of my life. Totally unknowingly, I discovered the key, or at least one of them, to the mind. After reading a number of chapters on the imagination, none of which had the key, I began. Putting it quite simply, I would lie in my room at night and imagine throwing bowling balls. Never once did I miss. Never once did I bowl anything but a perfect game. I did this every night for weeks. I continued to do it, regardless of how well I was actually bowling at the bowling alley. The key, and I am going to put it into capitals first, was being used by me without even knowing it:

YOUR MIND IS NOT INTERESTED IN YOUR IMAGINATION FOR ANYTHING OTHER THAN THE NUMBER OF WINS OR SUCCESSES THAT ARE VISUALIZED. ONE IS JUST AS GOOD AS ANOTHER. ALL YOUR MIND CARES ABOUT IS THE QUANTITY. LET ME TELL YOU WHAT HAPPENED.

I was particularly interested in having this work, seeing as how the rest of my life depended upon it. Consequently, I would spend every night visualizing at least twelve (12) perfect games. To those not familiar with the sport of bowling, this would mean that I would see, or my mind would see, at least one hundred and forty-four (144) perfectly thrown balls. This went on for weeks and weeks. Notice that the longer it went on, the more convinced my mind became that I was a truly wonderful bowler. Let me explain to you what happened next. I was at the bowling alley one night, and not doing very well, when I suddenly bent over to take my stance before throwing the ball. Suddenly, my right hand and wrist turned by themselves, and I was now holding the ball in a totally different way than I had ever held it before. I also seemed to be the only one in the bowling alley that had noticed this strange occurrence.

As I was not sure what had happened, I simply threw the bowling ball while holding onto it in this new way. Much to my surprise, it seemed as though I was suddenly throwing the bowling ball the way that I had been visualizing for all of those weeks. It rolled down the alley and got a strike better than I had ever seen myself do before. I continued to visualize, and before very long, I was regarded as one of the top bowlers in all of the area where I was living at the time. This encompassed about five (5) states.

There was even one year when I was considered to be the champion of those five (5) states. This was decided by what is called, a tournament. The moral to

this little story is that I followed the principle of quantity, and was rewarded. At that time, I made the decision to give up bowling and attempt to find the answer to the problems of life itself. That is how encouraged I was by my bowling experience. Needless to say, there was much more that I had to discover. Fortunately, I had the foundation of my bowling experience to constantly reflect back on. Today I realize that it was my mind that turned my hand and transformed my life. At that time, I only knew the visualizing. I cannot even begin to tell you how that is not enough. Let me tell you what happened to me.

I wanted to know what was the secret behind this strange power? What was the underlying factor that made it work? What was behind it all? I decided to devote my life to discovering the answers so that I could pass them on to others. During the next six years, I was to read more than seventy books dealing with motivation, sales, leadership, and the secrets of the mind. I have studied mediumship, meta-physics, para-psychology, Alpha brain waves, ESP in several different forms, and practically every type of book that you could mention in these fields. I bought chapters on these subjects ten and twenty at a time. I looked only for the things that would provide practical application in life.

There were numerous examples of individuals who could do great things. There were even exercises suggested by the authors that, it was promised, would produce great results for the reader. However, most of the exercises required huge amounts of self-discipline (which most people don't really have).

The idea of the use of the imagination was suggested in practically all of the chapters. In fact, when I saw how many chapters were written about the imagination and how to use it, I kept wondering why the world was not already perfect. It seemed that all that people would have to do was to use these techniques from any one of hundreds of chapters on the subject. There certainly was an abundance of information.

Unfortunately, the thing I found out was that practically every person I came in contact with could not hold onto his imagination for any extended length of time.

Why was this, I asked myself. Here were all these people living lives of deprivation, and yet they had the greatest power in the universe right at their fingertips. Why didn't they use it? The first reason, of course, is that they really don't know how to. It took me seven years of almost constant searching to discover a method that could be applied to virtually anyone and then another eight (8) years of testing the method to be sure it worked. People that have gotten the method from me have had incredible things happen in their lives. They've won quiz shows, sold more houses than they ever thought they could, improved their singing voices, gotten married, and hundreds of other things. It can work for you too. However, it will not work for you in most instances if you use the imagination alone. The imagination is very powerful, but let me give you an illustration of what happens to a person in life, and what has already happened to

them.

Let's take an example of a person named Tom aged eighteen (18) and see what happens to him over his life which causes him to lose the power from his imagination. For the purpose of this illustration we're going to liken life to a forest that one must pass through.

Tom is told that all he has to do, to have everything he ever wants, is to run from point A to another place called point B. At point B. he will get everything he's always wanted and more. However, there are some conditions. First of all, he must pass through a forest on the way to point B. While he is in the forest, he will not be able to see Point B. The other stipulation is that he must run practically all of the way, or at least keep a very steady pace, because he will have a limited time to reach point B, but he will not know just how much. As long as he keeps up that good steady pace, there should be no problem.

As you can imagine, Tom, with the enthusiasm of youth, is off like a flash. He cannot wait to get to point B. He knows exactly what he wants; houses, cars, boats, planes, clothes, fine happy friends, and every good thing he can imagine. As you can see, he is still using his imagination at this point. He can just cheerfully see himself at point B.

Being in good physical condition, Tom runs every day. He is alive with enthusiasm. However, one day as he is running, a tree falls in front of him and almost hits him. Tom is not too alarmed, but now along with thinking about point B, he also has a little note to himself to watch out for falling trees. He continues on his way, but as time goes on, more and more trees fall and a few even hit him. By now, he has begun watching for falling trees and unfortunately does not see the hole directly in his path and falls into it. Now, he not only has in his imagination, falling trees, but also holes in the path. In fact, he becomes quite concerned, wondering how many more trees there are to fall on him and how many more holes there are to fall into. Then, one day as he is going along, a wild animal chases him and tries to bite him. A few days later, an animal succeeds in biting him, causing much pain. By now, Tom is wondering why no one warned him about the dangers of this forest he is in.

Fear has been introduced into his life that serves to paralyze his actions. Point B now takes up only a small part of his thinking. The majority of his imagination is taken up with wondering what new trees will fall, what holes there are to fall into, and what strange and new breed of wild vicious animal waits ahead. Tom has also stopped running because only by walking slowly is he able to spot the dangers in advance and thus avoid them. Also, instead of getting up at six in the morning and quitting at midnight, Tom now arises by 12 noon and quits by six in the evening. He reasons to himself that he must conserve his energy. Goodness only knows how terrible it would be to fall in a hole in the dark, or be felled by a tree, or even worse yet, to be stalked by some wild animal that he can't even see. Yes, Tom can very clearly imagine himself injured or even killed by any one of a

number of terrible things that lurk ahead. He can just imagine the terrible pain that he will have to go through if he makes the fatal mistake. He doesn't seem to notice that because he is walking slower, he seems to get hit by more trees; he falls into holes that he would have leaped over while running, and even the slowest wild animals are able to attack him.

Point B is all but forgotten and Tom begins to feel that it was all just a trick to lure him into the forest where he now feels trapped. Tom will now never reach point B because he is no longer motivated to get there. As you can see, he hasn't stopped using his imagination at all. He is using it more than ever! But, he is using it to see all the things he doesn't want, instead of all the things he does want. He is using it as a destructive tool against himself, instead of the most powerful element that he could possess to propel him toward Point B.

We can look at Tom and his predicament, but is he any different than the thousands like him? People who went into life with great enthusiasm and now crawl along like whipped puppies. Yes, my friend, the imagination is the key to life. You must control the imagination, or it will turn on you and become your worst enemy. The imagination, by the way, when it is out of control, has a name you will be familiar with. It is called worry. How did this happen? Well, it is very simple. Tom did not understand the mind, and went on automatic. It was his mind that was feeding him all of those things that were discouraging him on a day to day basis. He didn't have a chance, and neither does anyone who tries to go against his or her mind, whether it is knowingly or unknowingly. THE MIND WILL MAKE YOU MIND.

The key is to do all of those things that have been discussed earlier. The imagination is much too difficult to deal with until you have done a great deal of those. That is true for your life. As far as sports are concerned, the imagination can make you a better bowler, a better tennis player, or anything where you can see. More importantly, your mind can see the sufficient quantity of successful actions imagined that will let your mind go to work, and change your life in those areas. It will rule your body with the sufficient quantity of imagined successes.

Applying this in your love life, your personal life, your business life, or anything that is truly important to you will require the second (2) chapter entitled Escape From Planet Earth, as well as the third (3), entitled, How To Stop Worry Before It Stops You.

The second (2) chapter lets you see totally and completely how your mind sees your imagination. The third chapter will let you reclaim your imagination and take you to heights that you didn't even know were possible. You have much to look forward to. However, please realize that the information given in this chapter is of paramount importance. Make your win list once every day and check it off the next day.

If you put fifty (50) things on there, and you remember to check them off, your

mind will give you fifty (50) wins. This is absolutely vital. Should you not make out your list the day before, it can still be made out in the present day, and you can even go back and check off the things you have already done, such as get up, brush teeth, etc. Your mind is not chronological, but that is not that important. Make as many lists as you want of little simple things to decide to do, and then do them. You can even make this a game with your family, or your friends to help take your life away from your mind. It is up to you. Your mind is not listening to any of this, nor will it try to stop you from applying it. Do this enough, and you will get enough big wins in your life, so that you will know more happiness than you have ever known. It's time to go on to the next part of the formula.

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### Special Notes

*There is nothing further to say. I have said it all. It is up to you to do and use the lists described in this book. The only list you should do every day is the one to plan your next day, the night before. Just put on it the things you are very sure are going to happen. You can include things like doing the other lists. That is what I recommend. These lists will save your life from being taken over by your mind, or a series of egos. It is up to you to use these lists.*

*Enjoy the book, I expect you enjoy numerous experiences and desired results from DOING it. The key is in the doing. JUST DO THE LISTS. JUST DO THE LISTS. JUST DO THE LISTS. JUST DO THE LISTS. I think that makes it perfectly clear. Your life is yours to live. This book was created, so that you could live your life in the very best way possible.*

*The ideas will come from doing these lists. One of these ideas could propel you to a level of happiness, or fulfillment, that you never even dreamed of. Life is for the doers. You can be one of those. It is my sincere wish that this book will propel you forward to a level of happiness to where "YOUR CUP WILL RUNNETH OVER" so greatly that you will enrich the lives of all those with whom you come in contact. True happiness is in your relationships with others. By doing your lists, you will be totally prepared to have those relationships. You can have more happiness than you ever even dreamed was possible, but you have to be ready to receive it. The lists will do that for you.*

*The lists are meant to be done as a part of your life from now on. There is never a time to stop doing them. They are a tool to keep your mind from taking you over. That will give you happiness. You have my sincerest wish that you will continue to use the lists, and thus remain among the living. That is harsh, I know. However, it is just the way it is. I want you to have everything that will truly make you happy. That will make me happy. That's why I made my contribution to writing this book. Enough said.*

*If you would like to call and ask any questions, or share your experience of using this book, or for any reason regarding getting help with this book, please visit JoreJj Z. Elprehzleinn online at his blog:*

*[www.MagicalMindPower.com/wordpress](http://www.MagicalMindPower.com/wordpress)*

*If you get involved in the full program with Financial Intelligence I can personally assist you in using ClearTalk to consciously create your own reality.*

DISCLAIMER: Materializing what you desire and imagine is an ongoing lifetime process which requires that you have your mind on your side. Before using these tools, consider that you are changing your life. Due to the powerful forces of change that may be brought about, your life circumstances will almost certainly be affected, and the amount and nature of change can be perceived as painful and difficult to some, even if the best of what you desire and imagine is materializing. Others may find the very same process exciting and spiritually and materially freeing.

In order to remain stable during so much change, you need to be able to count your results, in other words track your progress. Otherwise, even if you materialize what you desire and imagine, you may not really appreciate or even really notice that you are materializing what you desire and imagine. Tracking results also helps you to feel complete and satisfied, which lends itself to relaxation and enjoyment.

Developing a seriously powerful attitude of gratitude also helps you to stay in touch with the divine forces that are helping you materialize the best of what you desire and imagine and counterbalance against various unwanted tendencies that may arise during your success. Many people experience immediate and daily results by using the Life Transformation tools and at the same time, materializing some or all of the things or situations or conditions that you desire and imagine may take a very long time, or may not happen at all.

I have experienced that even when I or people that I have helped do materialize what they desire and imagine, that often what materialized does not make me or the person totally satisfied, due to the ongoing nature of desire, and various psychological and other factors. Materializing what you desire and imagine may not make you happy. Other people have said that materializing desire and imagination is a form of magic - that you can get caught in the lower astral planes if you focus on materializing your desires and imagination using this kind of technology.

One of the biggest mistakes that I discovered that people make in this art and science of materializing desires and imagination, is that people tend to believe that they are "creating their own reality". If that is your belief, you are entitled to it. However it is my belief that the creator does the creating. We just put in our order, like at a restaurant. The entire basis of the Life Transformation system is to introduce you to the idea that you do indeed have your own reality, yet ONLY in your imagination. The ordinary world, the one that we all live in, plays by very different rules than the ones that operate, "in your own universe". The "real" world is a shared space, not just yours or anyone else's.

Furthermore, I believe that "in the universe" the best thing you can do to boost your ability to materialize what you desire and imagine is to stop trying to do it all yourself. Learn what you can do to help yourself imagine the life of your best desires, and imagination, then let "The Creator" do the creating, and you do the enjoying of what the ALL that IS or whatever you believe in as the divine force, creates for you, in relation to what you imagine you have and do and are in your own universe.

## ESCAPE FROM PLANET EARTH

WHY WOULD ANYBODY WANT TO ESCAPE FROM PLANET EARTH? WELL, THERE ARE MANY REASONS, AND THE GREATEST OF THESE IS WHAT IS CALLED, "INSANITY".

So, the question is how do we escape from the insanity around us? How do we keep our heads, when the rest of the world is losing theirs? How do we Escape from Planet Earth long enough to gather ourselves, when we are at wits end? Even more important, where do we go? These are questions that have troubled humankind for eons. In WINNING, I gave some practical suggestions, which, if followed, would enable one to escape partially. In this book, I am going to expand on that and give you even more ways to escape, so that you may lead not only a more productive life, but a happier one as well, free from the pressures that torment many in our society.

In WINNING, I touched upon the idea of using the imagination. The imagination is very powerful, but before you can use it, you have to learn how to protect it. The secret to this lies in the following, which will be in all capitals:

**YOUR IMAGINATION IS UNDER CONSTANT ASSAULT BY THE VERY PROCESS OF LIVING YOUR LIFE. EVERY PART OF SOCIETY IS GEARED TO TAKING IT OVER.**

That may be shocking to hear, but the simple truth is that everybody is trying to sell you something. Now, whether you choose to buy, or not, will virtually depend on how much of your imagination you have been able to take back. The exercises I am going to provide you with will be wasted, if you do not take back your imagination. Once again, it is your mind that has taken over the duty that you should be performing with your imagination. The real key to taking it back over will be discussed later. For right now, let us discuss some ways to stop your imagination from being assaulted. This will require a certain amount of discipline on your part, but nothing very serious.

### HOW TO STOP ASSAULTS ON YOUR IMAGINATION

The first method is something that everyone can do quite easily. This method is simply to avoid all of those places, you possibly can, that would assault your

imagination. Of course, before we can avoid those places, we must first know where they are located. Let me name just a few of the areas in our society where your imagination could be assaulted. BARS, HOSPITALS, PEOPLE YOU HAVE FOUND TO BE HARD TO BE AROUND, AND ANY PLACE INVOLVING DRUGS OR ALCOHOL IN ADDICTIVE AMOUNTS, ARE EXCELLENT PLACES TO START. THOSE ALONE COULD HELP YOU IMMEASURABLY.

Let me give you some other areas to stay away from. What about your daily newspaper or the 6:00 news? One of my students gave me the best definition of a newspaper. He said, "A newspaper is a collection of the worst insanity of the day before, which come to us a day late just to prove that we can't do anything about it anyway." Now, I am not telling you to stop reading the newspaper forever. I am just suggesting that you might try it for a while to see if you feel any differently. Should you not want to give it up, or don't feel you can give up the paper entirely, try restricting yourself to those sections that do not so blatantly display the insanity of man and his atrocities perpetrated upon his brothers and sisters. The same goes for the 6:00 news or any other television or radio news. Don't listen to the sensationalism and problems. I've often felt, that if the newscasters were truly honest, they would begin their broadcasts something like this,

*"Good evening ladies and gentlemen this is Rodney Thomas bringing you the 6:00 news; the latest happenings of insanity around the world. We're happy to bring to you, for your enjoyment this evening, two robberies, three murders and one heck of a rape. More to come after the commercial."*

That, to me, would be an honest version of the news. Now, before you insist on how important it is to be well informed, just examine something for a minute. On any given day, at least 100,000 men will go home from work, play with their kids, kiss their wives, and eat supper. Do we hear about them? No, we hear about the one guy who goes home and kills or injures his family, because that is newsworthy. Believe me, the world is not filled with anywhere near the number of terrible people that we may have been led to believe. I will never forget one of the more wonderful bits of comedy. George Carlin was satirizing a newscaster and said something like this, "Here's some sad news. A dog exploded on the main street of Los Angeles today. 40 people were overcome by flying fluff."

When we can laugh at the news, it's not nearly as serious, nor is its effect on us. I have found from experience though, that when you watch it everyday, it doesn't take very long before life becomes very serious. Something seems to rub off on you, a little bit at a time, until you just assume the attitude that you have from watching the news is just the natural way to feel. It isn't until you pull away from it again, perhaps during a trip to the mountains, or while on vacation, that you can feel its powerful pull to suck you in.

One of my students had to visit his parents, who dutifully watched the news every night. The student was also obliged to watch it as well. He hadn't followed the news for quite a long time prior to visiting his parents and, when it came on, he

suddenly burst out laughing. My student then explained how he had been taking awareness workshops and, that when the newscaster came on, he thought, at first, that the newscaster was doing an impression of his teacher doing his impression of a newscaster! His parents, by the way, did not find the story even remotely amusing. This is understandable, because they were serious people and hadn't yet escaped from the "drama" of the "news."

Let me tell you something absolutely vital about this, and it will be in all capitals:

**YOUR MIND DOES NOT CARE WHETHER YOU WATCH THE NEWS OR READ YOUR NEWSPAPER. HOWEVER, WHEN YOU BECOME KNOCKED OUT, OR DULL, FROM DOING SUCH, YOUR MIND WILL TAKE OVER THE RECORDING. YOU WILL THEN ACCUMULATE VAST QUANTITIES OF LOSSES INTO YOUR MIND, JUST AS THOUGH YOU HAD LIVED THE HORRIBLE THINGS THAT WERE ON THE NEWS, OR IN YOUR NEWSPAPER. YOUR MIND WILL THEN TAKE THOSE THINGS AS A PART OF ITS OVERALL FACTORING IN DETERMINING WHETHER TO STOP YOU, FEED YOU NEGATIVE THOUGHTS, OR JUST PLAIN TRY TO STOP YOU FROM EVER EVEN TRYING SOMETHING EVER AGAIN. THIS WILL EVEN BE TO THE EXTENT OF CREATING PHYSICAL PAIN, OR DISCOMFORT, AND IS THE PRIMARY SOURCE OF WHAT IS CALLED, "PSYCHOSOMATIC ILLNESS". YOUR MIND WILL TREAT YOU FAR BETTER, IF YOU DO AVOID THE TYPE OF LOSSES THAT ARE IN THE DAILY NEWSPAPER AND ANY FORM OF NEWS. THAT IS ENOUGH SAID.**

You can also apply this to other areas of your life. You might consider violent movies, both at the theater and on your television. Of course, I'm not telling you what movies or programs you can see or not see. I'm simply suggesting that it might be a good idea to stay away from violence in all forms for a while and see if you feel better. This can in fact work wonders, because the hypnotic power of television and movies is quite incredible. Madison Avenue knows this, which is why there are so many commercials. Let me give you another great truth, which will be in all capitals:

**YOUR MIND DOES NOT CARE WHOSE LIFE IT IS WATCHING. IT CAN WATCH SEVERAL LIVES AT THE SAME TIME. HOWEVER, IT IS ONLY YOUR LIFE THAT IT WILL TAKE OVER. YOUR MIND SHOULD NEVER SEE CERTAIN THINGS THAT ARE PORTRAYED ON THE MOTION PICTURE SCREEN, OR ON TELEVISION. JUST THINK FOR A SECOND. WHY DO YOU WATCH WHAT ARE CALLED PROGRAMS? COULD IT BE THAT YOU ARE BEING PROGRAMMED? YOUR MIND MOST CERTAINLY IS, AND BECOMES MORE DIFFICULT TO DEAL WITH THE MORE PROGRAMS THAT YOU WATCH. UNTIL YOU BREAK AWAY FROM THE EFFECT THAT TELEVISION, MOVIES, AND PERIODICALS HAVE HAD UPON YOU, YOU WON'T BE ABLE TO FULLY APPRECIATE WHAT I AM TALKING ABOUT. YOUR MIND IS LITERALLY USING YOUR IMAGINATION TO REPLACE YOUR IDENTITY WITH WHATEVER TELEVISION PROGRAMS OR MOVIES THAT YOUR MIND**

HAS CHOSEN TO REPLACE YOU WITH. IT WILL STOP DOING THIS, WHEN YOU DO THE EXERCISES DESCRIBED IN THE FIRST BOOK CALLED, "WINNING". YOU HAVE TO TAKE YOUR LIFE BACK, AND ONE OF THE FIRST STEPS IS TO TAKE IT OUT OF THE HANDS OF THOSE THINGS THAT HAVE HELPED YOUR MIND TAKE IT OVER. AS TIME GOES ON, YOU CAN WATCH MORE AND MORE THINGS. HOWEVER, FOR RIGHT NOW, YOU WOULD BE FAR BETTER OFF TO RESTRICT YOUR VIEWING VERY SEVERELY. IT'S UP TO YOU. THE KEY IS TO LIVE YOUR LIFE, NOT LET YOUR MIND LIVE VICARIOUSLY THROUGH THE LIVES OF A LOT OF FICTIONAL CHARACTERS. ENOUGH SAID.

## THE TRUTH ABOUT CRITICISM

The next thing I am going to tell you about is a further extension of what was discussed earlier. There is a type of poison that people put forth, and it is a killer. The thing I am talking about is criticism. Criticism stems from severe unhappiness. Severe unhappiness then translates into a form of callous behavior that destroys lives wherever it goes. There is a great truth about this, which is going to be put into all capitals:

YOUR MIND DOES NOT CARE WHETHER YOU ARE CRITICIZED OR NOT. IT JUST ACCEPTS WHATEVER WAS SAID AS THE GOSPEL TRUTH. IN THE WAKE OF THIS, THE VERY BEST THING FOR YOU TO DO IS JUST TO STOP ASSOCIATING WITH ALL OF THOSE THAT WOULD CRITICIZE YOU. AT A MINIMUM, YOU SHOULD STAY AWAY FROM THEM AS MUCH AS YOU POSSIBLY CAN. IF THIS IS NOT POSSIBLE, UNTIL YOU GET THE EXERCISES IN CHAPTER THREE (3), JUST GO AHEAD AND SPEND AS MUCH TIME AS YOU CAN DOING THE EXERCISES IN CHAPTER ONE (1). THE KEY HERE IS TO STAY ALERT AND CRITICISM CAUSES YOU TO DO THE OPPOSITE OF THAT. ENOUGH SAID.

## HOW TO HANDLE OTHER PEOPLE'S PROBLEMS

The next area we are going to take up is one that you wouldn't even think you had to do anything about. What I am referring to is the people who bring you their problems. There is a great truth here that will be put in all capitals:

YOUR MIND WILL ACCEPT OTHER PEOPLE'S PROBLEMS, AND WILL NOT DIFFERENTIATE THEM FROM YOUR OWN. SHOULD YOU NOT HAVE AN EFFECTIVE WAY TO KEEP YOUR MIND FROM THINKING THAT ALL OTHER PEOPLE'S PROBLEMS ARE YOUR OWN, YOU ARE IN FOR A FORM OF HURT THAT JUST COULDN'T EVEN BE IMAGINED. THE ONLY WAY TO STOP YOUR MIND FROM TAKING ON THE PROBLEMS OF EVERYBODY WHO BRINGS THEM TO YOU IS BY TAKING CONTROL OF WHATEVER IS

GOING ON. IT IS MUCH LIKE PLAYING TENNIS, FOR YOU ARE ATTEMPTING TO KEEP THE OTHER PERSON'S PROBLEM, OR PROBLEMS, FROM ENDING UP IN YOUR COURT. THIS CAN BE VERY TRICKY, AND I HAVE FOUND ONLY ONE WAY TO DO THIS. LET US TAKE IT UP NOW.

The person who brings you problems can be your worst enemy, even though he or she may be your best friend. Have you ever noticed that someone brings you their problems and then walks away feeling much better? Yet, you may now feel terrible. To understand this particular phenomenon, we must understand the nature of a problem. I first heard this in a small course that I took many years ago. Nothing about the course was that good, except for what you are about to read. Imagine that one of your friends brought one of his or her paintings to you for your opinion. You wouldn't look at your friend's painting which they had just done and say, "My gosh, that's terrible. What kind of junk is that? I'll bet you didn't spend over five minutes on that painting." No, you wouldn't do that. Yet, when a friend brings us a problem, most of us would think nothing of saying, "Why, that's nothing. Other people have much bigger problems than that. All you have to do to solve it is do this, this, and this." Whereupon, the other person says one of two things: Either, "No, I've already tried that and it didn't work," or "Well, that's easy for you to say, but this is really a problem."

Even worse are the people who take your advice, go solve the problem, and then bring you another one in a week or so that makes the first one look small by comparison. It's not very satisfactory either way, is it?

## THE SECRET REASON PEOPLE BRING YOU PROBLEMS

Here's the secret. When someone brings you a problem, they are not looking for an answer from you. What they are looking for is your admiration for their ability to create a problem. I realize that sounds bizarre, but having seen it work out that way so many times in my own life, and in that of students, I now recognize it as just the way it is. It's very simple to give admiration to their problem. First, you acknowledge that it is definitely a problem. In fact, it is a big problem, so big that you don't see how you could possibly help them. You're just glad you don't have problems that big, because you don't know what you would do. The key here is to say all this sincerely - even though you have to bite your tongue to keep from giving them the solution. Almost like magic, your friend will brighten up, realizing that he or she has created a problem which is Big Enough! All of a sudden, he or she will have the solution or feel absolutely wonderful about the problem and go on their way. The main thing is to elevate the level of self-confidence of your friend.

Let's look at some actual examples of how this has worked for me and for some of my students. The first example that comes to mind is something that happened to me within 48 hours of the time that I first heard about this strange idea. I was out

on the street, when an old woman approached me and asked me if I knew where she could get a job. I told her that I did not know of anyplace. She then proceeded to tell me how she had just gotten out of the hospital and could not find any work. When I did not respond quickly enough, she then went on to say her daughter was going to have to go into the hospital in two months. Then, when I still did not respond, she told me how her son also was going to have to go into the hospital in another six months, and neither he nor her daughter had been able to find a job for years. I then looked at her, and without thinking, said very sincerely, "My God, you poor woman. Those are some of the worst problems that I've ever heard. I'm certainly glad I don't have problems like that. I don't know how I could even live." Much to my surprise, a smile as wide as the corners of her mouth could reach, broke out all over her face and she said, "I'm glad you don't either." She then turned around and walked happily away. I was stunned for a moment, but then realized what I had done. Lest any of you accuse me of being callous and unfeeling about her problems, I just want to say that I meant everything I said to her and it wasn't until she happily walked away that I realized that I had just applied the principle.

I have since applied it in many ways, even going so far as to help one of my friends who had called to tell me that she was going to commit suicide. Sometimes, by the way, you have to tell a person over and over again. In the case of the projected suicide, I just kept acknowledging over and over again what a horrible problem it was. The problem, in this case, was that she was depressed because she could not find a decent man to love her. She was terribly down and upset. I must have told her 30 or 40 times, in one way or another, what a horrible problem she had and how strong she must be to have created such a big problem. I also mentioned that I wasn't capable of handling such big problems. Therefore, I did not create any. After denying several times that she had created the problem, she suddenly realized that the reason no good man was in her life was because she was in terrible shape mentally and projected that. What's more, she had made herself that way because a really good man would be the type who would love her when she was down. Somehow, her "Knight in Shining Armor" would be able to see through all the negativity, which she had surrounded herself with, and see the real her. It wasn't long after this realization that she ended the conversation in a very cheery voice by saying, "Well, I guess I'm going to live after all." Probably your use of the principle may seldom be as dramatic as this, but I am sure you will be amazed at just how much service you can provide your friends, by seemingly providing no help at all. Another example came from one older student. Her little granddaughter came to her just crying her little eyes out. It seems that her brother had hit her, and she was very upset. Well, the grandmother, instead of trying to dry her tears and buy her off with ice cream and cookies, just looked at her and said, "my goodness, that's a terrible problem. It must be awful being three years old. I'm certainly glad I don't have problems like that." The little girl suddenly looked up, gave her grandmother a great big smile, and came over and gave her a hug. There are, as you can see, also rewards. I am sure that you can think of examples from your own life. Perhaps you told a friend a problem and they solved it for you. You went away feeling worse, but never

knew why. Perhaps you have solved problems for others that you shouldn't have.

A problem is like a puzzle. Imagine that you invented a new kind of puzzle, something with the complexity of a Rubik's cube where you have to line up all the squares. This puzzle is so good that it takes you, the inventor, 15 minutes to solve it each time. You are very proud and wish to try it out on somebody. Along comes your friend, and you present the puzzle to him, chuckling slyly to yourself. You expect him to anguish over it and finally turn to you in defeat for the answer. That doesn't happen. Instead, your friend takes the puzzle, studies it for about 30 seconds, and proceeds to solve it in about three minutes. How do you suppose you'd feel? Your friend has just proven beyond a shadow of a doubt that, not only are you a lousy creator of puzzles, but also, that he is far more intelligent than you are. And that is exactly what happens when you solve a friend's problems or he solves yours. It would have been kinder to slap him across the face than to show him what a dummy he is in your eyes. The idea should be to make your friends feel good about themselves and you cannot do that if they feel you are far more intelligent than they are.

So, the key to handling problems of others is to acknowledge problems as problems. Realize this significant fact. The only person who can satisfactorily solve the problem is the one who created it. This acknowledging is rare in our society. Generally, what happens is that people play a game of one-upmanship when it comes to problems. One tries to tell another his problems. The other responds by trying to say his are bigger. Nobody gets acknowledged and the problems get bigger. Here is a story to illustrate that point.

The story is told of two gentlemen eating their meal in a restaurant, when one suddenly says, "Boy, business has been terrible. January was the worst month I have seen in 20 years. Then came February, it made January look like a banner month. I thought this was bad and then came March. March was so bad I considered bankruptcy." Suddenly, the other man interrupted with, "You think that's bad. Let me tell you something. You know my son, the one at the university. He has this girl friend he's in love with, but he never brings her home. I figure this is getting serious, so I pay a surprise visit to my son and his girl at their apartment. Do you know what I found out? My son's girl is another guy. Do you hear what I am telling you? The flesh of my flesh, the blood of my blood, is a homosexual! Could anything be worse than that?" The other man just sadly looked over at him and said one word, "April."

Let me say that this is just a joke, and not meant to put down or diminish any person. Society has its prejudices, and this is just one of them. The key is quite simple, and will be put in capitals:

**YOUR MIND WILL NOT DIFFERENTIATE THE PROBLEMS OF OTHERS FROM YOUR OWN. HOWEVER, IT WILL ACCEPT YOUR LITTLE GAME OF TENNIS, AND APPLAUD YOU FOR IT. IT WILL CONSIDER THIS TO BE A WIN FOR YOU EACH AND EVERY TIME YOU KEEP A PROBLEM FROM**

**BECOMING YOUR OWN. HERE IS HOW YOU DO THIS.**

### **THE THREE (3) THINGS YOU CAN SAY TO KEEP PROBLEMS AWAY**

There are three (3) things that you can say to keep problems away. The key is acknowledgment.

You can do this by saying,

“You’re right”, “I agree”, or “I understand”.

You can just keep saying these over and over again, while the other person talks, and your mind will not take on their problems. It is also important to tell the other person that it is a problem. You do not have to go into how you know they have created it, or anything like that. In fact, unless you are a trained psychologist, you would be far better off to avoid telling that to anyone. Most people who bring you their problems will be very content to just be acknowledged that it is a problem. The idea is to be kind, but to always remember that they want to solve their own problem, if at all possible. It is very good to keep saying that you don’t know the solution to their problem. Sometimes, that will seem insane, but your mind won’t think so. Should you solve the other person’s problem, your mind no longer regards it as their problem. It will give you a win, but it is just not worth it, seeing as how you already had the win without taking over the other person’s problem, or problems. There is another great truth that connects up with all of this, and it will be put in all capitals:

**YOUR MIND WILL NEVER TRY TO SOLVE THE PROBLEMS. IT WILL JUST CONSIDER YOU TO BE THE KIND OF A PERSON THAT CANNOT HANDLE THEM. THIS IS ONLY IF YOU DO NOT PLAY THIS LITTLE GAME OF TENNIS. WHY THIS IS, GOES VERY DEEP. YOUR MIND DOES NOT RECOGNIZE THAT THERE IS SUCH A THING AS PROBLEMS. THE ONLY THING IT SEES IS SOMETHING HAPPENING, AND THE EFFICIENCY WITH WHICH IT HAPPENS. YOUR MIND WILL SEE ANY SLOW DOWN AS AN INDICATION THAT YOU NEED TO BE TAKEN OVER, AND IT WILL ACT ACCORDINGLY. DO NOT PLAY THIS LITTLE GAME OF TENNIS, AND YOUR MIND WILL NOT BE ON YOUR SIDE. ENOUGH SAID.**

This closes our section on how to keep your imagination from being assaulted. I am now ready to tell you another great truth, and it will be in all capitals:

**YOUR MIND DOES NOT CONSIDER YOUR IMAGINATION TO BE IMAGINARY. YOU MIGHT THINK OF IT AS ANOTHER PLACE, OR EVEN ANOTHER UNIVERSE. YOU CAN HAVE SOME WONDERFUL FUN WITH THIS. JUST START CONSIDERING YOUR IMAGINATION THE WAY THAT YOUR MIND DOES. NOTHING WILL PUT YOU IN GREATER HARMONY**

WITH YOUR MIND THAN TO CONSIDER YOUR IMAGINATION TO BE A SEPARATE UNIVERSE. I KNOW THIS SOUNDS VERY BIZARRE, BUT IT WORKS. YOUR MIND LOVES IT, AND IT WILL SUPPORT YOU LIKE IT HAS NEVER SUPPORTED YOU BEFORE. LET US BEGIN.

When I say universe, I mean exactly that. Your mind thinks you have one, so you might as well take advantage of that. It's just that no one has ever really made it totally clear to you. The definition of universe is quite simple; it means the earth, the heavens, the stars, the sun, and all contained therein. You, too, have a universe. I'll prove it to you by the following exercise. After you've read all these instructions, close your eyes. Visualize a sun. Put planets revolving around the sun. Put moons revolving around the planets. Now, stick in a whole lot of stars. Now, close your eyes and do it and enjoy it.

## CHAPTER 2, EXERCISE 1

Now, let's focus on an exercise. Read the instructions and then do it with your eyes closed.

Visualize a motion picture screen. This is your door into your universe. Now, get the idea of going through the motion picture screen to the other side. You'll find yourself in open space. Now, start to make that space bigger. Now double the space. Then, double it again. Then repeat the phrase, "I am 'now in my own universe.'" After you have done that, repeat these phrases, "I have wonderful friends all around and I have personal contact with these friends."

What do you notice? Perhaps, you feel very good or relaxed. Many of my students have said that it felt so good in their own universe they just wanted to stay for a little while longer. Did you notice that when you said those phrases, it seemed effortless? It just all seemed to be true. Well, that's because your universe is your servant. It will do anything you desire and imagine because it is yours. That's why the physical world does not respond quickly to your needs, if at all. It is not your universe. That's why people are so confused. They keep getting the physical universe mixed up with their own universe. Before we go any further, let's look at why you might not have known that you had a universe, when it's so apparent that you've had it all along.

Well, the main reason is that your universe has been dismissed as your imagination. That is, by those who are kindest to you. By others, it has been referred to as "just" your imagination, and by still others as "just a figment" of your imagination. Your greatest power, your own universe, has been put down. Why? Those in the society who are afraid of competition fear anyone with imagination. They are not able to use theirs, so why should you be able to use yours?

Let me give you a new definition of the word critic. "A critic is someone who has lost his dreams, so now he wants to kill the dreams of the people he comes in contact with." Your dreams originate in your universe. They are a part of your aliveness. Take away a person's dreams and that person can be manipulated by almost anyone. The critic reasons that no one is as dangerous as the person who dares to dream. Try it out, if you don't believe me. Go out on the street and tell your innermost dreams and hopes to a few people and see what happens. If you don't come away a little scarred from the experience, I will be surprised. Share your dreams only with those that you know are also alive and have dreams. It is as simple as that.

Let's get back to this confusion of universes. The confusion goes two ways. First of all, there are the people who just try to work everything out in the physical universe. They think that's all there is. They just take life as it comes and, if they can't see it right in front of them, it isn't there as far as they're concerned. Their motto is work and more work. They don't really have much fun. Even worse than them, however, are the people who truly think that the physical universe is their universe. This is your hopeless dreamer. He just dreams constantly about a better life without taking any constructive action in the physical universe to make the dream come true. He just can't understand why, if he just thinks about something he desires and imagines it doesn't show up immediately in the physical universe? What he doesn't understand is that it has shown up in his universe immediately, but the physical universe is not his universe. Realize this great truth, and it will be in all capitals:

**YOUR UNIVERSE IS AN ACTUAL PLACE EVERY BIT THE SAME AS THE PHYSICAL UNIVERSE. IT JUST DOESN'T OPERATE UNDER THE SAME LAWS. IT IS NOT IMAGINARY. IT ACTUALLY EXISTS, AND IT IS SEPARATE FROM THE PHYSICAL UNIVERSE. MORE IMPORTANTLY, THIS IS HOW YOUR MIND SEES IT. YOU ARE EITHER GOING TO BE TAKEN OVER BY YOUR MIND, REGARDING THIS, OR IT WILL BE YOUR BEST FRIEND. AT LEAST, BY SEEING IT THE SAME WAY YOUR MIND DOES, YOU WILL HAVE A BETTER THAN AVERAGE CHANCE TO MAKE IT WORK FOR YOU. THIS IS AN ENORMOUS ADVANTAGE FOR YOU.**

Here is an example. Suppose this fellow is taking out his girl and, every time he sees her, she is just a little bit different. Maybe, it's the way she holds his hand or perhaps the inflection in her voice. He is quite puzzled. One day he is out walking, when suddenly he sees the girl he has been dating. He can't believe his eyes, because next to her is also the girl he has been dating. At once, he realizes the truth. He has been dating twins. All along, he thought he was dating one girl and he was dating two!

Well, it is the same with you. You may think all along that you have been working with one universe. But, the truth is you have been working with two. The question is just what do you do with this new information. It would help if you knew the relationship between your universe and the physical one.

## CHAPTER 2, EXERCISE 2

You are going to need a mirror. Do you have one handy? If not, go get one or take this book to a place where there is a mirror. Are you ready?

Put your right hand in front of the mirror, so that you can see the reflection. Notice what you see. You should see the reflection. Take your hand away. What do you see? You see nothing. Again put your right hand in front of the mirror. You see the reflection. Then, take your hand away. Again, the reflection is absent.

What you should have noticed is that when you put your hand there, it is there in the mirror and when you don't put your hand there, it is not there in the mirror. Obvious, you say? Well, it's the same with your universe and the physical universe. The physical universe is a mirror of your universe. Your question may be, "Why doesn't the physical universe do a better job reflecting your universe, then, if it is just a mirror?" The answer to that is such a great truth that it will be put in all capitals:

**THE PHYSICAL UNIVERSE IS NOT ONLY A MIRROR OF YOUR UNIVERSE, BUT IT IS ALSO A MIRROR OF EVERYBODY ELSE'S UNIVERSES. THEIR UNIVERSES REFLECT OFF FROM THE PHYSICAL UNIVERSE WITH SUCH A FORCE AND VELOCITY THAT IT IS VERY HARD FOR THE CREATIONS FROM YOUR OWN UNIVERSE TO GET THROUGH THE FORCE EMANATING AT YOUR UNIVERSE FROM THE PHYSICAL UNIVERSE.**

Let's say, in the example of the mirror, that the mirror was giving off a heat that made it almost impossible to put your hand in front of it. That would be a truer example of the way things are. What you are doing is spending so much time agreeing with the things coming at you from the physical universe that you think that that is the way it is in your own universe. It is not so. If you have an accident in the physical universe, it is not happening at the same time in your own universe, unless you agree it to be so. You are sort of in the position of a fighter who can knock out his opponent with one blow, if the other fellow will stop hitting him long enough so that he can land it. You are so busy agreeing with, and defending yourself from, the physical universe that you can't seem to get up a good offense. Does that sound familiar?

Many people have resigned themselves to this, much like the two cowboys in the days of the old west who were huddled around their camp fire late at night. Surrounding them were at least 1000 hostile Indians. In order to appreciate this story, it is relevant to know that it was thought that Indians would not attack at night, because if they were killed their spirits might not be able to find their way

home. This was only true of certain tribes, but it so happens this was one of them. One of the cowboys looked out at all the hostile Indians and then turned resignedly to his friend and said, "Well, Charley, we might as well try and get some sleep. They're not going to attack until morning." Some of us feel like that sometimes. The next paragraph is going to be capitalized for you to read over and over again until it finally sinks in. When that happens, you will have such an awakening that you will feel like jumping up and down. Here it is:

THE PHYSICAL UNIVERSE IS NEITHER YOUR ENEMY, NOR YOUR COMPETITION. IT IS JUST A MIRROR REFLECTING THE UNIVERSES OF ALL THE OTHER PEOPLE WHO ALSO WANT THEIR WAY. GET THE IDEA THAT YOUR UNIVERSE IS LIKE A CASTLE THAT IS UNDER ATTACK. THE EMANATIONS COMING FROM THE PHYSICAL UNIVERSE ARE THE ATTACKERS. SOMEHOW, YOU MUST DEFEND YOUR CASTLE AND AT THE SAME TIME FASHION YOUR OWN MISSILES TO SEND TOWARD THE PHYSICAL UNIVERSE. THE SECRET HERE IS NOT TO AGREE WITH WHAT IS COMING FROM THE PHYSICAL UNIVERSE. WELL, SOME MIGHT SAY, "OH, THAT'S EASY. I ALREADY DISAGREE. I DON'T LIKE THE GOVERNMENT. I DON'T LIKE WAR. I HATE POVERTY, ETC." WELL, MY FRIEND, THIS IS NOT DISAGREEING. THIS IS BEING DISAGREEABLE. THIS IS ACTUALLY COMPLETELY AGREEING WITH THE PHYSICAL UNIVERSE AND THEN COMPLAINING ABOUT IT.

ACTUALLY, DISAGREEING MEANS TO MAINTAIN THE SEPARATENESS OF YOUR UNIVERSE FROM THE PHYSICAL UNIVERSE. I GUARANTEE YOU THAT, IF YOU RUN YOUR CAR INTO A TREE IT IS GOING TO GET DAMAGED. IF YOU JUMP YOUR BODY OFF A BUILDING, IN THE PHYSICAL UNIVERSE, IT IS GOING TO GET INJURED. IN HOW TO STOP WORRY BEFORE IT STOPS YOU, I GIVE YOU SPECIFIC EXERCISES, USING PEN AND PAPER, WHICH WILL ENABLE YOU TO DISAGREE WITH THE PHYSICAL UNIVERSE SAFELY AND MAKE YOUR HOPES AND DREAMS MATERIALIZE FASTER THAN YOU EVER THOUGHT POSSIBLE.

FOR NOW, JUST MAKE SURE YOU DO ALL YOUR DISAGREEING IN YOUR OWN UNIVERSE. CREATE YOUR DREAMS IN YOUR OWN UNIVERSE AND REALIZE THEY ARE TRUE THERE. IN SUCCEEDING CHAPTERS, THERE WILL BE MORE SPECIFIC INSTRUCTIONS ON HOW TO DO THIS. SPECIFICALLY, YOU WILL BE SHOWN HOW TO CREATE YOUR OWN UNIVERSE, AND THAT CAN BE VERY EXCITING. IN THE MEANTIME, LET ME CLOSE THIS BOOK WITH TWO STORIES THAT SHOULD LEAVE YOU WITH SOME GOOD FOOD FOR THOUGHT. I REALIZE WHAT HAS BEEN SAID IS PROBABLY VERY CONFUSING TO YOU RIGHT NOW. READ THIS OVER EVERYDAY, THAT IS, JUST THIS LAST TRUTH PUT FORTH IN ALL CAPITALS. IF YOU LIKE, COPY IT ONTO A SEPARATE CARD OR PAPER AND CARRY IT WITH YOU EVERYWHERE YOU GO. YOU ONLY NEED TO READ IT ONCE A DAY. HERE ARE THE STORIES:

The first is an example of why you should disagree only in your own universe. You see, you are like a little boy who was beaten up by a bully. If that little kid keeps going after the bully, he is only going to get hurt worse. If he is smart, he will learn Karate, Judo, and boxing. Also, he should start lifting weights. Everyday, when he sees the bully, he says, “yes sir, no sir, and what can I do for you sir.” But, when he is at home, he is constantly practicing with the weights and all the self-defense skills. If he does this faithfully, one day he will be able to go back to the bully and claim his revenge. Until then, he must be patient, and build his strength and skill. So must you be patient or you may end up like another little boy, who became very excited when one of his young friends bragged to him about how he had thoroughly told his father off the night before.

The first little boy said, “What did your father say?” The second little boy said, “He didn’t say nothing!” The first little boy, encouraged by this, resolved that he was going to go home that evening and tell his father off, too. When he got home, he took his father aside and said he wanted to talk to him. He said he was tired of the way things were going and wanted to see some changes made. He wanted a new bicycle. He wanted no more vegetables in the house. There would be nothing but hamburgers, French fries, and chocolate shakes for supper. He wanted a new television in his room, and he was also going to quit school. His father asked him if that was all and then proceeded to give him the spanking of his life. The little boy was shocked as well as in pain. He could not wait to get to school to confront his friend. Arriving at school the next day, he immediately drew his little friend aside and said, “My father nearly beat me within an inch of my life when I told him off. How come your father let you get away with it?” The other youngster paused for a minute and then said, “Well, there’s something I forgot to tell you. When I told my father off, he was in the kitchen downstairs and I was in my bedroom closet upstairs.” So, as you can see, my friend, it is very important to do all your disagreeing in your own universe, until you’re bigger and stronger. The succeeding chapters will give you full instructions on just how to do that. It is not expected that you already know how. Just follow the techniques in the chapters to come, and you will become a complete expert, not only at creating your own universe, but, also, at totally disagreeing with the physical universe in total safety.

The other story is about patience. You must have patience in order to make your dreams come true. Otherwise, you won’t keep creating your own universe long enough to have it materialize in the physical realm. This story will exemplify one of the best secrets to success in creating your own universe.

There once was a man from the city who inherited a farm. He didn’t know anything about farms, but he thought he could make some money from it. However, when he got to the farm, he found the only thing that was left was a female pig and was very disappointed, until the farmer down the road informed him that his female pig would produce baby pigs and they then would produce more pigs and so on. Our friend was elated, much like some of us are when we first discover this “Create Your Own Universe” technique. He had visions of a pig empire. Early the next morning he put his sow in a wheelbarrow and pushed her

down the road to a neighboring farm where there was a male pig. After the two had finished, he brought his sow home. The next morning, he rushed out to see all the little baby pigs that he just knew were going to be there. But, there were none. Our hero reasoned that perhaps it took more than one time with the boar. So, once again, he loaded his pig in the wheelbarrow and down the road they went to the male pig and returned. The next morning he again rushed out to see the piglets, but they still were not there. He then became very determined, just like we get determined about our hopes and dreams that don't seem to show up on time. For the next 25 days in a row, he put the female pig in the wheelbarrow and pushed her down the road. Day after day, he checked for baby pigs, but to no avail. Finally, he was discouraged. He decided to try it just one more time and, if that didn't work, he was going to pack up and go back to the city. So, he put the female pig in the wheelbarrow and pushed her down the road for the last time. He then brought her back. The next morning when he woke up, he just couldn't face going out and seeing no piglets once again. Isn't that the way we feel sometimes about our hopes and dreams that have not yet materialized? So, our hero turned to his wife and asked her if she would look out the window and see if there were any baby pigs yet. Our hero then watched her go over to the window and look out. Parting the curtains, she suddenly let out a startled gasp. Our hero was elated. He could hardly contain himself as his wife slowly walked back towards him. "Are there baby pigs? I just know there are," he said. His wife just looked at him and while shaking her head, said, "No, dear, there aren't any baby pigs, but the female pig is waiting for you in the wheelbarrow."

The moral to this little story is simply, this. The only one in the story with any sense is the female pig. She's into the experience for the enjoyment! The same is true for you. Become like a little child. Create your universe for the enjoyment. Stop looking in the physical universe constantly for results. The very act of you looking keeps it from appearing. When you keep looking, you are like a farmer who plants his crop and then digs it up every day to see how it is doing. Enjoy your universe. When you can create it so thoroughly, and enjoy it so much, that it no longer is critical that it manifest in the physical, then and only then, will it show up. This is such an important truth that it will be written, once again, in all capitals. Here it is:

**CREATE YOUR UNIVERSE FOR THE ENJOYMENT. STOP LOOKING IN THE PHYSICAL UNIVERSE CONSTANTLY FOR RESULTS. THE VERY ACT OF YOU LOOKING KEEPS IT FROM APPEARING. WHEN YOU KEEP LOOKING, YOU ARE LIKE A FARMER WHO PLANTS HIS CROP AND THEN DIGS IT UP EVERY DAY TO SEE HOW IT IS DOING. ENJOY YOUR UNIVERSE. WHEN YOU CAN CREATE IT SO THOROUGHLY, AND ENJOY IT SO MUCH, THAT IT NO LONGER IS CRITICAL THAT IT MANIFEST IN THE PHYSICAL, THEN AND ONLY THEN, WILL IT SHOW UP.**

There is a very important law behind this. You see, the things you want most and must have, are the things which will not show up; while the things you are not deeply concerned about, will show up. You are in the position of having a servant

who will get you anything, if you can convince him that you don't really care about it. Remember, the physical universe is a mirror and things show up in reverse in a mirror; your right hand is your left, etc. Obviously then, before you can convince the physical universe that you don't desire and imagine something that you really do desire and imagine, you must be convinced yourself that you don't mind if you don't have it, or don't want it. This is how you use your own universe. THE NUMBER ONE CONDITION THAT WOULD HAVE TO EXIST ABOUT A THING, WHICH WOULD CAUSE YOU NOT TO DESIRE AND IMAGINE IT, WOULD BE THE FACT THAT YOU ALREADY HAVE IT.

In your own universe, you can have as much of anything as you could ever desire and imagine. Create it there and enjoy it, just like a child and you will be surprised at how quickly things change for you, for the better, in the physical universe. Someone once asked me what I do for a living. I replied that I teach adults how to be children. That is true, but I also teach them how to take charge of their own lives by being like a child. This is perhaps one of the most profound secrets of all time. Become like a child in your creations. Once again, take charge of your own universe, which you gave up when you became an adult, and your life will be a never-ending joy, as you manifest the everlasting love that emanates from the source of all that is beautiful and wonderful. I wish you all the joy that your heart can hold.

It took many years and many failures, for me to finally come up with all that was needed so that anyone, no matter who they are, would be able to do this, as long as they could read and write. I also feel that everyone can benefit enormously from this book, regardless of his or her so-called station in life. There is no limit to what you can do once you are in total harmony with your mind, regarding this. There is also no limit to the level of degradation that you can suffer by not being in harmony with your mind, regarding this. Chapter three (3) is about to change your life. It will teach you how to be the person you have always dreamed of being. All that you have learned so far was to prepare you for what you will find in chapter three (3). It is the most comprehensive, as regards the practicality of your life. Learn it, use it, and make it your bible. You will see why I say that, after you read it. It is now time for you to discover it.

## HOW TO STOP WORRY BEFORE IT STOPS YOU

In this chapter you will discover what you absolutely have to have in order to create your own universe.

After you have read this chapter, and done its exercises, you will want to go back and re-read Chapter Two (2). Each time you do that, it will make more and more sense to you. It is all the analytical information you will ever need in order to get the full benefit of the idea of creating your own universe. We could also call it using your imagination as a tool, if you like. There are books out there, there are courses out there, and a variety of other things, that just talk around the subject of using your imagination. It took years and years of experimentation and study, in order for me to come up with a practical way of actually doing what was constantly talked about.

My original idea was to take my students, and actually do the exercises and drills that I had heard about, right in the classroom itself. I, myself, had been creating my own universe for several years, at that point. I had written down a list, many years ago, of all of the things that would make me happy. I felt that that was the thing to do. My reasoning was, that in order to create your own universe, or use your imagination, you had to come up with things that would make you happy. I had started out doing this at a very young age, and I was incredibly naïve. That was my saving grace. However, in my very first class, I discovered a fascinating thing. The vast majority of people could not do that. In fact, none of my original students could. There I was, starting my class, and it was going to be over before it began, because none of my students could do the very first exercise.

The idea was to take all of those things that would make them happy, and then write them up in great detail. For example, the ideal car could be listed, as to the color, the make, the style, and even the number of them. All of the books and the courses that teach this particular thing, usually tell the people about the idea, and then tell them to go home and do it. The thing that I had witnessed, year after year, was that the people never went home and did it. They just went home. After seeing hundreds and hundreds of people do this, I truly felt that all they needed was someone to guide them, while they actually did it. Thus, you can see how I came to be a teacher. Perhaps, you have already attempted these ideas, or affirmations, or a series of other things that left you very unsatisfied.

Let us go back to my original class. There I was, with a room full of students, all of which were unable to satisfactorily begin my magnificent course. The room was beginning to fill with extreme amounts of very negative energy. This was

not because of any anger towards me, but from actually attempting to write down everything that would make them happy. Suddenly, I was filled with inspiration. Out of nowhere, the idea came to have them write down everything that they were unhappy about. Suddenly, they were able to do something about their lives. That may sound over-simplified, but, at that time, it was like a giant barrier had been burst. The room became filled with excitement. Suddenly, they were able to do something, and do it very well. This book could not exist today without that very spectacular beginning. This book, for quite some time, consisted only of that exercise. The part I haven't mentioned is that they were told to draw a line down the center of their paper, and everything they were unhappy about would be listed on the left side. They would then write the opposite of what was on the left side, on the right side. Thus, they discovered what would make them happy, just like that! There is such a great truth to this that it is going to be put in all capitals. Here it is:

**YOUR MIND WILL TOTALLY COVER UP ANYTHING, AND EVERYTHING THAT WOULD EVER MAKE YOU HAPPY. IT WILL DO THIS, FOR THE VERY SIMPLE REASON, AND I MEAN IT IS THIS SIMPLE, THAT IT DOESN'T THINK YOU HAVE A CHANCE OF BEING HAPPY. THIS IS BECAUSE YOUR MIND DOESN'T UNDERSTAND HAPPINESS. EVERYTHING IS VERY CUT AND DRIED TO YOUR MIND. IF IT HAS SEEN YOU SUCCEED OVER AND OVER AGAIN, IT WOULD REASON THAT YOU WOULD FEEL WHAT IT FEELS, WHICH WOULD BE HIGHER DEGREES OF SATISFACTION. YOUR MIND IS LIKE A ROBOT, REGARDING THIS. IT DOES UNDERSTAND UNHAPPINESS, BUT ONLY AS LESSER DEGREES OF SATISFACTION. HOWEVER, THE EMOTIONS AND FEELINGS OF ANGER, GRIEF, AND OTHER SIMILAR EMOTIONS, ARE MUCH EASIER FOR YOUR MIND TO UNDERSTAND. YOUR MIND CAN ACTUALLY GRASP HOW YOU FEEL REGARDING THOSE, AND WILL REGARD YOU AS ALIVE, WHENEVER YOU ARE FACING THEM, OR EXPRESSING THEM. THIS ALSO APPLIES TO GETTING RID OF THEM. YOUR MIND WILL FIGHT YOU AT EVERY TURN, WHEN YOU ATTEMPT TO BE HAPPY, WITHOUT FACING WHATEVER IS MAKING YOU UNHAPPY. ENOUGH SAID.**

The question is how you would use this? Well, for right now, it is very important for you to get a blank sheet of paper, and do the following exercise:

### CHAPTER 3, EXERCISE 1.

*Special note: there is an online workspace that you can access now to do this exercise or you can do it with a sheet of paper.*

On a clean sheet of paper, draw a line down the center. On the left-hand side, make a list of everything that you can think of that you are unhappy about.

Include everything you possibly can. Nothing is too small or trivial to go on this list. Do not worry about the right hand side. After you have completed the left-hand side, the right side will practically take care of itself. Just to help you along, here are some things that could appear on your list:

1. Anything that is unpaid, and they should be listed individually.
2. Anything that is broken, or needs to be repaired.
3. Anything involving relationships.
4. Any type of job dissatisfaction.
5. Any miscellaneous things, that you have been unable to stop thinking about.
6. Whatever you might be afraid is going to happen, or not happen.

These are only guidelines. If you would like, do not even refer to them. You have it within you to write your own list. Before you go any further, go ahead and do your list. When you are finished, you will be ready to hear about the right-hand side.

Now that you have completed your list on the left side, you are ready to do the right-hand side. I will give you some guidelines:

1. Anything that is listed as being unpaid on the left-hand side should be listed as having been paid, on the right-hand side. This can make you feel wonderful.
2. Anything that is listed as broken, or in need of repair, on the left-hand side, should be listed as having been repaired, on the right-hand side.
3. Any relationship difficulties on the left-hand side, should be listed as having been settled, or mended, on the right-hand side.
4. Any type of job dissatisfaction, on the left-hand side, should be listed as having been taken care of, on the right-hand side.
5. Anything that you are unable to stop thinking about, on the left-hand side, should be listed as having been resolved, on the right-hand side.
6. Anything you are afraid might happen, or not, on the left-hand side, should be listed in the most positive way, on the right-hand side.

Once again, these are only guidelines. You have it within you to do the right-hand side very well. The only thing to keep in mind is that the right-hand side should be directly relevant to the left-hand side. For example, a bill not paid is not handled on the right-hand side by writing down that you have an abundance of money. That means nothing to your mind, and that is what you are attempting to satisfy by doing all of this. Plenty of anything means absolutely nothing to your mind. **YOUR MIND DEALS ONLY IN SPECIFICS.** That sentence should be indelibly marked within you. You should write it down and look at it every day. Your mind will punish you terribly if you do not follow just that one idea. With that said, it is now time for you to do your right-hand side. Begin.

Now that you have completed the right-hand side, simply go ahead and fold your paper on the line that you originally drew down the center. Then, tear the paper

in half on that line. Take the left-hand side, wad it up into a ball, and throw it away. Keep the right-hand side, and just look at it. It is not necessary to visualize any of those things on your list. In fact, I highly recommend against it. How you feel right now will depend upon how much your mind has accepted what you have written. At the very least, you should feel a sense of relief. If you do not, you are in much worse shape than the average person is, or perhaps you violated the rule of being specific. There is no room for creativity when doing this.

Your mind is not creative. It just wants the facts, so that it can deal with them. The interesting thing is that what you wrote on the right-hand side, was accepted as fact by your mind. This is the beauty of your own universe. Your mind accepted the right-hand side of your list as being fact, because it automatically assumed that the right-hand side was your own universe. That is how fabulous this exercise is. Your mind then goes to work to come up with a way to have the right-hand side of your list be true in what is called, “the real world”, or “the physical universe”. Your mind actually accepted the separation of the real world from your own universe, just by that line that you drew down the center of your paper. Is that incredible, or what? This is a list that you should do, at least once a day, for the first week.

It is as though your mind needs to be reminded that you have finally taken control of your life. After the first week, you can do your list every other day. Feel free to put everything on your list. I have sometimes put thirty (30), and even as many as forty (40) things on just one list. The more you do it, the easier it becomes. Little things, that used to nag at you, now go on your list, instead. You get very good at this, in an amazingly short time. Let us look, now, at how others have used this exercise.

The first was a very dear friend. When she did this exercise, she was in a dead-end job with a boss and co-workers that she really did not like. These were at the head of her list. There were also a score of other things. I remember watching her as she wrote. I could just feel the worry and tension peeling away from her as she did the left-hand side of the list. When she switched over to the right I could just feel a surge of power coming from her. Within one month, 90% of the right hand items had moved over into the physical universe. She had quit her job and was doing temporary help work for more money than in her old job. Two weeks later she was sent out to an advertising agency who loved her and bought her contract from the temporary help company. She is now working in a field where she looks forward to going to work every day and has consistently moved up in salary and position, until today she has her own office and a salary more than double what she made at her previous job. She has also progressed dramatically in other areas of her life as well.

Results sometimes happen so quickly that it is startling. One student came to a Sunday workshop. One of the things that she was unhappy about was a court case that she was involved in. She was waiting for a settlement on an accident

claim and the proceedings had been a long drawn out affair. Her lawyer had called her just two days prior and said there really was no hope of immediate settlement, and that he was getting prepared to go to court again. She was quite upset by the whole thing and didn't think much could be done. However, at my urging, she put this item on her list. On the right hand side, she put that the matter was completely settled and the money was in her hands. The next Sunday, she could hardly wait to get to the workshop to tell the rest of the class what had happened. The very next day after the workshop, her very surprised attorney had called. He informed her that suddenly out of nowhere, and for no reason that he could see, the other side had called him and offered to settle for a very substantial amount that would be forthcoming within two weeks. She got her money and was one of my most enthusiastic supporters.

This also works on small things. One student was particularly annoyed that she had gotten into an arrangement, whereby she had to take a friend to the train station every day. She wrote this on the left-hand side. On the right-hand side she wrote that the matter was handled and she was free from taking her friend to the train station. In the next workshop she very proudly got up and told an amazing story of how she was now free of her obligation to her friend and she hadn't even had to say anything. The next day, when she had picked up her friend to take her to the train, the friend told her of how she had discovered a bus that would take her exactly where she wanted to go. Thus, my student would no longer have to take her.

These are only a few of the success stories in my files and the following letter is typical:

*Since I took your workshop two months ago, the five things I was most worried about have completely turned around. I have a new apartment I love, a new roommate who is a delight, a new job that is marvelous, a new boyfriend who is perfect, and I have advanced spiritually more than I thought possible."*

These are just a few of the examples of what can happen from just doing this very simple list. It is not simple to your mind. More importantly, it lets your mind know that you are alive, and that you are to be supported. Ideas will flow like water from your mind to turn the right-hand side of your list into reality. Some of them will be absolute gems. It is up to you, and how often you do your list. This is also true of the lists you learned how to do in Chapter One (1). It is up to you how often you do these lists. Do them often, and your mind will suddenly support you. Neglect doing them and your mind will take all of its ideas and turn you into a servant. Some very rich people have had that happen to them. It is their minds that you would end up talking to, should you ever meet them. Do not let this happen to you. Enough said.

We are now going to go on to another exercise that I discovered quite by accident. In the early days when before this book, I used to do a lot of private

counseling. It was during one of these times that I discovered that not everyone could do list number one (1). This surprised me, but there was nothing I could do, except come up with a new exercise. The thing that occurred was that I was working with a woman, who had not been allowed to express her true feelings for most of her life. For the life of her, she could not come up with things that she was unhappy about. I questioned her about this, and began to discover that she had so much hidden resentment, that she was practically numb. Thus, Exercise Number Two (2) was born. Once again, it seemed to come out of nowhere. I had her start picking out different people from her life, that she resented the most. I then had her get a clean sheet of paper, and start writing about those people. The key here is that I did not have her write to these people, but about them. Now, there is a very great truth here that will be written in all capitals. Here it is:

**YOUR MIND DOES NOT CARE HOW YOU FEEL ABOUT OTHERS. IT JUST TAKES ALL OF THE HIDDEN RESENTMENTS THAT ARE THERE, BUT NOT EXPRESSED, AND CONSIDERS THAT ALL OF THIS SHOULD BE SAVED. THERE IS NO REASON FOR THIS. IT JUST IS. YOUR MIND GETS SO CLOUDED OVER FROM DOING THIS, THAT IT NO LONGER IS ABLE TO TAKE YOU SERIOUSLY. IT JUST STOPS ACCEPTING ANYTHING YOU SAY OR DO. YOU MIGHT SAY THAT YOUR MIND HAS BEEN FROZEN, REGARDING YOU. HOWEVER, IT IS NOT FROZEN REGARDING ITS DECISION TO TAKE YOU OVER. IT'S JUST THAT NOW YOU HAVE NO SAY IN THE MATTER, WHATSOEVER. THIS WILL CONTINUE UNTIL YOU CAN UNBURDEN YOURSELF OF ALL OF THE RESENTMENTS, THAT HAVE CAUSED YOUR MIND TO BECOME FROZEN. ENOUGH SAID.**

In the instance above, the woman began to write, and as she wrote, I could feel her coming back to life. This is a particularly important exercise, if you have trouble coming up with things you are unhappy about, in exercise one. The key here is that you might not even have to do Exercise Two (2). However, it is very good to know how to do it. Let us begin.

### CHAPTER 3, EXERCISE 2.

In this exercise, you will once again need a sheet of paper. The difference here is that you will not draw a line down the center. The object of this exercise is to release pent-up frustration that has built up toward people and things. Did you ever wish that you had a friend you could tell everything to? I don't mean someone who just listens to your troubles, but someone who could sit there and just listen while you told him every rotten, negative, foul, unpleasant thing that you feel, whether about people or things. I mean someone who could take you at your negative worst without being judgmental or giving you advice you don't want. If you think you already have such a person, I would like to meet him or her, because evidently he or she must be a saint.

By your worst, I don't mean the watered down version you show other people or the watered down words you use so that they won't think you are crude or crazy. I mean the way you really feel when you are angry beyond words. Some of the language you will find yourself using in this exercise may shock you. The fact is, however, that this is a cleansing exercise, and it is far better to rid yourself of all the negatives and dirt you can, rather than continue to carry it around. There is a certain type of spider that does a very insane thing. When it is angry, it stings itself to death. Well, that is no more insane than the person who holds his anger and true feelings inside in his dealings with other people. Now, you may argue that if you really expressed the way you truly feel about certain people and things, you would have no friends. In a way you are absolutely right. Therefore, for your own well being and theirs, you must have a way to vent your anger and frustration.

That is what Exercise 2 is all about. The piece of paper you have in front of you will serve as that paragon I mentioned earlier. You can say anything on this piece of paper and it will never criticize, judge, or give you dirt in return. Are you ready?

Step #1 is to write down every negative thought you can think of. Every negative thought you ever thought but were afraid to express verbally. Take as much time as you need and don't inhibit yourself. This may seem silly, but these have been building up just from the living of your life. You are very seldom allowed to be critical of things. Now, I am not suggesting that you go around criticizing others, or the government, or your parents, or anyone. I am just simply saying that those thoughts are going to be there, from time to time, and if you cannot express them, they will hurt you. So, for right now, just start writing all of the negative thoughts that come to you. Do not edit. It is very important to write them as they come. This is your mind unloading, and it has picked up words that would make a sailor blush. I don't care if you think you don't talk this way. You also go to a thing called, "the bathroom". What comes from your body is not you, but it is vitally important to get rid of it. The same is true of the thoughts from your mind. Think of it as periodically flushing your mind. Let us begin.

Now that you have completed this particular list, you may feel a number of things. You may feel little or nothing. At the least, you should feel slightly relieved. The next part of this exercise will add to that.

Step #2 is to make a list of all of the people that you have ever known that have ever irritated you. This could go all the way back to your childhood. Pay very close attention to listing those that you have never been able to tell-off, or talk back to. This could even include people that you have never met, such as actors, news broadcasters, sports figures, politicians, or anyone else that you have anything but love for. Do not consider that you are opinionated or critical. You are just someone who wants to cleanse himself or herself. Needless to say, you should never share what is on your list with anyone else. It is all right to keep

your list of the people, but do not tell anyone what it is for.

Now that you have made your list, let us go to work. Select the person that you are the most irritated about, and on another clean sheet of paper, just start writing exactly what you think of them. It is very important that you write their name, over and over again, such as the following example:

1. John Doe doesn't know what he is talking about half of the time
2. John Doe mistreats his wife.
3. John Doe is a poor excuse for a human being.
4. John Doe never had the right to treat me the way he did.
5. John Doe never ever could hold a candle to me.
6. John Doe is a series of swear words. Quite naturally, you would write the actual swear words. In the interest of propriety, I have not done that here. However, it is vital, that in the privacy of your list, you observe no propriety.

You will then take each person on your list and do a similar thing. As you do more and more of them, you will realize that it is only certain ones that really caused the irritation. You were already irritated before you even met some of the others. This would also apply to going backwards. In other words, your mind would start looking for people in your past to become irritated about, even though it hadn't really bothered you at the original time. You should now do that with all of the people on your list. Let us begin.

Have you done all that? You should feel another release of tension. Tension and stress peels off in layers. Sometimes a person has so much built up anger that he is not able to see what is causing his unhappiness. He just needs to let off some steam and then he can see again. Now, It will be much easier for you if you do not let your anger build up again quite so much. The paper is the best friend that you could have. When something makes you angry, don't hold it in or pretend it doesn't matter. Grab your paper and use it as an opportunity to rid yourself of some more distressing thoughts.

I'm now going to tell you a reason for doing this that at first you may find very hard to believe. Many times you actually put yourself through extremely painful experiences just so you can release some of those pent-up thoughts. The thoughts themselves are so painful to carry around that we actually try to get people to hurt us so that it will then be okay to unload those thoughts upon them.

This, of course, is all done at a lower awareness level. Most importantly, this is done by your mind. Naturally, when you then are unable to unload the thoughts, either through fear or concern for the other person's feelings, your load becomes even heavier to bear. That is why your paper is so important. You will be able to unload thoughts that you may have been carrying around for years. Use this technique at every opportunity that comes up. There will undoubtedly be distressing situations in the future. So take your paper and turn every one of

those distressing situations to your benefit.

I realize that you would find it hard to believe that you are looking for a place, or a person, to unload your thoughts upon. You really aren't, but your mind is. Use the paper to unload those thoughts. It is very important to realize that you did absolutely nothing wrong in order to have those thoughts be there.

I know that some of you may feel guilty for some of your past actions and really would like to be found out. Once again, this is your mind. I refuse to take on the role of judge or jury. This book is only to encourage and teach you how to get rid of the thoughts, because it was the thoughts you had at the time, which caused you to do any shameful actions. If there had been different thoughts, there would have been different actions. So forgive yourself and rid yourself of the thoughts. They are the culprits, not you. I hope this clears that issue up to your satisfaction.

## HOW TO TELL THE TRUTH AND WHAT IT REALLY IS

We are now going to look at one of the most important things that you will ever discover in your entire life. There is a disease in our society. It is called, "lying". It masquerades as opinions, ideas, and so forth. It supposedly is the opposite of what is called, "truth". Perhaps you are familiar with the adage, "know the truth and the truth shall set you free". Well, with Exercise 3, we are going to look very carefully at one aspect of that adage. It is possible to work with truth, whereas it is not possible to work successfully with lies. Every day of your life you are communicating with people. You are saying words and hearing words. However, have you ever noticed that some of the things you hear seem to stick with you for hours, and some for days? For example, criticism works this way. Someone says to you that you are no good, have no good qualities, and quite frankly, you are a selfish, untalented baboon who would be better off to leave Planet Earth. Well, they've just captured you. Actually, they've captured your attention, which is much the same thing.

All of a sudden, you find yourself wondering if what they said is true. A large part of this time, of course, you spend denying and resisting what they said. This does nothing except stick you to the statement they made. If you agree with the statement, they've got you, and if you disagree with the statement, somehow they've still got you. Well, somehow or another you've got to discover the truth of that statement or remain caught up in it. There is such an enormous truth here, that it is going to be put in all capitals. Here it is:

**YOUR MIND TOTALLY ACCEPTS WHATEVER IT HEARS ABOUT YOU AS THOUGH IT WERE THE TOTAL TRUTH. IT ALSO ACCEPTS WHATEVER IT HEARS ABOUT OTHERS EXACTLY THE SAME WAY. IT WILL NOT**

DIFFERENTIATE WHAT IS TRUTH UNTIL YOU TAKE CHARGE, AND SHOW IT HOW. THE ONLY WAY YOU CAN DO THIS IS WITH THE NEXT EXERCISE. ONCE AGAIN, THIS WAS SOMETHING THAT JUST SEEMED TO COME TO ME. I HAD NEVER SEEN IT WRITTEN ANYWHERE, AND, IN FACT, IN ALL OF THE YEARS SINCE, THIS IS THE ONLY BOOK THAT I HAVE EVER EVEN SEEN IT EXPRESSED. WHEN SOMEONE TELLS YOU SOMETHING ABOUT ANYTHING OR ANYONE, THERE IS ONLY ONE TRUTH THAT IS ALWAYS TRUE. THAT IS, THAT THE STATEMENT WAS MADE, AND BY WHOM. IT IS THE ONLY TRUTH YOU CAN RELY ON ALWAYS. IT IS IMMUTABLE AND ABSOLUTE. THIS ALSO APPLIES TO ANYTHING THAT YOU HEAR ON THE RADIO, THE TELEVISION, OR EVEN IN MAGAZINES OR NEWSPAPERS.

In my example, regarding the statement about being called a baboon, etc., there was just that one truth. That truth was that the statement was made. There was no other truth.

Therefore, let's say Tom made the statement to Bob. The way that Bob would handle it would be like this. The first thing he would do is get a clean sheet of lined or unlined paper. He would then draw a line from the top to the bottom down the middle of his paper. On the left-hand side of the paper he would write the following words:

"Tom says that I am a selfish, untalented baboon who would be better off to leave Planet Earth."

On the right hand side (his own universe), he could write something like this:

"Tom says that I am the most intelligent, unselfish person he has ever met and he wants me to be around him forever."

Bob is no longer caught up in Tom's lie. To Tom, it might not have been a lie. However, to Bob it was and that was all it took to stick Bob with it.

## SAVE YOURSELF FROM EVER FEELING THE PAIN OF REVENGE OR RESENTMENT

The idea here is to take all of the negative feedback you hear in society and turn it to your advantage. This also saves you a tremendous amount of time and pain, dealing with revenge and resentment. I shall never forget the greatest single definition I have ever heard for the word resentment. Resentment means to feel the original injury over and over again. Before we start the exercise, I would like to tell you a couple of stories to illustrate the workability of this particular

exercise.

One story concerns a time in my life, when a good friend told me that there was this other fellow who had been saying rather nasty things about me. He had said that I was stupid, inconsiderate, and worst of all, was a lousy teacher who didn't know what he was talking about. At first when I heard this, I was incensed. This fellow obviously did not know with whom he was dealing. Didn't he know of all the successes of my students? Wasn't he aware of my reputation? Yes, I would be able to handle him in just a few days. Well, just as I was about to go out and hire some assassins, I suddenly remembered to do this exercise. On a piece of paper, I drew a line very carefully down the center. On the left-hand side, I wrote the following statements:

1. My friend A. said that B. said that I was stupid.
2. My friend A. said that B. said that I was inconsiderate.
3. My friend A. said that B. said that I was a lousy teacher and didn't know what I was talking about.

Well, I immediately began to feel tremendous relief just from writing out those statements. Then, I wrote on the right-hand side of the paper, directly across from the statements on the left-hand side, the following:

1. My friend A. said that B. said that I was one of the smartest and most intelligent people he had ever seen.
2. My friend A. said that B. said that I am the most helpful and considerate fellow he had ever met.
3. My friend A. said that B. said that I am probably the finest teacher he has ever seen, and surely the most knowledgeable about his subject.

I then took the paper, folded it in half on the line that I had drawn, and tore it in half. I then wadded up the left-hand side and threw it away. All my anger was gone together with all of my thoughts of resentment and revenge. After all, how could I have evil thoughts toward any person who obviously had such a fine opinion of me? I had the proof in my hand in the form of the right-hand-side of the paper. Incidentally, I have never seen or heard of B. since.

Now, lest any of you accuse me of not facing reality by using this exercise, I would just like to say that I still know B. is dangerous. It's just that I refuse to get pulled into his game by letting him create such an effect on me, that I would take my valuable time and play with him instead of tending to much more important projects. However, in order to free myself from his lie, I had to free my attention from his original statements. The only way to do that was to find and write down the truth as I see it, which I did. The only reason a person ever tells you these kinds of lies is to cause an effect on you. If you want to be caught up in somebody else's effects instead of being free, that's up to you. I personally would rather be free.

The next example is a form of a parable. However, it is so applicable to your daily life that you should copy it and carry it with you everywhere you go. Here it is:

Once upon a time there was a deaf frog. One day he and some of his frog companions were playing around a barrel of cream. Suddenly, several of them fell into it. The deaf frog was one of the unfortunates. One by one the frogs began to drown in the cream. Those who had not fallen into the barrel clustered around the top croaking. However, instead of giving encouragement and trying to help, these frogs kept yelling things like, "You stupid frogs are going to drown. Nothing can save you now. You're finished. If you weren't so stupid, you wouldn't have fallen into the cream in the first place."

Well, the frogs in the cream became very discouraged as they heard this. One by one, they lost the will to live, and drowned in the cream. All except one. The deaf frog could not hear what they were saying. All he could see was a bunch of mouths moving. He thought they were cheering for him. He thought they were saying, "Come on boy. We know you can make it. We're pulling for you. Just keep trying. You'll make it." The deaf frog became so encouraged that he redoubled his efforts and moved his little legs so fast that the cream was churned into butter and he was able to safely climb out. As he got to safety, he turned to the other frogs and said, "Brothers, I don't know how I can ever thank you. Without your encouragement I don't think I could have made it. But, I just kept looking up and there you were yelling your encouragement. I just couldn't let you down." Upon hearing this, the other frogs walked disgustedly away and the little deaf frog never understood why. He was just glad to have so many friends, even if they did behave a little peculiarly at times.

So, from this tale, it is easy to see that you could turn all negative statements to your benefit. It all depends on the way you look at them and take them.

There is just one more example to let you know that destructive lies do not always come from your enemies. In fact, they seldom do. Here is the example:

There was a man who owned a hot dog stand. Business was incredible. People came from miles around for one of his hot dogs. He was thinking of expanding, even to the point of doubling his advertising budget and adding more space to his store. He was excited! It was then that his son came home from college. The son, however, was very upset to hear about his father's plans. He said, "Father, how can you think of expanding. Don't you know there is a recession going on and it's going to get worse? This is a time to cut back, not expand." The father, upon hearing this, decided to follow his son's advice. After all, his son was a college man and he was just a high school graduate. So, that's what he did.

Instead of doubling his advertising budget, he cut it in half. He also cut his store in half. Instead of buying fresh bread and the finest meat, he started

buying day old bread and inferior quality meat. A few months passed. Hardly a customer was coming through the door. The man's business was all but ruined. One day during the midst of all this despair, his son walked in. The man rushed over to him and said, "Son, I don't know how to thank you for warning me in time. This is the worst recession I've ever seen."

So, take my advice. Don't take anybody's advice unless you are absolutely certain they are qualified to give it, and you know beyond a shadow of a doubt that they have your best interests at heart. Even then, if it is negative, be sure and do Exercise 3 on whatever they say. It is now time for you to do Exercise 3. This is an exercise that you can do just as often as you need to. You could get struck-down by some lie at almost any time. However, you will now be prepared for it. Let us do a sample list, based upon the lies that you have already heard. Just think back to something that somebody said about you. It could be as simple as, you didn't know how to do something, or as complex as hearing that something was said about you by someone else. This is a very important list. It can save your life. At the very least, it will save your sanity. Let us begin.

### CHAPTER 3, EXERCISE 3

Take a clean sheet of paper, lined or unlined, and draw a line down the center, from the top to the bottom. On the left-hand side, write the person's name, and what they said about you, or anyone else, or anything else. Do this with as many people as you can. Once the left-hand side of your paper is complete, write the person's name on the right-hand side, followed by the opposite of what they said on the left-hand side. For example, you could have written that Tom said that I was a bad neighbor, on the left-hand side. On the right-hand side, you could have written that Tom said that I am the best neighbor he has ever had, and considers himself quite fortunate to have a friend as good as me. The key here is quite simple. The right-hand side is always the opposite of the left-hand side. Just remember the deaf frog. You should have little difficulty with this exercise. Your mind will be so glad to unload all of this, that it will practically worship you. Go ahead and do the exercise now.

Now that you have completed Exercise 3, and have a working knowledge of it, just realize that these exercises are the tools you have waited for all of your life. However, unlike normal classes, and normal tools, what you have learned is something to now be a part of your daily life, from now on. Your life doesn't stop when you finish reading this book. It goes on. These tools are meant to be a daily part of your life, or whenever you need them. Should you not use them, your mind will simply take you over. I don't want that to happen, and neither should you. Enough said.

## HOW TO TURN OFF PSYCHIC ATTACK AND TURN ON GOOD FEELINGS

We are now going to take up a subject that you will not find, unless you delve into a subject called, "magic". It is being used on you everyday, and you don't even know it. So many people in the society have been taken over by their minds, that a type of warfare now exists, between the people whose minds have not taken them over, and the minds of those people that have been taken over. This is true, in varying degrees, everywhere. It is a simple matter to handle it, but by the same token, without Exercise 4, it is practically impossible. This exercise also just suddenly came to me. It deals with a subject called, "psychic attack". You can feel like a detective in doing this particular exercise. What you will be doing is locating where all of the psychic attacks are coming from, that you are being attacked with. This is a major defense for you to use, and is not meant for you to be able to attack back. Now, that you are sufficiently confused, let us start the actual exercise. The other exercises that you have done will enable you to do this one. It is only in the doing that you really can understand it. Let us begin.

### CHAPTER 3, EXERCISE 4

Take a piece of clean paper, lined or unlined, and draw a line down the center, from the top to the bottom. On the left-hand side of your paper, write the following:

1. A great deal of psychic attack is being directed at me by
2. A great deal of psychic attack is being directed at me by
3. A great deal of psychic attack is being directed at me by
4. A great deal of psychic attack is being directed at me by
5. A great deal of psychic attack is being directed at me by

Have you done that? If not, go ahead and do it.

You should now have it done. You will discover that different names suddenly show up, when you write that statement. What you should do is write down one name per statement. Sometimes, you will discover that it is coming from a very close friend, or even a relative. It could even be your child. Whoever it is will cause the greatest feeling of relief, when you write his or her name. It is very important to realize that the attack is not coming from them, but from their mind. After you get good at this, you will be able to say the statement out loud, or silently, and just write nothing but names on your paper. That will be a great day, indeed. You will get enormous relief from doing this particular exercise, provided that you have done all of the other exercises quite faithfully.

The second step is to write, on the right-hand side of your paper, the following:

1. Every manner of good feeling is being directed at me by
2. Every manner of good feeling is being directed at me by
3. Every manner of good feeling is being directed at me by
4. Every manner of good feeling is being directed at me by
5. Every manner of good feeling is being directed at me by

As you can tell, this exercise is very simple. You take the name of the person you discovered, and put it on the right-hand side. This will nullify even further the psychic attack of their mind upon you. Once again, your own mind will be freed of its connection to that other mind, in doing this to you. Fail to do this exercise, and you may never even know when the attacks come, other than, you don't feel well, you feel like you are drugged, and you don't feel very alive, at all. There are many more symptoms, but they all fall under these. Do this exercise faithfully, every few days, and your life can be more rewarding than you ever even thought was possible. Good luck!

To summarize Chapter Three (3), I would now say that you have four (4) powerful exercises to use, in whatever way you chose, in your daily life. It is not necessary to do each one every day. In fact, I don't recommend it. However, smaller variations can be done of each one, should you not be feeling well, you feel nervous, or someone, you have just had a confrontation with, has made you feel far less than you were feeling. Anything that would look or appear to cause an effect upon you can be handled by these exercises. They can reduce the stress level in your life, immeasurably. It is up to you to use them. If you don't, there is no doubt that your mind will eventually take you over. I have seen it, time and time again. That is why I am so severe on the use of these exercises. I want live people to interact with wherever I am. There are enough minds walking around. Do what you can to not be one of them.

This entire book did not even mention the subject of "worry" even once. The reason for that is that, if you do these exercises faithfully, worry will not even exist for you. Enough said.

## THIS IS YOUR LIFE

This particular chapter is all about the total exposing of what life truly is. It is not meant to be spiritual in any way whatsoever. This is just simply the breaking down of all parts of life to their lowest common denominator. This is so you can learn how to create your own universe. The only thing you know about is life. However, you don't know how to break it down like an architect would break down the parts of any house or building, that he or she was going to build.

The key to life is to just face it. However, you need to face it in such a way that all of its energies do not run you over. I have categorized the whole of life for you. It has been said that you are either a spiritual being, having a material experience, or that you are a material being, having a spiritual experience. This is not going to get you anywhere, trying to figure out things like that. You have to live life everyday, and whether you are a spiritual being or a material being does not really matter very much to life itself. Life is something to be handled. In order to do that, you have to know what it is. The simple truth of who you truly are will be discovered in the living of life itself. Thus, it is imperative that you know what you are getting yourself into. There is an enormous truth, which is now going to be put into all capitals. Here it is:

**YOUR MIND REALLY DOESN'T CARE WHETHER YOU KNOW WHAT LIFE IS ALL ABOUT. THE ONLY THING IT IS INTERESTED IN IS HOW WELL YOU HANDLE IT. YOUR MIND DOES NOT CARE IF YOU ARE A BABE IN THE WOODS. THE ONLY THING YOUR MIND WANTS TO KNOW IS HOW WELL YOU ARE DOING. IT WILL PUNISH YOU, OR TAKE YOU OVER, IF YOU ARE NOT DOING WELL. IT WILL SUPPORT YOU AND FEED YOU IDEAS, IF IT THINKS YOU ARE DOING WELL. YOUR MIND WILL THINK YOU ARE DOING AS WELL AS WHAT IT DISCOVERS IN YOUR OWN UNIVERSE. IF THE PHYSICAL UNIVERSE, OR LIFE, HAS TOTALLY OVERRUN YOUR UNIVERSE WITH THE HOPES AND DREAMS OF EVERYONE ELSE BUT YOU, YOUR MIND WILL JUST THINK YOU NEED TO BE TAKEN OVER. WHY THIS IS COULD NEVER REALLY BE EXPLAINED. IT JUST IS. YOU, THEN, HAVE TO TAKE STEPS TO CREATE A SEPARATE UNIVERSE FROM THE PHYSICAL UNIVERSE, AND YOUR MIND WILL ACT ACCORDINGLY.**

In Chapter Three (3), you learned how to create your own universe by just writing down the opposite of what you didn't want to be in your own universe. You also learned how to cleanse it. Without knowing those things, and doing them, it would be rather worthless to take on the material of this particular book. Let us begin with a little story that you might have even heard. Here it is:

There was once a man who was on his deathbed with his family gathered around him. His youngest son asked him what he would do if he had his life to live over. The man thought for a few minutes, and said, "If I had my life to live over, what I would do is work to make the world a better place to live in." He reflected. "No, on second thought, that would be too big a task for one lifetime. What I would do is make my country a better country. No, that would be too much too. What I would do is make my state a better state to live in." He paused and thought some more. "No, that would also be too big a task. I know, I'd make my city a better city, or perhaps my neighborhood. Yes, that's it. I would make my neighborhood a better place." He thought about this for a few minutes and then slowly shook his head, saying, "No, even that would be too much for one lifetime. Why, it would even be too much to make my family a better family. Ah ha, There's the answer. The only thing I could really be sure of, if I had my life to live over is that I could make myself a better person. If I could be sure to do that, then the other things would take care of themselves. So, my son, I would have to begin with myself."

Well, the same is true for all of us. All changes must begin with you. The first thing we must find, if you are to change your life, is what your life is now.

## CHAPTER 4, EXERCISE 1

It has been said that life is a stage, and the people its players. On any stage, there are stage props. Write down a complete list of all the stage props in your life. This is simpler than it sounds.

Get yourself a clean sheet of lined or unlined paper. Draw a line down the center from the top to the bottom. On the left-hand side, make a complete list of every single thing that you have along with your description of that thing. For example, you might write car and then write 1994 red Datsun with a slightly dented front fender. Include all your relatives. In other words, you have uncles, aunts, cousins, brothers, sisters, fathers, mothers etc. You also have a body and a mind. Be sure and include those. This could be quite a long list. Don't rush it. List everything you have. Be sure and include every possession you have on an individual basis. For example, you don't just have clothes. You have individual pairs of pants, skirts, dresses, shirts, and many other things, depending upon whether you are a man or a woman. If you are married, also include the things you have with your wife or husband. This is

only if you are married, or living with someone, where you have shared property. If you are a child, do not include what your parents have. This is very important. Please begin.

Do not go on until you have finished this list.

Now, let's look at what you have done. You have made a complete list of everything you currently have in your own universe. This is how your mind sees you. Get the picture?

## CHAPTER 4, EXERCISE 2

The next exercise is equally simple. Make a complete list of everything you do. Include everything you do, on an individual basis. Include things like driving, eating, sleeping, working, playing, etc. Once again, include everything you do.

Do not go on until you have completed this list.

Once again, let us look at what you have done. You have made a complete list of everything you do. This is how your mind sees you. This is what is now in your own universe, as seen by your mind. Do you feel you might be being judged?

## CHAPTER 4, EXERCISE 3

The next exercise is equally simple. This one will require little more than you looking at all of the things you are. You might call these your roles. That is how your mind sees them.

Just go ahead now, and on a similar sheet of paper, with the line down the center, top to bottom, make a complete list of all of your roles. You are a walker, a talker, a television watcher, a moviegoer, an eater, whatever your job is, etc. The skill level of all that you are does not even matter. If you play the piano at all, you are a piano player. If you play tennis at all, you are a tennis player. If you have children, you are a father or a mother. This list can be very long, but it is vital for you to see. Please begin.

Do not go on until you have completed this list.

Let us look at what you have done. You have just listed all of the roles you currently play, on the stage of life. This is what you currently are. This is how your mind sees you. Do you think you might be in need of some changes in your own universe? More than likely, your mind does, and you have gotten this

course just in time to head off a hostile take over by your mind.

It is also important to note that you need to constantly separate out the various roles you play. You are always you, never the role. For example, a woman is not a mother portraying the role of lover with her husband. Mothers make terrible lovers. If she is to fully please her husband and herself, she should fully be in the role of lover when she is making love. The same is true for a man. Corporate executives may be wonderful at work, but they're not worth a darn when it comes to rolling around the floor with a four-year old child. Only fathers are good at that.

If an individual cannot switch immediately to the role of father, when he sees his children, he will seem a stranger and communication will be poor. By the same token, if he cannot appropriately step into the role of lover, his wife may throw him out. She does not want either a corporate executive or a father in her bed when she wants a lover.

Once again, you are always you playing the role of what you are doing. For example, when you bathe, you're a bather, not an executive taking a bath. When you walk, you're a walker, and nothing else. Try this. You will discover that you enjoy walking far more. The simple truth is that everybody has this feeling that they would like to be somebody else. Yet, they never realize that they are literally somebody else constantly. They just don't appreciate it, because their mind has never allowed them to notice it. There is an enormous truth here that will be put in all capitals. Here it is:

YOUR MIND SEES YOU AS JUST YOU. THE AMOUNT OF ENJOYMENT YOU GET FROM DOING DIFFERENT THINGS IS SEEN BY YOUR MIND AS NOTHING MORE THAN YOU OPERATING AT A HIGHER LEVEL OF EFFICIENCY. BASICALLY, THE MORE YOU TAKE FOR GRANTED, AND DO NOT SWITCH INTO YOUR INDIVIDUAL ROLES, YOUR MIND WILL THINK YOU ARE OPERATING VERY POORLY. THE MORE YOU LUMP YOUR LIFE INTO JUST ONE ROLE, WITHOUT SEPARATING OUT ALL OF THE VARIOUS THINGS YOU DO, THE MORE YOUR MIND WILL THINK YOU NEED TO BE TAKEN OVER. WE COULD CALL THIS "THE BATTLE OF THE EGO WITH YOUR MIND". EGO IS NOTHING MORE THAN NOT SEPARATING-OUT ALL OF YOUR ROLES. FOR EXAMPLE, ALL BATHERS ARE BATHERS. YET, THE EGO WOULD SEEK TO SAY THAT SOME BATHERS ARE BETTER THAN OTHER BATHERS. THE EGO IS NOTHING MORE THAN INDIVIDUAL BODIES WANTING TO BE MORE INDIVIDUAL. THEY SELECT THINGS TO DO BASED UPON THAT. LOOK AT DANCERS ON THE DANCE FLOOR. YOU CAN PRACTICALLY SEE EGO IN MOTION. ALL OF THEM ARE DANCERS, BUT YOU WOULD NEVER KNOW IT TO LOOK AT THEM. INSTEAD OF THE ENJOYMENT OF THE DANCE, THEY ARE MORE CONCERNED WITH HOW THEY LOOK TO THE OTHER DANCERS. THIS IS CRAZY. DANCERS DANCE. THEY DON'T DO ANYTHING ELSE. THIS IS ENOUGH SAID.

That is enough on the ego. The number one thing to remember, regarding that, is that ego is totally automatic. You will be less alive, and less aware, when ego is present. It is another problem that we will go about solving in chapter Five (5). For right now, hold on to all of your lists that you have made from chapter Four (4). I will show you how to use them in chapter Five (5). Do everything you can to be aware of the role you are playing, while you are playing it. This takes a lot of practice, and a lot of awareness. Think in terms that, if you are kissing your wife or husband, you are a kisser, not whatever job you do, kissing someone. When you stop kissing them, you are no longer a kisser. You are whatever the next thing you are doing is; such as walking. Too many husbands kiss their wives goodbye while they are already in the role of walker. They then wonder why they are greeted less than cordially when they walk through the door, at the end of their workday. This is only one example. Do you get the picture? All the exercises you have learned up until now will help you greatly in staying more aware for all of your individual roles. Good luck!

## THE (12) TWELVE AREAS OF LIFE

*At this point, I am going to give you some of the most valuable information you will ever have for creating your own universe. As I promised you at the beginning of this book, I was going to tell you what life was made of. This is without all of the emotions and feelings that normally go along with this. Those normally cloud a true understanding of the basics of life. Life is really very simple. It doesn't appear to be, because the emotions and feelings constantly get in the way. You can have those as well, but for right now, let's strip life down to its main parts. It took me years to do this, and I never saw it anywhere else. It seemed to be a vitally needed thing. When you see the list, you may even wonder why you never broke it down yourself. It will seem that simple. It is like a grand recipe, and it has only twelve (12) ingredients. Here they are in all capitals:*

1. TRANSPORTATION OF A BODY
2. HOME OR SHELTER, AND THE THINGS WITHIN
3. CLOTHES
4. FRIENDS AND ASSOCIATES OR RELATIVES
5. EATING AND FOOD ARRANGEMENT
6. EDUCATIONAL ADVANCEMENT
7. JOB OR OCCUPATION
8. HOBBIES AND ACCOMPLISHMENTS
9. MONEY SPENT, EARNED, MADE, OR SAVED, AND THE AMOUNT THEREOF
10. ENVIRONMENT, AND THE WORLD AROUND, WHETHER AT PEACE

## OR AT WAR

11. ROMANCE, SEX, HUSBAND, WIFE, CHILDREN, A FAMILY

12. BODY, AND THE HEALTH THEREOF, INCLUDING PHYSICAL  
CONDITION

*One point to make is that these areas of life have not been listed in the order of importance. You can arrange them any way you want to, but you will find just twelve (12) categories.*

As you can see, each one of the areas mentioned is separate unto itself. If a person were looking to change his or her life, it would be in one of these areas. This is how you would look at creating your own universe. You are simply taking life as you know it, and creating a better version for your own universe. This is done simply by writing down, in quite a specific way, all of the various things that you would want to have in your own universe. Of course, this is also what you would like to see in your life. However, you will not see it in your life without seeing it in your own universe first. The key is that you must put it there, and by writing down what you want there, it then appears in your own universe. Now, we're going to deal with all twelve categories, one by one.

First of all, we'll deal with transportation of a body. Have you ever looked at the incredible amount of time we spend moving our bodies from place to place? Any changes in this area could involve things like getting a newer car or more cars; having your own plane or jet, having a special or unique kind of car. It could also mean having a boat or yacht. It could include horses, ponies, or even a new pair of roller skates. The point is, that if it is your pleasure to have it, then by all means go for it.

Second, is home or shelter and the things within. Any changes here could mean a new house or houses, apartments with pools, hot tubs, music rooms, or whatever you choose. Also included would be gardens, circular driveways, and luxurious, spacious rooms. You are the architect of your own life. You make the decisions.

Third is clothing. Obviously, changes here would involve new clothes, shoes, jewelry, and even custom tailored.

Fourth, is friends and associates. Here, a person may imagine more friends or more positive, success minded happy friends. You might desire associates who bring you up just by being around. Once again, here is a wide area. You know what you want if you'll just ask yourself.

Fifth, is eating and food arrangement. You may notice that most of us no longer go hunting in the local forest when it is time for our meals. Areas to consider here, might include enjoying gourmet meals, being an excellent cook, or eating wonderfully healthy meals which enrich the body in every way. Just

ask yourself what would be better than your present arrangement of getting food and you'll have your answer. Some of you may be totally satisfied with things the way they are.

Sixth, is educational advancement. Included in this would also be such things as spiritual and natural enlightenment and progress. A person might want a diploma or degree that they don't have, or perhaps would like to study a particular new subject.

Seventh, is a job or occupation. In conjunction with this, someone might realize they want to be in business for themselves instead of working for someone else. Another person might want shorter work hours and a chance to be at home evenings. Whatever you want you should weigh it very carefully, for this is a vitally important area to everyone. One should not be totally security conscious, but should exercise good judgment as well. There is a lot of starving done by people who don't know how to constructively starve. They seem to think that if they starve enough, they'll succeed. That is a fallacy. Careful planning mixed in with the "magic" of this course is what it takes. There have, in truth, been very few rags to riches case histories. Most successes were by careful planning based on a great idea, and plenty of time-consuming work. You notice I do not say hard work. Work is activity with a purpose. If you choose to call it hard, that's up to you. Andrew Carnegie once said, "A man's work should be his finest form of play." If your work isn't like that, you might consider a change. I just want you to be realistic in the Physical universe.

Consider the story of a fellow who was at this huge testimonial dinner in his honor. Well, they called him to the platform and he said these words, "My friends, I am deeply honored that you saw fit to honor me this evening. As you are all aware, I own just about one half of this whole town, as well as being president and owner of the bank. However, I can still remember when I came here some thirty years ago with just the clothes on my back and a knapsack tied over my shoulder on a stick. It just goes to show what a wonderful country this is for us all, truly the land of opportunity." He was about to sit down when someone in the audience asked him what was in the knapsack. With a sly grin on his face, he looked straight out at the crowd and said, "About three hundred thousand dollars in securities and negotiable bonds." Take my advice, get a stake.

Number eight covers hobbies and accomplishments. Included here are all the arts. You might like to sing or dance, or paint. Should you already do those things, you might like to do them better or more often. It won't be hard for you to think of the numerous possibilities in this area.

Ninth, is money spent, earned, made, or saved, and the amounts thereof. Most people would like to increase their money. This can be in the form of cash, stocks, bonds, real estate holdings. It can even be part-time jobs or new, money-making opportunities. It could mean, as in the case of one of my

students, winning on a quiz show. Regardless of how you want your money to grow that's just part of life.

Tenth, is the environment and the world around you, whether at Peace or at War. Included in this area could be the idea of peace and brotherhood abounding everywhere. My personal thought on this conceives peace firmly established upon the earth and real love and affinity flowing everywhere. Truly, we could have a better world only when we have better worlds within ourselves. You can have total peace in your own universe, no matter what the condition of the world. Remember that!

Eleventh, is the area of Romance, Sex, Husband, Wife, Children, and Family. Any improvements in this area could mean being a better father or mother, getting married if you're single, or any one of a number of things in this area. The love relationship is one that a large part of our lives revolves around, so it's a good idea to be fully aware in this area.

Twelfth, is the body and its health, including physical condition. The health of your body is very important. Without a healthy body, you are not able to fully participate as joyously in the other areas of life. Improvements in this area might mean losing or gaining weight or strength. It could mean shapelier thighs and hips, thinner waistlines, or firmer breasts. Whatever your desires about your body are, just remember that your thinking for it begins in your own universe.

These twelve categories were included, so that you would know the foundations upon which your own universe would be created. At the present time, there is some version of those twelve categories in your own universe, literally influencing every facet of your life. In Chapter Five (5), you will be taught exactly how to discover what you most desire and imagine in your own universe. More importantly, you will be taught how to keep it there. Your mind will just accept whatever you put there, no matter what it is, provided you keep putting it there on a totally aware level. You will also be taught totally how to do that, and in a very simple way. You are on your way now, and more importantly, because of Chapter Four (4), you now know what your way is. Let us summarize.

First of all, you now know that your life is composed of everything you have, everything you do, and every role you play. If you wish to make any changes in your life, you have the right-hand side of the paper from each of the lists you made. All you have to do is put on the right-hand side the thing or condition that you would rather have compared to what is on your left-hand side. This will be taken up in depth in Chapter Five (5).

The same applies to those things you do and the skill level at which you would like to do them. Also, you might want to write out how often you would like to do them.

As far as the roles are concerned, all you have to do is write on the right-hand side of your paper the roles that you would rather play. It's really very simple. The most important thing to remember about the roles is that they are just roles. Do not get so caught up in what you think is a big powerful role to the extent that you fail to relinquish it to play the others, or you will be missing the real joys of life. These joys can only come from the relinquishing of ego. Ego is merely hanging onto one favored role over the rest. So play them all equally and don't get caught up in a sense of importance of one role.

If you don't follow this advice, one day you may end up the same way that a certain senator did who had gotten caught up in his role as Senator. It seems that he was at a banquet. Many people of importance were there. The senator was very hungry and began consuming' all 'of -his bread and butter. Still hungry, he called -the waitress to bring him some more. She came over and listened very patiently as he made his request, then said, "I'm very sorry, sir, but the way the banquet has been set up each person gets just so much bread and butter, and you've eaten yours." The senator tried to persuade her to give him more and burst out with, "Look, I want some more bread and butter. Evidently you don't know who I am." She said she didn't, so he told her in his most dignified and commanding voice. She then looked at him and said, "Senator, evidently you don't know who I am." He looked at her coldly and said, "You're right. I don't know who you are. Who are you anyway?" She looked him squarely in the eye and then with a voice that would melt ice, she said, "I'm the gal in charge of the bread and butter."

Remember that everyone is playing a role of some type. If you want to get the most out of all your relationships and doings, respect the roles of others and never get too serious about any of your own. As they say in show business "break a leg." Everything that you will need to totally create your own universe will be given to you in chapter Five (5). chapter Four (4) was to get you fully prepared for what you will do in Chapter Five (5). It was very important for you to know exactly what your own universe is like right now. Without doing that, you could not even begin to make the changes that you will make in chapter Five (5). If, for some reason, you have not done the exercises in chapter Four (4), please do them now, before you go on to chapter Five (5). Chapter five (5) is so powerful that your mind will throw you into a form of confusion, if you have not prepared, by doing the exercises of chapter Four (4). Needless to say, all of the other exercises, before chapter Four (4), should be completed as well. These are all tools to keep your universe under your control, and not that of your mind. It is up to you. Good luck!

## HAPPINESS, FACT OR FICTION?

What is happiness? How can I find it? If you were to go out on the street and ask 100 people what they really wanted out of life, I would venture to say that at least 50% of them would say that all they really want is to be happy. However, if you were to ask them what that really meant and how they planned to achieve it, they would probably not be able to tell you in clear terms. This is what we are going to take up in this chapter. Hopefully, by the time you finish all the exercises, you will not only know what happiness is, but you will be happier than you ever thought possible. And most important of all, you will be able to continue to create the state of happiness at will.

As you probably already know, happiness is a very nice feeling, but it is quite elusive to the majority of people. That's because life has a way of constantly reminding them of certain things they are unhappy about. We could call these fears or worries. However, these fears or worries have a way of triggering us off and preventing us from having the happiness we might otherwise have. IT'S ALMOST AS IF HAPPINESS MIGHT BE OUR REWARD FOR CONTROLLING OUR THOUGHTS, BUT IT'S HARD NOT TO LET THEM AFFECT US ISN'T IT?

Just when we think that things are really going great, something from out of our past rears up and says, "Hey, do you remember what happened before? Do you want that to happen again?" Thus are born the mechanisms of fear and doubt. Those are the things that can and do stand in the way of real happiness. Interestingly enough, one of the best ways to be happy is simply to get rid of the people and things around you that are causing you to feel unhappy. It doesn't matter whether they are deliberately trying to make you unhappy or not. If you feel that they make you unhappy, that is enough. THERE IS AN OLD ADAGE WHICH SAYS, IF YOU WANT TO BE THE KIND OF A PERSON THAT CAN BRIGHTEN UP A ROOM BY ENTERING IT, IT IS VERY IMPORTANT TO STAY AWAY FROM THOSE PEOPLE WHO CAN BRIGHTEN UP A ROOM BY LEAVING IT. ENOUGH SAID.

The real key to happiness is to be able to divorce yourself from what is called, "the ego". THERE IS NO SUCH THING AS A HEALTHY EGO. YOU CAN TAKE THAT TO THE BANK. We discussed the ego in the last book, and what a terrible

enemy it can be. Instructions were given in the last book, which if followed will greatly help you in handling the ego. **THE EGO IS NEVER YOURS. IT IS A FALSE IDENTITY THAT OVERSHADOWS YOU, AND WITH THE HELP OF YOUR MIND, CAN MAKE YOUR LIFE A LIVING HELL.** The way to handle the ego is to use the whole of the exercises of this course. This particular book represents the finishing touches on how to do that. You can read such a variety of books on the ego, and, at the end, come away far more confused than when you started. The error is always the same. The idea has always been to treat the ego instead of the actual person. **THE EGO IS A GHOST. IT NEVER EXISTED, EXCEPT AS A SEPARATE IDENTITY, OR IDENTITY, THAT TOOK OVER THE ACTUAL PERSON.** The corporate executive, or the bum on the street, is exactly the same if they think that is all they are. The bum is an ego, and the corporate executive is an ego. The real person was taken over, regardless of what form of ego did it. **THE EGO IS AN IDENTITY THAT OVERSHADOWS ALL OTHER ROLES. NEVER FORGET THAT.**

Should I begin to think that I am an author, and that is how you should know me, I would have been taken over by an ego. The same is true if I were very excited about having you think of me as your teacher. Both of those would be ego. I am simply the guy who channeled this course. That is all. When I am walking, I am a walker. I am never more than that. Should I be riding in a limousine, or on a private jet, I am still nothing more than a rider. Quite possibly, I could be a limousine rider, or a private jet rider. None-the-less, I am not international chairman of the board, rider, or anything like that. I am just a rider. Should I think of myself in any other way, I am subject to whatever ego would come along with that.

**EGO ALWAYS INDICATES A GREATLY LOWERED STATE OF AWARENESS FOR THE ACTUAL PERSON. IT IS ALWAYS LURKING THERE TO TAKE OVER THE ACTUAL PERSON. IT IS HUSBANDS. IT IS WIVES. IT IS CHILDREN. IT IS CORPORATE PRESIDENTS. IT IS FAILURES OF ALL TYPES. SADLY, IT IS ALSO SUCCESSES, FOR THE MOST PART, IN TODAY'S WORLD. THE WORLD WORSHIPS A THING CALLED, "COMPETITION". COMPETITION BELONGS ON THE PLAYING FIELD, AND NOWHERE ELSE. THE EGO IS JUST WAITING TO TAKE OVER WHEN THAT RULE IS NOT FOLLOWED. NEVER FORGET THAT. EGOS ARE VERY UNPLEASANT TO DEAL WITH. ACTUAL PEOPLE ARE VERY PLEASANT TO DEAL WITH. UNHAPPINESS BEGINS WITH THE EGO, AND THE SUPPORT IT RECEIVES FROM YOUR MIND. ENOUGH SAID.**

The specific exercises in this book are designed to eliminate the unhappiness, and hence the ego. **THE EGO MUST BE SATISFIED.** The way to do that can only be done using the idea of your own universe. There is an enormous truth about that, which will be put in all capitals. Here it is:

**THE EGO WILL RESPOND JUST AS READILY TO WHAT IS IN YOUR OWN UNIVERSE, OR THE IMAGINATION, AS IT WOULD TO SOMETHING THAT**

HAPPENS IN THE SO-CALLED, "REAL WORLD". THIS IS SO IMPORTANT TO YOU, BECAUSE NEVER COULD YOU SATISFY WHAT HAS ALREADY HAPPENED TO YOU WITHOUT THE USE OF YOUR OWN UNIVERSE. THE EGO HAS TO BE SATISFIED BEFORE IT WILL DISAPPEAR. SO MANY EGOS HAVE BEEN BUILT IN YOU ALREADY BY A DAILY BARRAGE OF ALL OF THE ADVERTISING YOU ARE SUBJECTED TO. THE EGO WANTS EVERYTHING IT SEES. IT DOESN'T KNOW HOW TO GET THEM, AND RESENTS ALL OTHERS THAT ACTUALLY HAVE THEM. THIS IS NOT A WAY TO LIVE. THE EGO WANTS EVERYTHING IT HAS EVER HEARD OF IN A MOTION PICTURE, A TELEVISION SHOW, OR EVEN IN A BOOK OR MAGAZINE THAT HAS BEEN READ. IT LIVES IN A CONSTANT STATE OF DISAPPOINTMENT, BECAUSE THOSE THINGS HAVE NEVER BEEN SATISFIED. THAT IS WHAT YOU ARE UP AGAINST IN ATTEMPTING TO BE WHAT IS CALLED, "HAPPY". YOUR MIND WILL DO NOTHING BUT SUPPORT THE EGOS THAT ARE THERE, SHOULD YOU NOT DO THE EXERCISES IN THIS COURSE. ENOUGH SAID.

As I said before, what occurs that will stop your happiness, is a constant want or desire for that which you do not have, which you are not, and which you do not do. It is as simple as that. The problem with the ego, on top of everything else, is that it does not stay focused. One day the ego wants one thing, and the next day it wants another. However, it still subliminally wants what it didn't get the day before. This builds an enormous hunger that seemingly could never be satisfied. This has, in most instances, made the ego feel that it is a total failure and that is the ego now. The ego then learns to not want things, and thus, you have the idea that the ego is under control.

IT STILL WANTS EVERYTHING. HOWEVER, THAT IS TRANSLATED TO STOPPING OTHERS FROM GETTING WHAT THEY WANT. THUS, YOU HAVE WAR IN ALL OF ITS VARIOUS FORMS. THE THERAPISTS OF THE WORLD BECOME RICH, AND THE EGOS MARCH ON. THE EGO MUST BE SATISFIED. BY ITS NATURE, IT CANNOT BE DEPRIVED. WHEN IT IS, CRIMINALS ARE BORN, AND THUS YOU HAVE EVERY FORM OF CRIMINALITY. ALL CRIMINALS ARE EGOS. NEVER FORGET THAT. ENOUGH SAID.

Let's look at a simple form of all of this. That area is discontentment. Never really seeming to be satisfied enough with anything, or "the grass is always greener" syndrome.

Have you ever eaten a full meal and then 15 minutes later found yourself looking in the refrigerator for something else? You didn't know what you wanted, but you had an urge to satisfy. Well, it's much the same when you don't know (or don't admit to yourself) what it is you really want to be, do, and have in life. You just keep wandering from one seemingly greener pasture to the next. When that happens, the ego has taken you over.

Once again, the ego must be satisfied. It will drive you utterly crazy, if it is not. The real key to all of this is your own universe, or the imagination. Just realize that what you are about to do is to satisfy the ego, or egos that are there, hidden or not. Let us begin.

The lists that you created in the previous book will serve you very well now. The real key is that you probably already have a version of what would satisfy the ego. Should you not have done those lists, you will not be able to go on, until you do. I could have you write a complete list of everything, that were you to have it, it would make you happy. The same could be done with everything, that should you be able to do it, you would be happy. Additionally, the same could be done with everything, that should you be able to be it, it would make you happy. Yes, I could do that. However, you would have extreme difficulty with that. Also, it would probably be just another version of what is already on your lists, of what you already have what you already do, and what you already are.

Should you be able to think of something that is not on those lists, that you actually do not have, are, or do, you can feel free to add it to whatever list is appropriate. You can be as creative as you like. In most instances, this will be the shortest part of your list. You could include exotic vacations or something like that. The reason for doing it this way is because your mind will totally fight what would make you feel happy, unless you approach it in the following way.

You have much more creativity than you ever even dreamed possible. Let us take the first item on your have list. This is the easiest to do. **THE EGO ALWAYS WANTS THE BEST.** That should be written on your walls in the largest letters with which it could be written. That is what you have to satisfy. You can bypass all of the daily wanting, the sighing, and anything else that comes forth from the disappointment of not having what you are presented with by the advertisers. This is the most important list in satisfying the ego. Your mind will just go along with it. The reason is not even available. It just will.

## CHAPTER 5, EXERCISE 1

Get yourself a clean sheet of paper. On that clean sheet of paper, write the first item on your “have” list. You are ready for some fun now. You will be amazed at what comes forth. There is a form of a question that you will keep asking yourself, over and over again. It cost me thousands and thousands of dollars to discover this question. It cost me more than half of my adult life to discover this question. I also feel that I am the only one, who was ever exposed to the question who realized its true value. That is also another reason why I feel so very strongly that my life has been guided, just so this course could be written. I don’t even think it is mine. I most certainly do not feel that any of the techniques were actually created by me. I am just the guy that was used by a higher power to put all of this forth. Now that that is all made clear, let me give you the question. It is

going to be put into all capital letters, as well as bolded. Here it is:

## **WHAT WOULD BE A LITTLE BIT BETTER THAN THAT?**

That question is invaluable to you. It is the secret, and the whole secret to the creation of your own universe. This will satisfy the ego. Nothing else will. I cannot emphasize that enough. This is how you use it. This will not work if you have not done your lists of everything you have, everything you do, and everything you are. Should you not have done those lists, please do so now. Have you done those lists? It's up to you. I spent a large amount of my life constantly simplifying this book and the exercises in it. I am now convinced it cannot be made any simpler. The reason I say that is because most books, and even courses, are just filled with immense amounts of things to read. This book is not for reading. It is for doing. That is why it is so short. Without doing the exercises, you will have wasted your money. This is the most valuable book you could ever read, but only if you do the exercises. Have you done those lists?

I will assume that you have. We will now take the first item on your "have" list, and begin your fun. After you have written that item on a separate sheet of paper, just ask yourself the magic question. **WHAT WOULD BE A LITTLE BIT BETTER THAN THAT?** When the answer comes to you, write it directly beneath the first item that you wrote. Then, ask yourself the magic question again. When the answer comes, write it directly beneath the previous thing you wrote. Keep doing this, over and over again, until you have come to the point where nothing would be better. You then take what you have written, and put it on the right-hand side of your "have" list. You then take the second item on your "have" list, and do the same thing, but on a clean sheet of paper. It is vital not to use the same sheet you used for the first item on your list. You don't even want to see those other things that it took to get you to the thing that couldn't be any better. In fact, I would recommend that you throw that piece of paper away. This lets you start fresh with each new item. By doing this, the items on the right-hand side become what you put in your own universe.

**THERE ARE NO LIMITATIONS ON WHAT YOU WOULD WRITE DOWN FOR YOUR OWN UNIVERSE. THAT IS THE MOST VITAL THING TO REMEMBER. THE EGO HAS NO FORM OF LIMITATION IN WHAT IT WANTS. IT WILL BE SATISFIED ONLY WITH WHAT IS NOT PRACTICAL. IT WANTS FLEETS OF CARS, NOT JUST ONE. THIS IS ONLY ONE EXAMPLE. IT DOESN'T CARE ABOUT MONEY, OR WHAT IT WOULD TAKE TO ACCOMPLISH THOSE THINGS. IT WANTS ONLY THE FEELING OF HAVING THEM, DOING THEM, OR BEING THEM. IT DOESN'T WANT ANYTHING ELSE. YOUR OWN UNIVERSE IS THE ONLY PLACE ALL OF THAT CAN BE SATISFIED. THIS IS THE GREAT SECRET OF ALL SECRETS IN ACHIEVING HAPPINESS. NEVER FORGET THAT. BY HAVING THESE THINGS WRITTEN DOWN, THE EGO WILL FINALLY BE SATISFIED. WHEN IT IS SATISFIED, IT WILL START TO**

VANISH. THE ONLY REASON IT LIVED WAS TO BE SATISFIED. YOUR OWN UNIVERSE WILL DO THAT. ENOUGH SAID.

The secret to doing all of this is just to take all of those items on your lists, and keep extending them out until you have whatever it takes, so that you feel that nothing could be better. Once all of your right-hand sides are completed, you will then take all of them and either type, or print very neatly, on three new sheets of paper, (one labeled “have”, one labeled “do”, and one labeled “be”) all of the items that are on the right-hand side of your various lists. You can use as much detail as you wish. The key is not the amount of detail, but that you actually discovered what would satisfy the ego.

Everything on the completed lists, now goes into your own universe, just by the simple act of you writing those things down on those three separate sheets of paper. Your mind will now treat these things as though they are real. Should you like, you can even record these things onto a tape, in your own voice, and listen to it as often as you like. It is very important to not do any form of an exercise with this tape. Your mind will fight you like a tiger, if you do. It is sufficient for your mind, and for the ego that these things are just written down. The recording just makes it a little easier for the ego and your mind to get the feelings they are looking for from those things on your lists. Feel free to add anything additional that comes to you, from time to time. It is very important that you use the magic question on each new thing that comes up. Otherwise, the ego will rear its ugly head once again.

NO MATTER WHAT IT IS THE EGO ALWAYS WANTS THE BEST. IT DOES NOT CARE WHAT YOU WANT OR WHAT WOULD BE CONSIDERED TRUE VALUES. IT WANTS ONLY WHAT IT WANTS. IT DOESN'T CARE ABOUT LOVE, EXCEPT TO BE LOVED. IT DOESN'T BELIEVE IN DOING ANYTHING FOR ANYONE ELSE, WITHOUT GETTING SOMETHING BETTER IN RETURN. HOWEVER, MOST OF ALL, THE EGO WANTS WHAT IT CANNOT HAVE, WHAT IT CANNOT DO, AND WHAT IT CANNOT BE.

AS A RESULT, THE KEY IS THAT, IN YOUR OWN UNIVERSE, THERE IS NOTHING THAT CANNOT BE HAD, NOTHING THAT CANNOT BE DONE, AND NO ROLE THAT CANNOT BE PLAYED. YOUR MIND WILL NOW SUPPORT YOU INSTEAD OF THE EGO. IT WILL LITERALLY START REACHING OUT TO DISCOVER HOW TO MAKE ALL OF THOSE THINGS YOU HAVE WRITTEN COME TRUE. YOU COULD LITERALLY EXPECT A FLOOD OF IDEAS. YOU DON'T HAVE TO USE THEM, BUT CHANCES ARE THEY WILL BECOME AVAILABLE.

YOUR MIND TREATS YOUR UNIVERSE JUST LIKE IT TREATS THE REAL WORLD. YOUR UNIVERSE IS NOT IMAGINARY TO YOUR MIND. YOU WILL ENJOY THE FEELING OF HAVING ALL OF THOSE THINGS IN YOUR OWN UNIVERSE. THIS ENJOYMENT WILL COME FROM THE CONTENTMENT OF HAVING THE EGO UNDER CONTROL. THIS IS THE BEGINNING OF

HAPPINESS. THE KEY TO REAL HAPPINESS IS TO NOT WANT FOR ANYTHING, OR TO HAVE THAT FEELING. IT IS WITHIN YOU TO BE HAPPY. IT IS NOT FICTION, BUT A GENUINE FACT. THE ONLY THING THAT WILL KEEP YOU FROM THAT HAPPINESS IS THE EGO.

BY HAVING YOUR LISTS, YOU WILL BE ABLE TO LOOK AT ALL OTHER PEOPLE, AND JUST SEE THAT THEY HAVE LIVES AS WELL. NO LONGER WILL THEIR LIVES APPEAR BETTER THAN YOURS, LESS THAN YOURS, OR ANY SUCH EVALUATION. HAVING THE EGO HANDLED TAKES AWAY THE JEALOUSY, OR THE UNFAIRNESS THAT CONSTANTLY COMES UP FROM COMPARING YOUR LIFE TO OTHERS. USE YOUR LISTS OFTEN. LISTEN TO YOUR TAPE OFTEN. THIS WILL GIVE YOU THE CONTROL OF THE EGOS AND THEIR EVENTUAL DISAPPEARANCE. THE MORE YOU USE THESE LISTS AS A PART OF YOUR REGULAR DAY, THE HAPPIER YOU WILL BE. JUST CONSIDER THAT ALL THOSE THINGS ARE YOURS. JUST KEEP DOING THAT, OVER AND OVER AGAIN, BUT NOT AS ANY FORM OF AN EXERCISE.

THE KEY HERE WOULD BE ANOTHER MAGIC QUESTION. IT IS SIMPLY, "WHAT IF"? JUST KEEP DOING THAT WITH EACH ITEM ON YOUR LISTS, AND IT WILL GET AUTOMATIC, AFTER AWHILE. EACH TIME THE FEELING APPEARS OF WHAT IT WOULD BE LIKE IF YOU HAD THOSE THINGS, DID THOSE THINGS, OR WERE THOSE THINGS, CAPTURE THAT FEELING, AND JUST CARRY IT WITH YOU. THERE IS HAPPINESS IN THOSE FEELINGS, BECAUSE THE EGOS ARE FADING AWAY. YOU CAN THEN BEGIN TO JUST ENJOY THE THINGS THAT JUST COME UP IN DAILY LIFE. THIS HAS ALL BEEN IN CAPITALS, JUST SO YOU WOULD SEE ITS IMPORTANCE.

## ClearTalk

Up until now in this book, you have covered many areas of understanding and experience, and completed all the exercises. Or you may be starting with this chapter first, as I suggested in the introduction. Everything that is contained in the first five chapters is condensed and presented here in this chapter, in the final formula. This chapter is the explanation of the complete formula, which is currently called ClearTalk. If you learned this formula, and only this formula, if you only did this chapter and never read the rest of the book, you would essentially get it all right here.

Doing all the other exercises is extremely valuable. The synergistic effect, of doing all those exercises, and then coming here and doing the complete condensed formula, is spectacular. You can run the formula you are about to learn on paper, just as you did the previous exercises on paper. However this formula expands your abilities into the verbal modality of your brain. This formula can be done verbally, and mentally. You can speak it out loud, or use it internally.

When you order a ClearTalk session, then it is usually done verbally, in person or on the phone. Doing the session with someone whom is trained to offer it, in about 40 minutes you can learn the whole formula, or improve the depth of what you learn here.

I am going to show you now how to do it. I highly recommend that you call or write me and try doing the session with me, after you learn how to do it here. Lets begin. This is ClearTalk. It took me 16 years, including the time I took to learn and practice all the other exercises, and much more, to develop this simple technology. You can write it, or you can talk, or you can think it.

It is super-effective, for bringing you into the present moment, freeing you from your mind, bringing you alive, solving any problem or condition, improving anything, and helping you greatly to materialize what you desire and imagine. In fact I have experienced this to be so powerful, that I have likened it to having the power to walk through a brick wall. Anything that stops you from materializing what you desire or imagine, or stops you from being who you are, will melt when you use this formula, and the true light of your being can shine through.

I first envisioned doing this session 18 years ago, (it is 2004 at this writing), and only now am I presenting how to do it in writing for the first time.

Especially if you have done all the exercises that are available to build up your

ability to use the formula, I expect that you will get many results using ClearTalk. I am now going to show you how to do ClearTalk on your own. You can also order a personal ClearTalk session with me. The ClearTalk session that can be done over the phone, or in person, you can do that only one time, without every having done any of the other exercises, and get a potent effect.

In that one session you can learn how to do this for the rest of your life. However the other exercises and the stories in the e-book make using this formula much more complete.

It is very easy and simple to apply once you know how. The way that you feel, and the results you achieve, will prove its effectiveness.

We are going to apply the formula to the 12 areas of life.

1. TRANSPORTATION OF A BODY
2. HOME OR SHELTER, AND THE THINGS WITHIN
3. CLOTHES
4. FRIENDS AND ASSOCIATES OR RELATIVES
5. EATING AND FOOD ARRANGEMENT
6. EDUCATIONAL ADVANCEMENT
7. JOB OR OCCUPATION
8. HOBBIES AND ACCOMPLISHMENTS
9. MONEY SPENT, EARNED, MADE, OR SAVED, AND THE AMOUNT THEREOF
10. ENVIRONMENT, AND THE WORLD AROUND, WHETHER AT PEACE OR AT WAR
11. ROMANCE, SEX, HUSBAND, WIFE, CHILDREN, A FAMILY
12. BODY, AND THE HEALTH THEREOF, INCLUDING PHYSICAL CONDITION

The order that they are presented is not important, you can change the order. What is important is that you get the feeling when you run the formula in all twelve areas, that you feel complete. You feel that you covered everything in your life.

Did you ever take a course, or do a workshop, or have a friend ask you what are your goals in life? What do you want? I hope that you have started to realize, by taking the time to do all the writing and thinking exercises so far, that it is an art to formulate exactly what you desire and imagine in all the twelve areas of life.

So when asked, what are your goals, or what do you want, we usually just name one or two. I want to lose weight, or I want to get a new car, or find a romantic partner, or get more money. Has anyone ever given you enough time to really listen to what you desire and imagine for yourself in ALL the areas of your life?

Even couples who have been together for a long time do not usually know what

the other one truly imagines and desires completely. Nor do parents know this about their children, or friends about each other. The reasons for this are many, however I would say that personal freedom is the main reason. Due to the generally competitive nature of the outside world that we live in here on planet earth, people are usually focusing on achieving their own goals, or simply surviving.

ClearTalk gives you a method to achieve your own goals and to become more compassionate and understanding about helping other people to formulate and realize what they imagine is better for their own life.

You can use what you are about to learn here, with your friends, your family. You can use this formula, as a way of sharing what you desire and imagine with another person, or as a way of finding out what they desire and imagine. You can call me up and book a session for yourself, if you would like to experience what it is like when I run the formula with you. Now here is how you do it.

## CHAPTER 6, EXERCISE 1

First of all you need to either write down all the twelve (12) areas of life, or go to the website and look up the images for the twelve areas, or you can find them at the beginning of this PDF document on the title page. You need to number the twelve (12) areas in some order. You can put them in the order that is most important to you, or you can just number them, and let your subconscious mind choose what order to put them in. What matters is get the twelve (12) areas numbered for yourself now.

Are you ready?

The next thing you do is to write down:

In the Universe, in the area of...

In my own Universe, in the area of...

That is what you write down.

Got it? Did you do it? If you write it down, that puts the formula into activation.

Those words, combined with everything you learned in the other exercises and stories, and combined with the twelve (12) areas, that is the structure for the formula. The formula is completely activated, when you add your own imagination, and desire. Your thoughts and feelings, plus those two statements, added to the twelve (12) areas is the recipe. Yes? Are you ready to try the first area that you marked down?

Let me give you an example of how to do it, and then you can try out the first area that you indicated for yourself.

The first thing you do is that you say or think or write out the following:

In the universe, in the area of (insert the first area that you chose here).

Now, go on and describe the way it is in that area of your life in the present moment, either verbally, or in writing, or mentally, or all three.

For example, here is one for me, in writing:

In the universe, in the area of transportation of a body, I walk most places I need to go. Sometimes I rent, or borrow a car, and sometimes I take public transportation. My parking spot downstairs in the garage, is rented out to someone else, and my other parking spot is available if I rent a car.

That is actually how it is in my life at this time. As you can imagine, there are many ways to describe how things are in the present moment. I could have said:

In the universe, in the area of transportation of a body, I don't have a car.

In the city where I currently live, that has a certain feeling about it that is not evident in the words. I could leave it like that, or like this:

In the universe, in the area of transportation of a body, I don't have a car because I have a long-term vision about automobile use that is based on preserving and healing the environment. I just use a car when I need one, even though sometimes I wish I had my own car available to me all the time, and sometimes I feel awkward living in a place where it seems that everyone has a car.

As you can see, there are an infinite number of ways that you can describe the way it is in the present moment in any area of your life. Or in this case, my life was used as the example. You can do a short version, a long version, you can even do the version that goes way beyond the present situation and covers your entire life. That is called whole life ClearTalk, and I offer a session in that, which actually takes many sessions for most people. It is extremely powerful, however very intensive, and expensive.

The point I am illustrating by giving you these three real life examples of my own at this time, is that you can express yourself in many ways with this. Make sure and follow the formula of first declaring:

In the universe, in the area of ...(and then you say the name of the area, and then you start to describe how it is for you in this area).

As long as you stick with that, you can say or write, or think whatever it is for you, and express yourself in any way that you like. You can disclose all the details, or put it in a short summary.

This part of the formula, “in the universe“, gets you into the present moment in a phenomenal way. You gain tremendous benefits simply by describing how things are in the present moment. You can describe your worst feelings, or situations that are happening, or your best, or anything in between. If it is happening, if you are experiencing it, it is in the universe. The universe, is the place that we call "reality", or, "the real world", or "real life". It is the earth, and everything in it, on it, and around it, and the entire solar system and all that it contains. In the universe.

Now lets move on to complete the experience, and then I will share some things I have learned over the past few years of using this formula, to help you get more out of it.

The next thing you do is in relation to what you said or wrote, or thought, that started with, “in the universe”.

Let’s take the second thing I came up with for myself:

In the universe, in the area of transportation of a body, I don’t have a car.

Now what I do is write, (or say, or think)

In my own universe, in the area of transportation of a body.....( then I write or say or think what I imagine is better than what I have in the universe).

Here goes.

In my own universe, in the area of transportation of a body, I always have the best form of transportation for the situation.

Notice how that is done? I declare in the present moment that I am, "in my own universe" and I put forth what I imagine, in the present moment. I express my desire in my own universe. Now that is the basic structure. That is how it works. That is so powerful, that if you try it for yourself now, you can experience what I am telling you about.

## CHAPTER 6, EXERCISE 2

Lets review your work in chapter six so far. You should already have chosen which area you are starting with, and have the twelve (12) areas in front of you. You should have written on paper, and said aloud or mentally, “in the universe, in the area of“, and, “in my own universe in the area of” . You should have written out, the way it is for you, "in the universe, in the area of....." whatever your first area is.

Did you accomplish all that? Good.

Now on the piece of paper underneath where you wrote your statement about the way it is in the universe in the area of..., write the way that you desire and imagine that it is in your own universe.

Did you do that? Great. Now you have done it! You should have the first area complete, in the universe, in the area of, and in your own universe in the area of.

When you are in your own universe stay in the present moment and imagine and declare it as a present moment reality in your own universe. This exercise should make you feel very good AND it sets forth your materialization. What you declare, in your own universe, often finds its way into, the universe.

For example, I wrote my declaration about the area of transportation of the body, a few days ago. Since that time, I have already received a free airline ticket, plus a \$34 travel voucher, a super low exchange fee on my ticket, great service at the ticket counter, no line, and a travel schedule better than the one I planned, literally appeared before my eyes! I love this technology, because I get results.

Now you should have your first area written up. Referring back to my personal example clear of all the description that I have written to help you do this you have the actual ClearTalk, which is simply as follows:

In the universe, in the area of transportation of a body, I don't have a car.

In my own universe, in the area of transportation of a body, I always have the best form of transportation for the situation.

You go through all the twelve areas like that. All in one session if possible the first time, as that gives you the whole and complete effect. Now you know how to do it on your own. After doing it on your own you can do individual areas or use the ClearTalk technology in any way that you like.

You can also call me and arrange to book a ClearTalk session with me and I will run you through the entire 12 areas along with giving you personal assistance. It is good to do all the areas in one session at least once at the beginning. The next exercise guides you to do this.

## CHAPTER 6, EXERCISE 3

Now set aside some time, about an hour, and working in the order that you numbered the twelve (12) areas, move through them one by one at your own pace, either verbally, or in writing, and do each area, “in the universe“, and then “in your own universe“. It is very important, for the first time to do all twelve areas in one session. This gives a holistic effect that is essential for the full experience.

You have everything you need to do this session for yourself, so go ahead when you are ready and enjoy the results. This is the full and complete Life Transformation Formula. Your life will improve in many ways, from this one session, AND you can use what you experience and learn by doing this, for the rest of your life. ENJOY.

If you need any assistance at all to do this session, you can call me up and book a session with me, and I will take you through the whole session verbally on the phone, or in person if we can get together. We can even do it over internet chat. Check my website for the current ClearTalk fee, and to order the session, or call me at 1-619-819-8774, or send me an email to book your session.

### **SOME IMPORTANT CONSIDERATIONS ABOUT THE FORMULA**

Now that you have completed all the exercises leading up to the final formula, and you have completed doing the ClearTalk for yourself, I want to share with you some of the things that I have discovered are very important to make this work well.

I understand that some of you will be reading this first, before trying out the preliminary exercises in chapters 1-5. That is just fine. It can be helpful to review this section before trying the exercises, or afterwards.

As you work with the ClearTalk technology, and the rest of the exercises presented with the Life Transformation Formula, please write me, and share your experiences and discoveries. This is an ongoing research project that can always be improved! What can be better than this?

Here are some of my notes from the last few years of doing this myself and sharing it with others:

### **BE IN THE PRESENT MOMENT**

When people get into their own universe in the ClearTalk, one of the most common things that happens at first, is that they use words like, “will, could,

would” or in other words take themselves out of the present moment.

In a version of my real example:

In my own universe, in the area of transportation of a body, I always have the best form of transportation for the situation.

Now often I have heard people say a version something like this:

In my own universe, in the area of transportation of a body, I would have the best form of transportation for the situation.

Can you feel how the word, “would” takes away from the power of the total feeling? In your own universe, everything is best if it is now. The present moment is the place to be. Even if you want to talk about the future. Let me say for example, that I have a date coming up this Saturday, and I want to have a Rolls Royce convertible in which to pick up my date. (or perhaps she will pick me up in a Rolls Royce convertible?)

In my own universe, in the area of transportation of a body, it is Saturday and my date has arrived to pick me up in a Rolls Royce convertible.

In that example, I time traveled to Saturday, and put myself there in the present moment with the words, “it is Saturday”, rather than stating my date would pick me up on Saturday in a Rolls Royce.

Stay in the present moment in your own universe, even if you have to time travel to the past or future to do so. Or you can bring the past or future to the present moment.

Let’s use a heavy duty example to make this more clear, and to show you that you can use this on anything at all no matter what. Here I use invoke the past with the words "felt", and "when".

In the universe, I felt abandoned when my doctor told my parents not to visit me in the hospital, when I was a baby.

In my own universe, I always felt the love and happiness of both of my parents, when I was a baby.

And even more powerful:

In my own universe, I am feeling the constant love and happiness of both of my parents.

Now of course, that all really happened in the past. So it seems appropriate to use

past tense language? However for the purposes of doing ClearTalk, and making your life be the best that you desire and imagine it to be, be in the present moment, like this:

In the universe, I am a baby not yet one year old. I am abandoned in the hospital and I do not know where my parents are. I feel terrible pain.

In my own universe, I am a baby not yet one year old. I am always feeling a great love and happiness from both of my parents, in every place and time.

Does that version feel more CLEAR than the first version? It does to me. AND, that version is much more powerful for manifestation. Does that example give you some idea of how to stay in the present moment? Good. There is nothing about ClearTalk that you absolutely must do. You can try out whatever you want. I am sharing with you what I have experienced works the best so that you can start from a place of quality to do your own experiments with the Life Transformation Formula, or ClearTalk, as I often call it.

## AREA JUMPING AND AREA CROSSOVER

Here is an example of something that you can try yourself. This for me is so powerful that I developed a whole new career learning how to trade stock market futures, and improved my coaching and consulting business tremendously at the same time. A few years ago, I did a ClearTalk for myself that went something like this:

In the universe, in the area of work and career and job and business, I spend years studying and working with people, but I still don't make very much money doing what I do.

In my own universe, in the area of work and career and job and business, years of research, investment, and development, prepared me for the successful business I now have in which I make lots of money and my customers and the people that I work with are very happy with what I do for them.

There is really no way that you can go wrong in a ClearTalk session, as simply doing the ClearTalk, in my opinion, is very healthy. You express yourself in the present moment, you work your imagination. It is all good. This observation that I am going to share, is because when I discovered that I was crossing over the area of money, with the area of career, and I then separated them, my whole life in the area of money and in the area of career, got much better in each separate area.

Do you see what I mean? In my example, I am actually in the area of work career job and business, but money seems to be an important issue. If you missed it the first time, read my example again. In the universe, and in my own universe, in the area of career, I am talking about how much money I make.

My advice to myself that one amazing day that this insight first came to me is to leave money for the money area and career and work issues should be the focus in the work and career area. This was a revolution for me when I started to do it. I realized I was crossing over the area of money and the area of career work job and business. From then on, I keep them separate, such as I am able to, when I do my own ClearTalk for myself.

Another example of two (2) areas that people I have worked with commonly cross over, is food, and body health and condition. I hear people say something like,

“in the universe, I eat a lot of junk food. In my own universe, I eat only healthy foods.”

It sounds good, and that is a legitimate way of working with that. To make it even more effective, I coach that person to take the health issues out of the food area, and put the health issues in the body and health area. Doing so it is amazing how the ClearTalk becomes more clear and potent in each area for the person. Area crossover is something you can watch out for in your own ClearTalk. When you catch yourself doing it, separate the two areas, and you do them one at a time. In my own universe, you really enjoy the results of doing that!

Area Jumping, is a couple of words I use to describe my experience of one way to handle a crossover. In my example of crossing over career and money, I catch myself doing it, and then notice that I put money into the career area. I then stop doing the career area, address the money issue in the money area, and then jump back into career.

Like this:

In the universe, in the area of work and career and job and business, I have spent years studying and working with people, but I still don't make very much money doing what I do.

I notice that I have crossed the two areas, so I now start a new one with money, and leave the career business work job area aside for a moment while I complete the separate money area, like this:

In the universe, I don't make much money.

In my own universe, I have a great cash flow that far exceeds all my expenses.

Now I jump back to completing the career and work area.

In my own universe, in the area of work and career and job and business, all the years of research and development have put me in a great position. I really enjoy the work that I do with other people, and I have some great business activities of

my own that I love to spend my time involved with. I really enjoy the work that I do.

I think you will enjoy the results of clearing up area crossover. You can see that I started with work and career and job and business area, noticed that I crossed over the money area, then I jumped out of career, and into my own universe in the area of money to finish up the money issue that came up. Next I carried on and finished the career area.

## **WISHING IN THE UNIVERSE**

I discovered by my own experience, that wishing, wanting, desiring, fantasizing, and day dreaming, in the universe, can have difficult consequences. I do not recommend that you try it for yourself. I do recommend, that you try what I experienced is much better.

For example, I find myself wishing.

I wish I had someone to go out with tonight, but here I am stuck at home alone.

I do better by noticing what is really happening in my real life (I ground myself in reality) and then from there I move my wish into my own universe where it has more potency, like this,

In the universe, I am at home alone tonight and I have no plans to go out with anyone. I don't know anyone that I would like to go out with tonight who would like to go out with me.

In my own universe, I am out on the town tonight enjoying the best date that I have ever had with a woman who is warm and charming and beautiful who is also really enjoying my company. My companion and I are very satisfied with what we are doing together this evening we are having a wonderful time together that is warming our spirits greatly.

Wishing, wanting, desiring, fantasizing, and day dreaming, in the universe, is so commonplace that I did not even notice it happening until using the Life Transformation Formula helped me to get the insight that it happens a lot.

Once I got that insight, I started to watch the results I was getting when I wished, wanted, desired, fantasized, and day dreamed, in the universe. I compared that to results I get simply by switching my dream or wish or fantasy over into the universe, which in my opinion, is the only place for those wishes, dreams, fantasies, and so on. And in my own universe, they are real, and I do not even have to wish anymore, as I am experiencing them real, in my own universe.

I do not even want to explain what I noticed was happening to all my wishes, and plans, and dreams, and fantasies in the universe. In my own universe is much better. Here is one final example of this, since it can be very helpful.

In the universe, my body is tense, and I wish someone would give me a massage.

Here is how to move that wish into my own universe.

In the universe, my body is tense.

In my own universe, my body is totally relaxed and comfortably, as I am now enjoying a satisfying massage.

Simply put, that is a demonstration of how to turn a wish into reality, (in your own universe) instantly! And yes, they do have a tendency to appear in the universe as well. Enjoy.

## **USING CLEAR TALK**

The last thing that I am going to write about in this chapter is ways that you can use ClearTalk. First of all, try it as a form of meditation. Get a paper with the twelve (12) areas written on it, or print out the images of the twelve areas from the website. When you have time be comfortable somewhere, and go through all the areas one by one, verbally, or mentally. Keep going one by one until you get them all done. You can even try this for ten days in a row, and experience what happens!! Write down all your results if you can.

Another way of using ClearTalk, is in your conversation with people. I have had entire relationships go much more smoothly even through the most challenging times, when I used ClearTalk. Here is an example of how to use it in real live conversation:

Let's say that your boss says to you,

“I need those papers on my desk by Monday morning at 9am”.

You feel stressed and worried and under pressure. Quickly, in your own mind, you say to yourself mentally,

“in the universe, my boss just said he needs those papers by 9am on Monday morning!. In my own universe, my boss just said that I could take all the time that I want on those papers, and that he is doubling my salary.”

Life situations like that happen at high speeds, so I know that it might at first seem difficult to think so quickly. I know that you can do it. I also know that you

will love the results, so try it out next time you get a chance and I expect you will appreciate the results.

You can also do individual areas, or individual thoughts or feelings as they arise.

My back hurts! In my own universe, my back is strong and supple.

That was a quick one! You don't even need to say, "in the universe" when you are doing the fast version. Why? Because it was already said, in the universe. You do need to say, "in my own universe", to make sure and declare that you are now in your own universe.

You can try it on other people. Someone says to you,

"I am so tired, that I don't think I can make it tonight."

You say,

"in my own universe you have lots of energy and you are excited about making it tonight".

As long as you keep it in your own universe, and actually say in my own universe before you add your desire and imagination you will be surprised to find that person appreciates you saying that, and is not offended. Convert your wishes about other people, and all your wishes, into reality in your own universe, if you want to enjoy life more. That's my advice.

A few final notes about using ClearTalk in your own life. Be flexible. I developed the language, "in the universe", and "in my own universe", because I observed those were the best words that most accurately describe those two places for what they actually are. However, the universe, is also frequently called, the real world, real life, ordinary life, reality, the way it is, and other terms. Your own universe, is also known as, your imagination, your dreams, and your own fantasy world. You use the words and language that works for you. I have shared with you what many years of research and development has shown me is the best. Of course, by now, we can both ask, what would be better than that?

When you find out, let me know! When I find out, I will do my best to share what I discover. In the meantime, enjoy applying the ClearTalk formula and everything else that you have learned, to get great results in your own life today and every day and night.

The Practically Magical Use of Lists, Chapter 7  
**MATERIALIZING RESULTS**

From the very first exercise in this book you are getting results. The first result you realize is the feeling and insights that come to you immediately upon doing the exercise. All of the exercises in the book have the capacity for both subtle and more obvious results. You do improve your life as you work through the exercises.

Tracking your results, is an advanced exercise. You experience the improvements in all areas of your life simply by having them, doing them, or being them. If you are interested in magnifying your success, and getting even better results, then tracking your results, adds a brilliant and excellent finishing touch to each materialization. Tracking results, by writing them down, sharing them with someone, or simply noting them to yourself mentally, also sets up the conditions so that you can then launch a new materialization, off of the success of the current achievement. I will explain that in more detail later on in this chapter.

To summarize the process, you usually start off in the universe by writing down or speaking or thinking about "the way it is, in the universe". After that, you go ahead and put something better than that on the right side of your paper, or you say it, or think it, "in my own universe". Once you have stated both sides on the paper, or both universes, verbally or mentally, then a materialization process begins to unfold.

Tracking the seed of your desire and imagination to full growth and materialization is an advanced technique. It is written about here for those who are interested in the amazing additional power and skill that you can achieve and enjoy by tracking your results. It is not at all essential, as results are going to happen whether you track them or not.

If you track them everything improves for several reasons. First of all, you are finishing the process consciously. Secondly, if you have an attitude of gratitude about your results, that opens the door for much more. Third, tracking your results shows you consciously that the work that you are doing with this formula is worth the time and energy and everything else that you invest to get the results that you desire and imagine. When your investment pays off, again and again, you are motivated to keep on working with the techniques and methods that are helping results happen for you.

This creates a positive feedback loop, an excellent relationship with your own

mind, and that helps you to run all this more and more effortlessly, with better and better results.

In order to track your results, I recommend you do two things. First you need to somehow remember, or record, what it is that your original condition or situation is, and what it is that you imagined in your own universe, in relation to that.

If in the universe, or on the left side of the page, I write,

I have had many great cars in my life, and owned a few good ones too. Currently I do not own a car. I rent a car when I need one, or I make an exchange with a friend.

And then on the right side of the page, or in my own universe:

My transportation situation is that I currently have easy, affordable, comfortable, transportation that is available, whenever I need it. I also own my own car, which is nicer than the combination of all the best things from every car I ever drove or dreamed about.

Depending on where I originally set forth my materialization, in this case in this book, I can refer back to my original life condition as stated in the universe, and original statement in my own universe, as time goes on. I can count it as a result when I am actually driving in my own new car. Or, when I am enjoying a ride or anything else associated with the easy, affordable, comfortable, transportation that once was only imagined in my own universe. Once it is moved from my own universe, to the universe, it is a result. For some people it is easy to recall what life conditions were like in the past. For others it is not. I can look back at this book and see what I wrote in that example, in the universe, since it is actually true.

The second thing is to count the result itself. When you count a result that appears in the universe, that is one part, and when you recall the original desire and imagination, the way you declared it in your own universe, that is the other part, of tracking results. Tracking results can also include counting partial materialization along the way.

Earlier in this book a story was told about a farmer who kept on pulling up the seeds he planted to see if they had grown. Sometimes it is best to wait until the results are fully grown. However it is a good thing to tend to your materialization process, just as a farmer cares for his field. The choice is yours.

## METHODS OF COUNTING RESULTS

I have heard of people who make the left right lists, and they keep the right sides. You put them away in a drawer, or file them in a folder. Later you go back and read them again, and see how many of them have transformed from "your own universe", into, " the universe".

Having an attitude of gratitude is a powerful component of counting your results. Whenever you notice in the universe, that you now have, or are doing, or being, something that once was only in your own universe, then find some way to give thanks. Feel good about your results. Feel how you feel about your own results.

Here is an example. I declare that in the universe I am living alone, and I spend most of my time alone, or working with people. In my own universe, I have a wonderful romantic life partner that I spend quality time with, and I have good friends and associates that I enjoy being with in many ways.

Some time after I declare all that, I find that my life circumstances have changed, and I am enjoying a pleasant time with my new romantic partner. Well, you would think that I would be very happy that I materialized what I formerly desired and imagined?

Yes, I may be. In my observation of using Life Transformation technology with myself and clients, and friends, here is what often happens. What once was experienced only in our own universe, is now in the universe, we often do not even remember or think about the time when this was only in our own universe.

How many things or people or situations are in your life now, that once you only dreamed about? You are materializing reality since you were born. Using this technology, is about doing it better than ever.

In the case of my example, I am probably busy enjoying my time with my new romantic partner. I am not thinking about the time when I did not have a romantic partner and spent time alone! The key to counting results, in this example is for me to stop for a moment, and either note mentally, write down, or declare verbally, that what was once only in my own universe, is now in the universe.

I could say, that what I once dreamed is now a reality.

Perhaps after a date with my romantic partner, I come home and write in a results journal, or note in some way, that I once was alone, and imagined and desired a romantic partner. And now I just had a date with a romantic partner. That is an example of both tracking and counting my results. Very powerful.

## NOW WHAT WOULD BE A LITTLE BIT BETTER THAN THAT?

Upon having finished writing in my results journal, I could simply go on with my life, and that would be the full completion of a cycle of materialization. Making written notations like that, you can amaze yourself experiencing consciously how well the Life Transformation Formula and all the exercises work with you to help you to materialize the best of what you desire and imagine.

I have recorded many results from myself and other people that work with the Life Transformation Formula. It is astounding how much results. Counting them is the only way to really appreciate how effective this work really is. How effective you are.

I will now show you how to take this one step further. First of all, you try what I showed you in my example, for yourself.

## CHAPTER 7, EXERCISE 1

Take a clean sheet of paper. Write down something that is in the universe, in other words it is in your life now, that is something that once you only desired and imagined, or it was only, "in your own universe".

For example, perhaps you can remember when you are a teenager and you dream of having your own car. Then think of the car you have now. Or any car you have had since being a teenager. If you are a teenager, do you remember things you dreamed about or wished for as a child?

Take anything in your life now, in any one of the twelve areas, and trace it back to a time when you only dreamed of such a thing. Write down the thing or person or situation that you now have, while keeping in mind the time when you did not have it. Please begin.

Now that you have written down something in the universe, that you once only desired and imagined, you have completed a very advanced technique. To be able to consciously be aware of something that you now have, and simultaneously recall when it was only a dream, is a magnificent exercise of great power. Here is how to take it a bit further.

Underneath what you just wrote down, do the exercise you learned in Chapter 5 and write down the answer to the question, what would be a little bit better than that? Keep going until you cannot think of anything better. You have just launched a new materialization!

Now I want to go over that one more time with another example. Say a person has a job that they would like to improve. They use the Life Transformation Formula on the situation, and later on they now have a new job that is better. One day after coming home from the new job, this person writes down in their results journal a few notes about the new job, describing the way it is. They mentally recall when they had the old job, and the new job was only something in their own universe. It was a dream.

The final step, is this person takes what is written in the results journal, and, in the results journal, or on another sheet of paper, or in their own mind, or verbally out loud, they work out what would be a little bit better than that.

Enjoy! And when you have time, please write to me and share some of your results and experiences with the Life Transformation Formula.

Congratulations for going all the way. Simply by doing all the exercises in this book you already have transformed your life for the better. Now you can go on using the technology as much as you like, and get more results, or simply enjoy what you have already experienced. It is up to you. It is your life. Enjoy it. Live it fully, in the universe, and in your own universe.

The Practically Magical Use of Lists- Afterword

## What Happens to My Life Now?

If you are reading this now I assume that you either have done all the exercises including giving yourself a complete 12 area ClearTalk session. Or you have just been reading so far and have not completed the exercises or perhaps you did some of the exercises.

For all the years that I researched, developed, and tested this home study course the most important factor was results. In order to get the best results I know that if you start with the exercise on winning in Chapter 1 and move to the final exercise in Chapter 5 then on to the ClearTalk formula in Chapter 6 you will get much better results than if you simply read the book.

For some as I advised in the introduction, reading through the whole book once before doing any exercises is a good way to get started more thoroughly. For others skipping to Chapter 6 and doing the ClearTalk in all 12 areas and then going back to Chapter 1 and doing all the exercises again from the beginning can work out the best.

As you can see no matter which way you do it I strongly recommend that you do all the exercises. A trick to get it done is when you get to Chapter 4 and 5 and the long lists there you can summarize. For example when you read the instructions to write down everything you own then you could summarize by saying “a closet full of clothes” instead of listing each piece of clothing. However the exercise is a challenge to detail everything and if you can then do it. The most important thing is to make it through the exercise and complete Chapter 5 to get the final list of everything that you imagine is the best in each one of the 12 areas of your life. And then do the ClearTalk method in Chapter 6 with those lists.

Now I am going to write to the people who have done all that.

You did? Congratulations.

While you worked through the exercises in the e-book you should have had some internal experiences and some external experiences in your life. Perhaps you handled a relationship in a new way using one of the exercises or you handled a situation using ClearTalk.

I designed something for you together with Divine Love that you have now incorporated and upgraded into your body system by using it and doing all the exercises. It is literally a software upgrade for the hardware of your body. Due to this the things that you set into motion on the causal plane of your imagination in Chapter 5 are now out there working to become realities in your life.

Now you can just let it be at that, or you can now move on to discovering how you can use ClearTalk with Financial Intelligence to consciously create your own reality in every way that you imagine, desire, and expect.

It takes much less time that doing this e-book! But now that you have and if you have done this e-book and all the exercises in it you are just that much more prepared to actually go all the way with this.

Go all the way means to get into the full program at [www.MagicalMindPower.com](http://www.MagicalMindPower.com) with Financial Intelligence and follow the Quick Start Guide and go all the way to becoming a person who ongoingly and consciously creates your own reality in every way.

My definition of manifesting success is when something you imagined, desired, and expected, “in your own universe”, or wrote on the right side of the paper appears in the universe. When what you imagined “crosses over” from your own universe into reality.

I want to help you to not only have lots of success doing this in many areas of your life. I want to help you to be able to do it completely and entirely in every area of your life and I have the method, system, and tools to do it, and I am willing to help you all the way if you are willing to go all the way.

With harm to none, with Peace and Love, with Joy, with Higher Self, with the Source of All Love, It is so.



**JoreJ Z. Elprehzleinn**

and all who have participated and contributed for the Highest Good.

