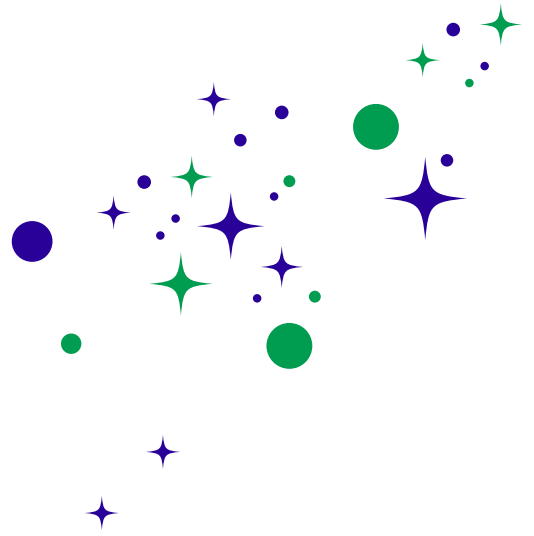




INFINITE POSSIBILITIES

THE ART OF CHANGING YOUR LIFE

A workbook to accompany

Infinite Possibilities: The Art of Living Your Dreams

By Mike Dooley



To Norberto Perez,
whose care and dedication gave this program wings.

Workbook Objective

This is a program for students of all ages and backgrounds on living life deliberately. It's about accepting full responsibility for your future and learning how to create major life changes.

What We Believe

We believe that everyone's special, that every life is meaningful, and that we're all here to learn that dreams really do come true. We also believe that "thoughts become things," and that imagination is the gift that can bring love, health, abundance, and happiness into our lives.

Copyright © 2014 by TUT Enterprises Inc.

6965 Piazza Grande Ave., Suite 213, Orlando, FL 32835

<http://www.tut.com/Humanity/our-story>

Adapted, with permission, from Infinite Possibilities: The Art of Living Your Dreams, the New York Times Bestseller from Atria/Beyond Words Publishing, © 2009 Mike Dooley.

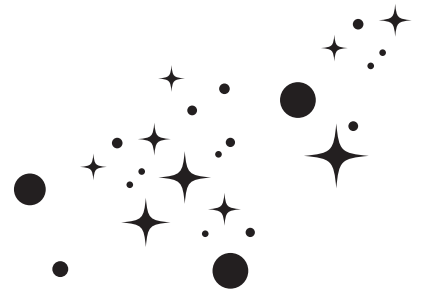
All rights reserved, including the right to reproduce this workbook or portions thereof in any form whatsoever without the prior written permission of TUT Enterprises Inc.

Written by Mike Dooley.

Designed by Meredith McDowell.

Edited by Hope Koppelman.

Manufactured in the United States of America.

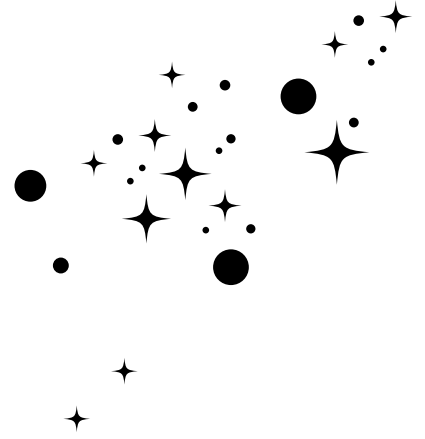


INFINITE POSSIBILITIES

THE ART OF CHANGING YOUR LIFE

Name

Table of Contents



- i A Letter from Mike
- ii Preface
- iii Introduction
- 1. Thoughts Become Things
- 2. Beliefs
- 3. Emotions
- 4. Taking Action
- 5. Instincts and Hunches, Dreams and Desires
- 6. Faith and the Magical Universe
- 7. The Meaning of Life



A Letter from Mike

It's never too early or too late in life to begin learning the truth about who you are and all that you're capable of doing, being, and having. You needn't explain what's led you here today in order to see all of the possibilities for success and happiness that lie before you. By understanding how life really works—that it is beautiful and that you are powerful—the changes you seek to experience will be easier to bring about than ever before.

What you are about to learn is that we are all blessed and that “luck” is what happens when true understanding is followed by action. Of course, there will still be challenges and setbacks; these are how we grow and become more than who we were before, but when difficult situations and challenges arise, they always bring gifts.

Of all the things you'll learn, you'll find that the most empowering idea of all is that you not only have the power to change the things you don't like in your life, you also have the responsibility to change them. And while this might be intimidating at first, it means that the only person who can ever slow you down is you. You'll also come to see that you are constantly loved and guided by a higher, supernatural power, designed to help you once you decide to start helping yourself. This power will work through you, not for you. All you have to do is start things off with a vision and baby steps, and then continue stepping, even when you're scared and alone, even when it seems like you aren't making any progress (or worse, are moving in reverse). These steps, combined with patience and a better understanding of who you are and how life works, are literally what makes miracles and magic happen, no matter who you are, no matter where you've been, and no matter what you've done with your life so far.

Wishing you every happiness and success,



Mike



Preface

The number one thing that slows people down when it comes to living deliberately is misunderstanding the truth about life.

If you thought that life was hard and people were mean, how excited and optimistic would you be to get out of bed each morning and face the world?

Yet if you understand that **life is magical, that you are unimaginably powerful**, and that “God” wants you to succeed as much as you want to succeed, how excited and optimistic would you be each morning?

This is what Infinite Possibilities is all about. It’s a guide to understanding “God,” yourself, and your life.



Introduction

It's been said by many that we are spiritual beings having a human experience, and grasping this puts us in a place of power because it means we're more than flesh and bone, that we come from a "higher place," and that there's an intelligence behind our existence. Unfortunately, most of us have been taught that we are only human, put on earth to be tested, judged, and sentenced; that we're ignorant, inclined to do evil and live in a cold, hard, unforgiving world. Yet, even while as a civilization there have been failings, by simply looking around at today's commerce, technology, global cooperation, and increasing life expectancies—you have to admit that in spite of our deep spiritual naiveties, we've still blown the lid clear off "surviving." We didn't come here to be tested, judged, and sentenced, nor did we come here to survive; we came here to grow, succeed, and love. In one word, we are here to thrive.

Thriving is Our Default Setting, Not Surviving

This is true for you, no matter where you've been thus far in your life and no matter what mistakes you've made. Haven't you always found that you smile more than you frown? You laugh more than you cry? You've had friends more than you've been entirely alone? You've had money more than you've been flat broke? You've enjoyed health more than sickness? You've been gradually waking up to truth rather than sliding into an abyss of confusion and mysteries? We are all naturally inclined to succeed and be happy in every area of our lives, it's as if we're "pushed on" to greatness. It's just that we've slowed ourselves down a bit, being the spiritual infants that we are, because when it comes to creating change in our lives, not knowing any better, we usually approach it by focusing excessively on what we don't like and what we don't have, instead of focusing on our dreams and goals.

Because you've likely never been told the truth, this may seem farfetched and unrealistic, but with the truth you're free, life gradually becomes easier, and above all, your ability to create major life changes becomes understood and workable. You needn't go forth in doubt and darkness; these are power-robbers. Knowing now that your own inclinations are toward happiness and fulfillment—that this is what you were built for, that this is what the stage of life is set for, and that the entire Universe (God) is on your side—can you imagine the infinite possibilities that now lie before you?

Self Analysis:

What confusing, unpleasant, or scary things have you been told about life, God, people, success, and our reasons for being on earth?

Life:

God:

People:

Success:

Why you are here:



Now compare what you've been told to these truths:

Life is beautiful, fair, rich, abundant, and filled with meaning.

We are here to experience love, to learn, to adventure, and to become consistently wiser, greater, and happier.

Spirituality can simply be an understanding that there's more to life than our physical senses can perceive and that there is a Higher Power that is greater and more loving than we've been taught— not male or female, but a divine intelligence.

This Higher Power adores you, unconditionally, no matter what mistakes you've made.

Hell and evil exist only in our minds, and enter our lives when we become massively confused.

Redemption and forgiveness are guaranteed from this Higher Power, whether or not we even ask, yet if we ask, especially when it concerns other people, we free ourselves from the past.

Everyone goes to "heaven."

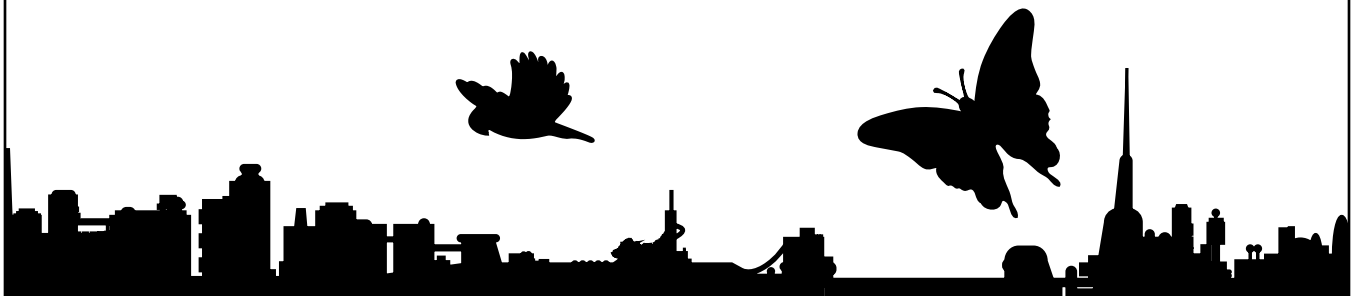
Magic enters our lives daily, through so-called coincidences, "accidents," and serendipities.

People have good intentions, they mean well, and are each doing their best considering what they know.

Everyone can be successful. Our successes do not have to come at the expense of others, but can enrich others.

Our dreams and goals come true whenever we consistently do our part to:

- 1) Understand the truth about life and our power.
- 2) Dream, imagine, and visualize.
- 3) Take daily action moving in the direction of our dreams and goals.



You Be the Judge

Don't these ideas make sense and feel good? Don't we see evidence of them all around us?

It is our highest responsibility to ask ourselves the hard questions about life, like who and where we are, what the purpose of life is, and what we can do with our lives, rather than blindly accept other people's answers. When we do ask the hard questions, we can immediately sense their answers, life's beauty and perfection, and the love that makes everything possible.

The Test

To quickly achieve clarity and have confidence in a new idea, ask the following 3 questions:

- 1) Does it speak of life's beauty?
- 2) Does it empower?
- 3) Is it non-exclusionary?



Chapter One:

Thoughts Become Things



Your Thoughts Create Your Life

The thoughts you think literally become the things and events of your life. Your words and your actions are also supremely important, and a lot will be said about each in the sections that follow, but both your words and your actions are nothing more than an extension of your thoughts. Everything begins with your thoughts. They are the starting point of all that will become tangible in your life; just as the “things” of your life today are the reflection of what you’ve previously thought.

Thoughts → Things (Life Experiences)

If you think thoughts of material things, your thoughts will become those material things. And if you think thoughts of events or circumstances, your thoughts will rearrange the people and experiences of your life to form those events or circumstances. Look around you right now and you will find a reflection of your thoughts up until this point in your life.

This means:

- You create your own destiny and your own luck.
- Life and happiness spring from the present, not the past or the future.
- Every day you get to choose what you think, and therefore how your life will unfold.

2 common questions to Thoughts Becoming Things:

Q: What about my thoughts that haven’t manifested yet?

A: It’s because other thoughts of yours that have manifested got in the way.

Q: What about the experiences I’ve had that I never thought of ahead of time?

A: These are part of your journey to other “thought-of” experiences.



What Have You Created? What Are You Now Creating? What Will You Create?

Working with your thoughts means becoming aware of your thoughts and knowing what they are. Even more important than understanding how your previous thoughts have created your past is understanding how your current thoughts are creating your present and future. For now though, let's look at both.

Your Past Thoughts

What were some of your past thoughts that manifested in your life? Think of one example in each of the categories listed below. What were your thoughts and what happened as a result of thinking them?

Concerning friends:
Concerning school:
Concerning work:
Concerning relationships:
Concerning money:



Your Present Thoughts

What do you now regularly think about your life, yourself, and the world? Are these thoughts positive or negative, empowering or limiting, loving or fearful? Be very honest. If you discover some fearful, negative or limiting thoughts, that means you're normal. Later in this section we will address negativity.

Concerning friends (fun, important, trustworthy, etc.):	Loving or fearful?
Concerning school (hard, easy, helpful, a waste, etc.):	Positive or negative?
Concerning work (creative, boring, optional, necessary, etc.):	Empowering or limiting?
Concerning relationships (exciting, exhausting, important, etc.):	Loving or fearful?
Concerning money (a blessing, a curse, good, bad, etc.):	Positive or negative?

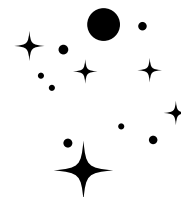


Dealing With Negativity

Don't worry too much about your negative thoughts (we ALL have them.) Worrying about anything gives it power. Just do your best to stop them and get your thinking on track.

When it comes to thinking negative thoughts, try this:

Simply change the channel in your mind like you change the channel on your TV. Just do your best to think of something empowering, loving, and positive. Flip and reverse the negative when it enters your mind. For example, if you were thinking about an argument with a friend, stop and imagine laughing with that friend; if you were imagining running out of money, stop and imagine that your wallet or purse is full of cash – tens, twenties, or more.

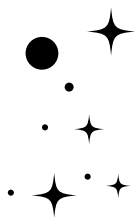


A Warning On The Manipulation Of Others

You can't force or manipulate other people, they have their own thoughts. It's not just unethical and immoral, but impossible. Fortunately, this also means that no one can force or manipulate YOU. It is important to understand that you CANNOT insist on any particular person behaving in a particular way. You CAN, however, attract people who possess similar thoughts and complementary dreams—potential partners in love or in business, clients, customers, etc.

When it comes to thinking thoughts about specific people, try this:

Take them out of the picture and instead imagine how you want to feel or the end result you'd like to achieve. For example: if you want to attract an old friend or a specific partner back into your life, don't think of that person, instead imagine the love or connection you want to feel, the good times, and then allow the best person to be attracted to you based on these thoughts and feelings.



New Thoughts To Think

Thoughts are like gravity. They don't discern or judge what you're thinking; yet they immediately go to work. So it's up to YOU to choose your thoughts wisely.

To help you do this, in the space below write down some positive, empowering, loving thoughts to choose from. Remember, if you want to create change in your life, it means that some things happening around you now are disappointing and not pleasing. Your job is to momentarily ignore what's currently happening in your life and write down the kind of thoughts you'd have if your life was already fantastic in these areas.

Concerning friends (I have great friends who understand me, and I make more every week):

Concerning school (Learning and concentration is easy for me, I like the process):

Concerning work (I am happy and appreciated at work):

Concerning relationships (The right person is in my life, we love and respect each other):

Concerning money (I am a money magnet! I always have new ideas to take action on):



Visualizing

Visualizing is the simple, childlike process of pretending in your mind. Using your imagination to create mental scenes and images of your success and happiness. You can't change your past, but your future depends on what you choose to think here and now, and visualizing is an excellent place to start.

Visualization Among Athletes

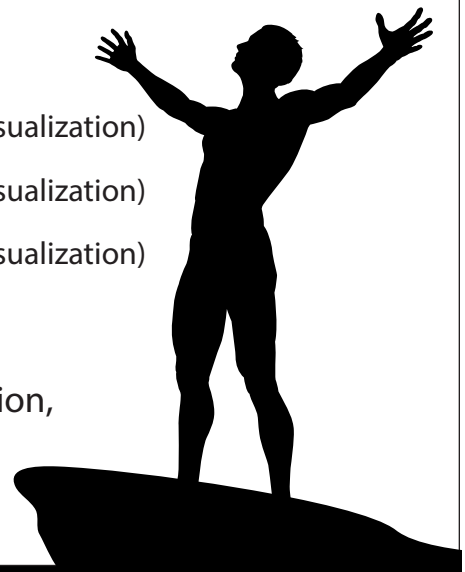
Many elite athletes use visualization techniques as part of their training and competition. Research* has proven that with mental rehearsal, minds and bodies become trained to actually perform the skill imagined. In one of the most well-known studies on Creative Visualization in sports, Russian scientists compared four groups of Olympic athletes in terms of their training schedules:

- Group 1 - 100% physical training
- Group 2 - 75% physical training with 25% mental training (visualization)
- Group 3 - 50% physical training with 50% mental training (visualization)
- Group 4 - 25% physical training with 75% mental training (visualization)

Who do you think performed the best?

Group 4! With 75% of their time devoted to visualization,

performed the best!



*Robert Scaglione, William Cummins, Karate of Okinawa: Building Warrior Spirit, Tuttle Publishing.

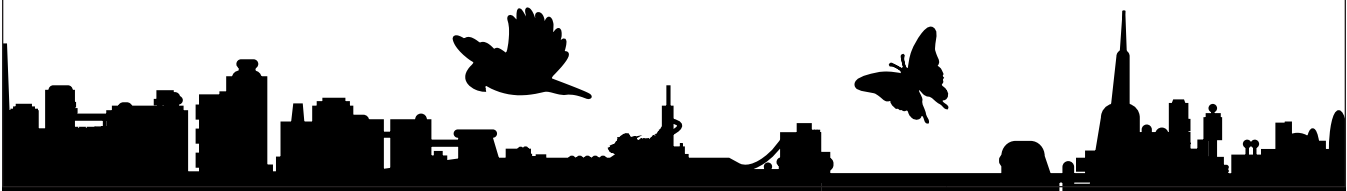


6 Guidelines for Visualizing

In a dark and quiet room (if possible), begin your own simple visualization routine and consider the following guidelines:

- 1) Just do it once a day.
- 2) Only do it for 5-10 minutes at a time.
- 3) Imagine every possible detail – sights, sounds, colors, smells, etc.
- 4) Feel the emotions you're after.
- 5) Put yourself in the mental pictures.
- 6) Imagine the end result (do not worry about HOW it will happen).

Get Serious - Taking visualizing as seriously as brushing your teeth, plan ahead of time when and where you'll do it by answering the following questions:

When will you do it? Early in the morning, before bed, on your daily walk?	
Where will you do it? Your desk, outside, the shower, etc..?	
What will you visualize? List at least 3 of the dreams you now have that you can begin visualizing (getting a job, becoming more independent, being a better parent, etc.) 1) _____ 2) _____ 3) _____ 	

Bonus Exercise - Imagine the details and feel the emotions!

You've taken the first step by figuring out WHAT to visualize. Now, creatively imagine, or even make a list, of the details you'll visualize for every one of your dreams. The more detailed you get, the more you'll actually "feel" and believe what you're visualizing. What will your life be like AFTER your dreams come true? How will your life change?

For example, for getting a new job: Imagine yourself happy, proud, laughing, and confident at work. Imagine waking up early in the morning, maybe you feel tired or maybe you're excited about a new place to go. Imagine what you'll eat for breakfast. Will you be in a hurry? Imagine how you'll feel walking into your new job, saying hello to people, smiling. Is it loud or quiet? Are the phones ringing? Are machines operating? What are you wearing? What other emotions are you feeling? Nervous? Eager? Get into the details and focus on your emotions—After all, what we're really after is happiness and that's easy to imagine: see smiling faces, feel warm embraces, and hear praise and congratulations. Emotion is pure power, and when combined with visualizing, it makes things manifest faster.

Apply It: Practice Visualizing!

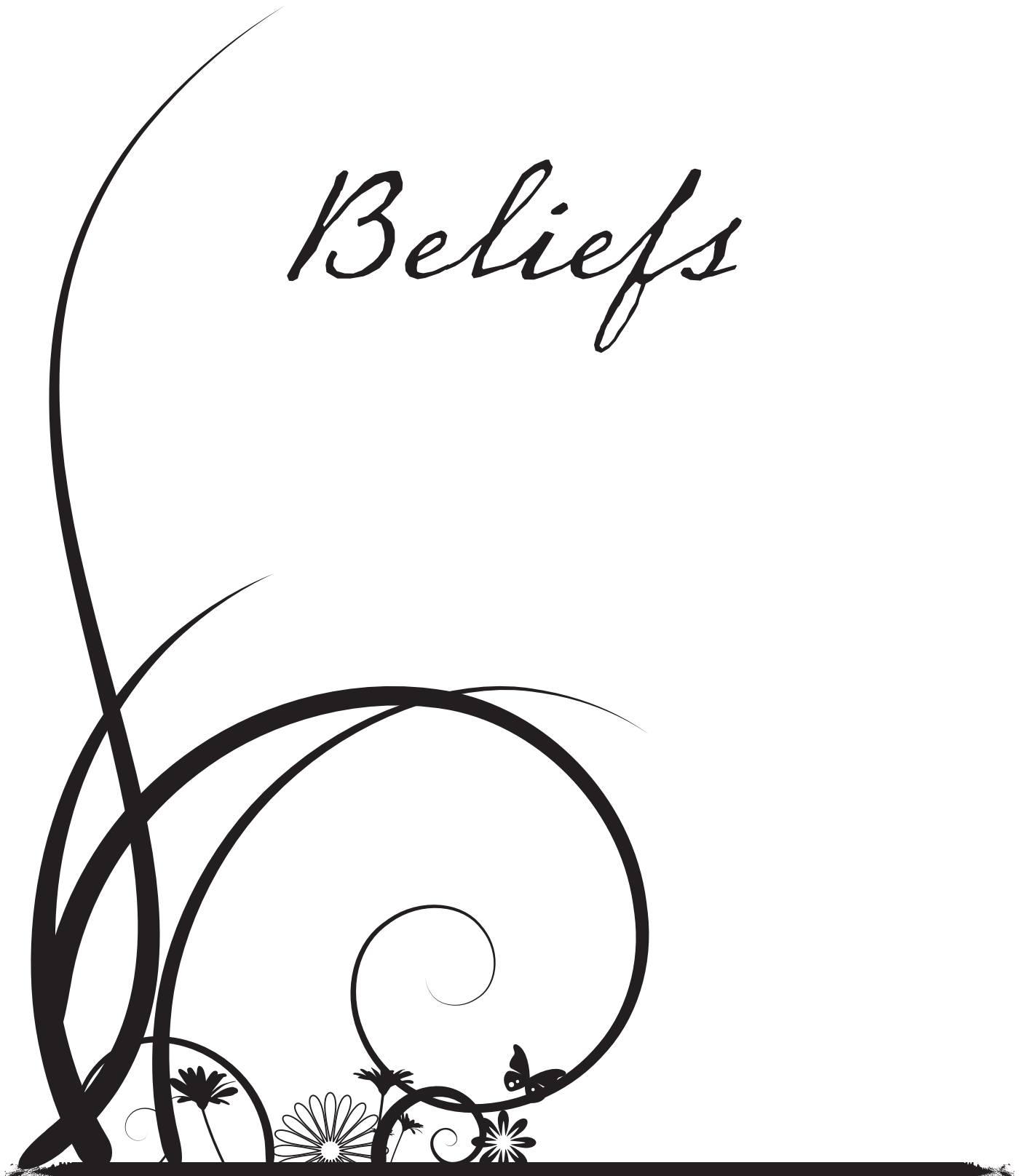
Find a comfortable spot in a quiet area, and from this point forward, set aside 5 to 10 minutes every day to practice visualizing.

*To spark change, it must come from within.
It must exist in thought,
in spite of the circumstances that
presently surround you.*



Chapter Two:

Beliefs



What are your thoughts about the following?

Are they good, bad, unfair, hard, easy, trustworthy? And why do you think so?

Life?

Why do you think so?

Yourself?

Why do you think so?

Your Body?

Why do you think so?



Money?

Why do you think so?

Love?

Why do you think so?

Other People?

Why do you think so?



Being Successful?

Why do you think so?

Drugs and Alcohol?

Why do you think so?

Nothing else affects your thinking (your thoughts!) more than your beliefs!

In the exercise above, you've just shared some of your beliefs. You probably think your answers are simply observations about your reality, but they've actually helped create your reality. In the exercise above you did not just share your opinions on reality; you shared your beliefs about reality, and these beliefs will spark thoughts that become things. For example, if you think life is hard, it becomes hard. It wasn't hard to begin with, not until you started thinking it was hard. Don't believe it? Then why is life easier for some people?

Once you believe something, regardless of whether it's "right" or "wrong," helpful or unhelpful, you automatically think similar thoughts. Those thoughts then become the things and events of your life. When you understand that your present life and its circumstances spring from your thoughts and beliefs, you realize that ...

that's where you need to go first
to initiate change.



Beliefs → Thoughts → Things (Life Experiences)

Our beliefs come first, influencing our thoughts, words, and actions, and then the world around us.

As one believes so shall one think... And as one thinks so shall one become.

Beliefs are why people succeed in sports, music, business, and everything else.

The Wright brothers could not have first dreamed of flight, and then flown, if they didn't first believe it was possible.

Your life won't change unless your beliefs change, but all beliefs can be changed!

Even your body is your manifestation, and its physical condition reflects your beliefs about it.



Seeing the Role that Beliefs Play

SCENARIO 1:

Let's say you're planning a holiday during which your home will be left vacant. While your primary thoughts may be spent planning your trip, an underlying belief about people being dishonest may involuntarily produce mental visions (thoughts) of intruders stealing your belongings while you're away. Of course, these thoughts, like all the others you entertain, will "attract" their material equivalent, as your thoughts become the things and events of your life.

SCENARIO 2:

Two people may witness a mugging on a crowded street corner, but when recalling the incident, one might see it as:

- 1) proof of human savagery,
- 2) while the other, seeing the many caring bystanders who rendered assistance to a complete stranger, will see it as proof of the goodness of people.

Both people witnessed the same event, yet each drew conclusions from what they saw according to the beliefs they held about human nature. Their underlying beliefs came first, initiating the thoughts and conclusions that followed.

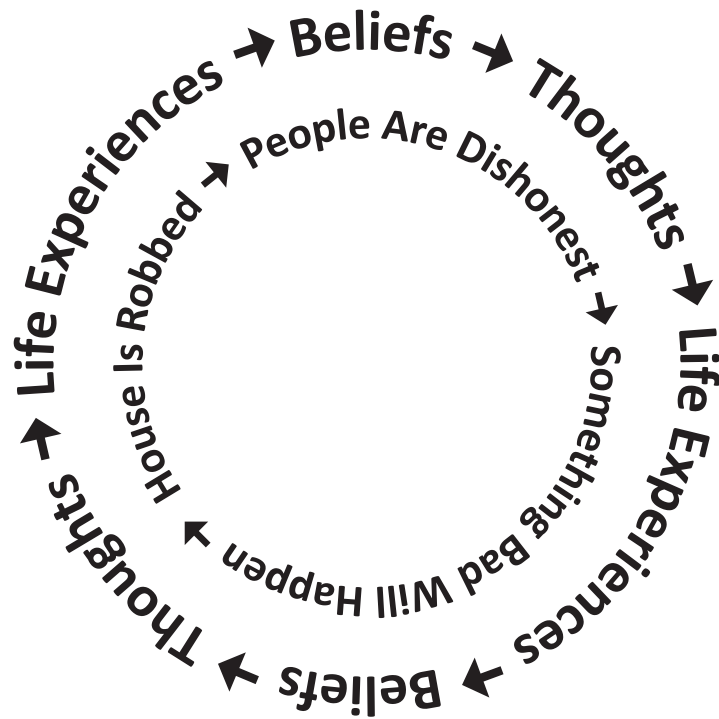
The Tricky Thing About Beliefs

Most people think their beliefs come from their life experiences. But do you remember where our life experiences come from? **They come from our thoughts!**

Because people don't normally see the connection between their beliefs and their thoughts and their experiences, a reoccurring pattern emerges. In the above example, in scenario 1, if the person's home is actually robbed when they're on vacation they won't see themselves (their thoughts and beliefs) as the cause. Instead, they will see the robbery as proof of their chosen belief that people are dishonest!



Your beliefs create thoughts, that create experiences, that perpetuate and reinforce your beliefs! Then your beliefs only get stronger! See the cycle in the illustration below:



If your beliefs are positive and empowering, this cycle is very helpful, but when your beliefs are negative and limiting, work must be done to change the cycle by changing your beliefs.

Discovering Your Beliefs

To master your thoughts, and therefore your life and destiny,
you must first master your beliefs.

Although beliefs are usually invisible and hard to detect, you can discover your beliefs by paying attention to your thoughts, listening to yourself talk with family and friends, and observing your own behavior. As your beliefs influence your thoughts, so do they influence your choices of words and actions. After all, our words and our actions are simply another form of our thoughts, but intensified by the process of speaking and acting them out!

Beliefs → Thoughts / Words / Actions



When you don't like what you hear or observe, you can begin changing the underlying belief by reversing some of the things you think, say, and do.

In the following exercise, write down some of your positive thoughts and what they reveal about your underlying beliefs, and then try the same for your negative thoughts.

What are two of your POSITIVE thoughts about?

1.

2.

What do these thoughts, reveal about your underlying beliefs?

1.

2.

What are two of your NEGATIVE thoughts about?

1.

2.

What do these thoughts, reveal about your underlying beliefs?

1.

2.

Remember, thoughts and beliefs, like gravity, do not pass judgment. You get to choose what you think and believe and your thoughts and beliefs will build your life around you, whether they serve you or not.



Installing New, Empowering Beliefs

Instead of searching for your invisible, limiting beliefs, which isn't always easy, here's an approach that does some reverse engineering. Begin creating change first with your thoughts, words, and actions – which are much easier for us to control and be aware of. The idea is that by changing what we think, say, and do, we will gradually begin changing our life experiences, which will gradually begin changing our beliefs.



Gradually, after weeks and even months of choosing new thoughts, words, and behavior, your life experiences and then your beliefs will change to mirror your choices.



3 Steps for Installing New Beliefs

Here is an exercise that will help you begin the process of changing your beliefs to ones that serve you:

1. Choose beliefs that serve your life. 2. Claim these beliefs through your thoughts and words. 3. Act as if these beliefs are true every day.

1. Choose beliefs that serve your life –

Simply create a list of the beliefs you'd like to possess. They don't have to be the beliefs you now possess, they just need to be the beliefs you'd like to possess going forward:

Empowering beliefs about life:

Empowering beliefs about yourself:

Empowering beliefs about your body:

Empowering beliefs about money:

Empowering beliefs about love:

Empowering beliefs about other people:

Empowering beliefs about being successful:

Empowering beliefs about drugs and alcohol:



2. Claim these beliefs through your thoughts and words –

After you know what you want to believe, then start thinking and speaking as if you already believed it. Thinking and speaking in new ways begins installing new, empowering beliefs and erases old, limiting ones. What can you now think and say that will support and reinforce the beliefs you wrote down? Complete the following sentences, and then think and repeat these beliefs to yourself often.

My life is:

I am:

My body is:

Money is:

Love is:

People are:

Success is:

Drugs and alcohol are:



3. Act as if these beliefs are true every day –

This is the most important step, but instead of writing out answers, you must go out into the world and live your new beliefs.

Now that you've determined the beliefs that serve you and how you'll think and speak (in steps 1 and 2), start acting the part. Every day, in addition to thinking and speaking these beliefs, act as if they were yours by behaving in ways that reinforce them. This is how you will gradually install your new beliefs. Consider them when you get out of bed, when you choose your clothes, your food, when you decide where you will go, who you will be friends with, and in all of the decisions you make.

NOW

Apply these 3 Steps for Installing

New, Empowering Beliefs to support the DREAMS you have for your life.

Now that you've installed new, empowering beliefs about your life, it's time to install new, empowering beliefs about your dreams. List 3 dreams you want to achieve in the space below (they can be the same dreams that you wrote down in chapter one or different):

1) _____

2) _____

3) _____



1. Choose beliefs that serve your dreams –

List some of the empowering beliefs that serve your stated dreams. (Example: if one of your dreams is to lose weight, some empowering beliefs might be “losing weight is easy,” “I am capable of losing weight” or “exercising is fun.”)

Empowering beliefs for Dream 1: _____

Empowering beliefs for Dream 2: _____

Empowering beliefs for Dream 3: _____

2. Claim these beliefs through your thoughts and words –

What can you now THINK and SAY that will support and reinforce the beliefs you wrote above? (Example: “I’m on my way to losing weight and I’ve never felt better.”)

Empowering thoughts and words for Dream 1:

Empowering thoughts and words for Dream 2:

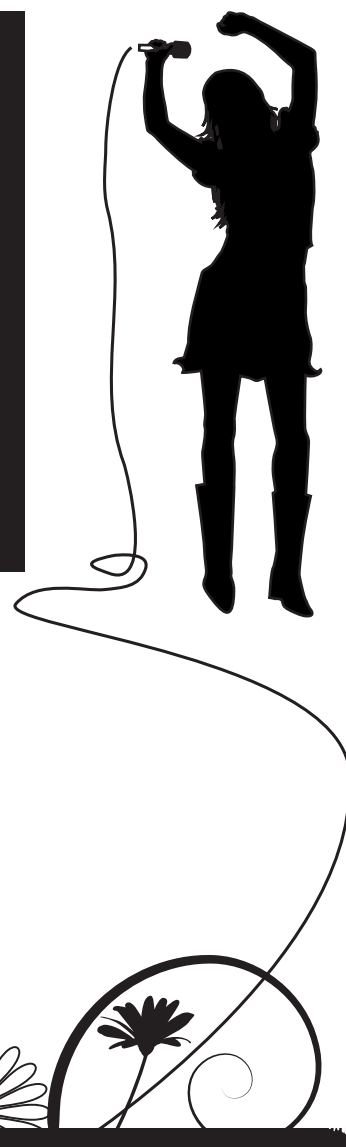


3. Act as if these beliefs are true every day –

Again, this is the most important step, but instead of writing out answers, you must go out into the world to live your new beliefs.

Now that you've determined the beliefs that serve you and how you'll think and speak (in steps 1 and 2), start acting the part. Every day, in addition to thinking and speaking these beliefs, act as if they were yours by behaving in ways that reinforce them. This is how you will gradually install your new beliefs. Consider them when you get out of bed, when you choose your clothes, your food, when you decide where you will go, who you will be friends with, and in all of the decisions you make.

By thinking, speaking and behaving as if you are already the person of your dreams, living the life of your dreams, you will automatically begin installing beliefs that support you – even if you never know exactly what your limiting beliefs used to be. Similarly, under the “bulldoze and liquefy” approach of installing beliefs mentioned in Infinite Possibilities, you simply charge ahead, pursuing what you want, ethically, honestly, to the best of your ability, acting as if your success was inevitable, **taking action every day in some new way** – see Bonus Exercises next!



Bonus Exercises - 2 Techniques to Change Limiting Beliefs

1. Observe and Dismantle –

Your thoughts, words, and actions always reflect what's going on in your mind and what your beliefs really are. This technique involves paying close attention to all you think, say, and do, and then changing your behavior when you catch yourself holding onto a limiting belief. Practice observing and dismantling below. Re-phrase the limiting beliefs in the left column in a positive way in the right column.

Indicators of Limiting Beliefs:	Negate and Reverse the Limiting Beliefs:
Groaning when you're handed a large bill.	Say, "Good thing I'm rich!" or "I can handle it, money is coming to me."
Saying, "It must be nice to have a great job."	
Saying, "Relationships never last."	
Saying, "It makes no difference what I try, I can't lose weight / stop drinking."	
Saying, "I'll be happy once I meet someone who loves me."	

2. Bulldoze and Liquefy –

This technique involves explaining and rationalizing all the reasons why you should have and deserve whatever it is that you now want, and then acting the part. Put pen to paper and write down all the reasons why your goal is achievable and inevitable.

Goal: _____

Why it's achievable and inevitable: _____

The all-important follow-up to both of these exercises requires that you begin behaving in ways that imply the new, **ideal beliefs are now yours.**



Apply It: Catch Yourself!

From this day forward, 24/7, pay attention to all you think, say, and do. Be on guard for negative thoughts, words, and behavior, yet be gentle with yourself. When you catch yourself thinking, speaking, and behaving in ways that originated from fearful, limiting beliefs, start applying the exercises we've just reviewed. You can also take the initiative on installing new empowering beliefs immediately, by getting clear on what you want to believe, claiming these beliefs, and acting as if they were already yours.

Change naturally takes time, although sometimes it can come very quickly. Be patient with yourself, but be vigilant. Do not give up. Stay with the program until you see the changes you're after.

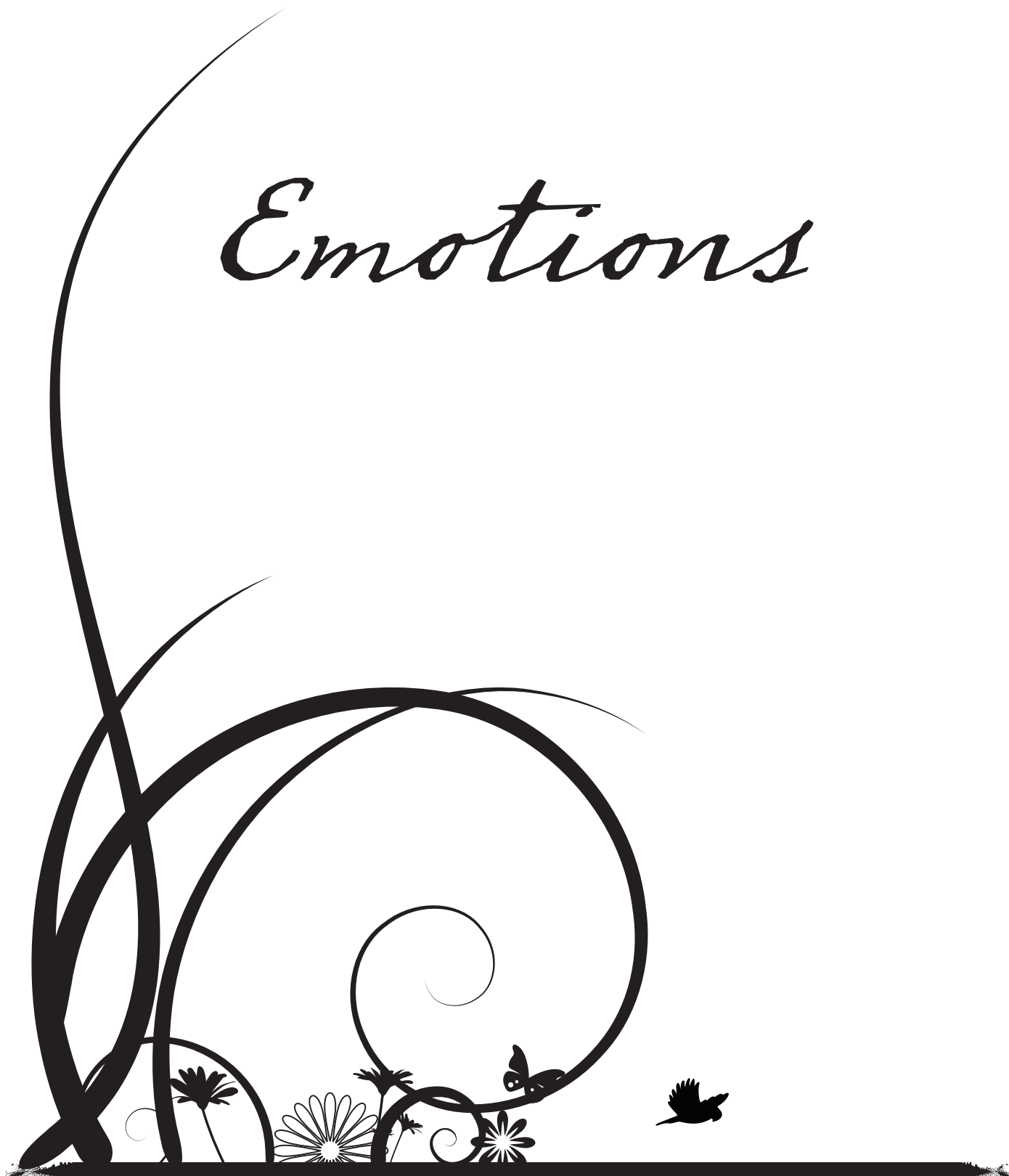
You Were Born To Succeed!

*Happy, successful and wealthy
people are proof that you don't
have to be blessed, spiritual and perfect,
you just have to dream and
believe in those dreams.*



Chapter Three:

Emotions



Emotions are one of life's greatest gifts. They provide feedback on our progress in life, offering caution and encouragement:

- When they're pleasant, they're like a pat on the back or a warm hug, offering confirmation that we're on the right path.
- When they're unpleasant, it's often because our thinking is less than ideal, giving us the chance to reconsider our perspectives.

Later in this workbook we will be talking about our intuitive feelings, which are similar, yet different. In this chapter when you read the word, "emotions," we'll be talking about our reactions to the events and circumstances in our lives, whether happiness, sadness, anger or depression. In Chapter 5 - Instincts and Hunches, Dreams and Desires, we'll be talking about the feelings that typically appear as insights, comprehensions or realizations that offer priceless life guidance.

Let's start with these exercises:

What emotions have you been feeling in the past week?

Example: peace/acceptance
1)
2)
3)

What were the reasons or causes, if known, for the emotions you just shared?

Example: I see that there's light at the end of the tunnel. I have hope again.
1)
2)
3)



Where Do Our Emotions Come From And What Do They Mean?

Emotions are a result of our perspectives, and our perspectives arise from our beliefs.

The emotions you listed in the previous exercise are only indirectly related to the causes you listed; they are directly related to your underlying beliefs and perceptions about those causes. Our beliefs come first, shaping our perceptions, creating our emotions. Not only do our beliefs give rise to our thoughts (as we saw in the last chapter), but they also give rise to our emotions.

→ Beliefs → Perceptions → Emotions

How Beliefs Affect Perception And Emotion:

Belief	Perception	Typical Emotions
People are loving and generous; they want to be helpful.	I can trust my family and friends; I live in a safe and giving world.	Carefree, happy.
People cannot be trusted; they will take advantage of you if given the chance.	I will not trust others. I could become a victim if I'm not careful. Life is not easy.	Scared, defensive.
Every day brings new opportunities; I am a loved child of the Universe.	Life is easy. I feel blessed. God is good.	Inspired, motivated.
Life is about survival of the fittest. Opportunity only knocks once. No one succeeds without luck.	Nothing I do will guarantee my success or happiness. The "cards of life" are stacked against me.	Depressed, angry, helpless.
We are spiritual beings, we are powerful, and our thoughts become things.	We have choices and when exercised properly, we can change the things that upset us.	Hope, optimism, excitement, happiness.
We are mere mortals, with no say in how our life turns out.	We are victims of circumstance.	Fear, disappointment, powerlessness.



Put Yourself To The Test

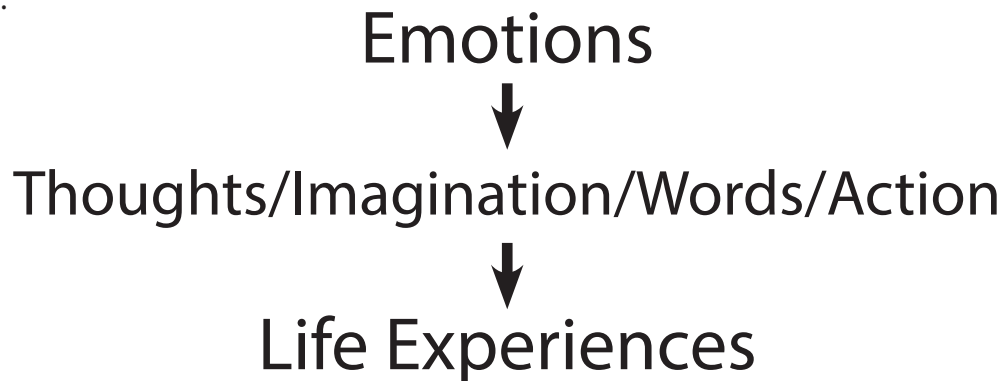
What are some of your beliefs and perceptions that gave rise to the emotions you listed in the previous exercise?

Emotion (from 1st exercise)	Perception	Belief



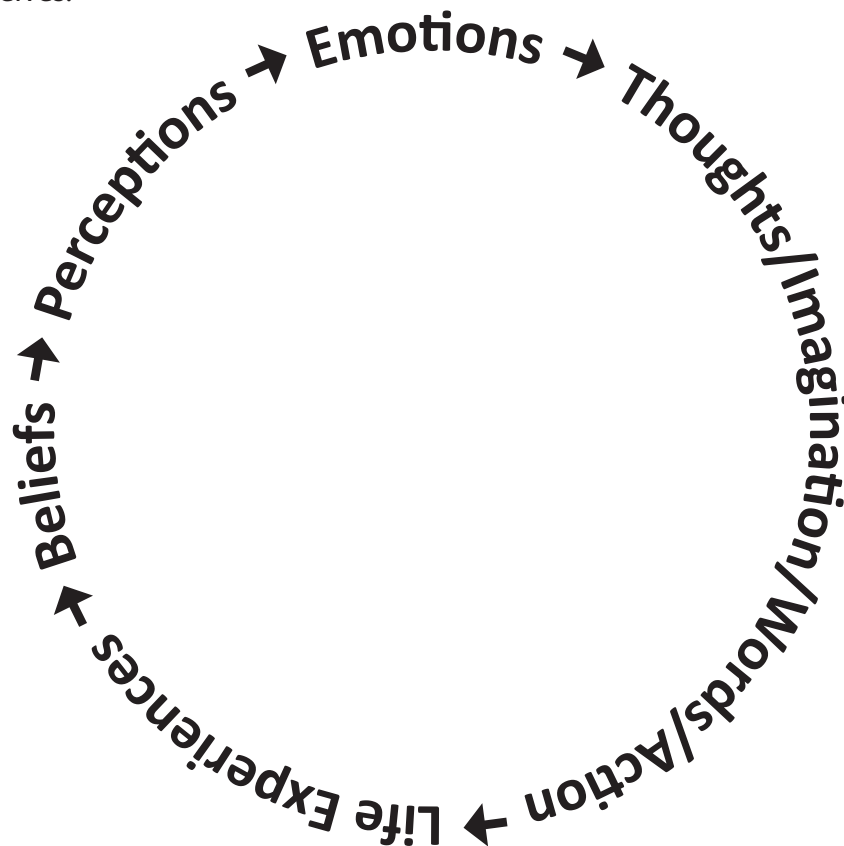
Emotions Are More Than Emotions

Not only do our emotions reveal where we've been, but they can reveal where we're going. Our emotions affect and shape our thoughts, and those thoughts affect and shape our future life experiences.



Emotions Perpetuate Themselves

If we don't try to get a handle on our unpleasant and negative thoughts, not only will they bring us down in the moment with unpleasant emotions, but we will also begin to have unpleasant recurring experiences in the future. Just as our thoughts become things, so do our emotions perpetuate themselves.



Changing How You Feel -

Joy is Only ever a few Thoughts Away

In all cases, emotions that are unpleasant can serve to open our hearts to deeper understanding and greater life truths.

Fortunately, not all of our emotions need changing; only the unhappy ones, so that's what we'll be talking about. And fortunately again, we're not at the mercy of our emotions. 90% of the time, we can easily control and change them by changing what we choose to think about (our perceptions); 10% of the time, it may take some effort.

Since your beliefs and perceptions create your emotions, examining your beliefs and perceptions is where you can begin changing how you feel. Changing our perceptions is a little easier, so let's go there first.

Changing Your Perceptions

Although our beliefs come first, followed by our thoughts, and then our emotions, we don't always have to start at the beginning (with our beliefs) to enact change. For this approach, we can start with our perceptions, but first, let's look back at your life to uncover gifts you received from challenging times that you overcame.

What have been your greatest challenges and what are their related gifts?

Your greatest challenges have been:	Their hidden gifts are:

Every challenge we encounter brings with it gifts. Gifts that make us more than who we were before the challenge arose. In hindsight, this exercise is easy. But what about your challenges today? What if you could change how you perceive them? If you could realize now that they are making you more, wouldn't this completely change how you feel? This exercise does just that: it helps you to change how you feel by changing how you perceive.



Now list 3 present challenges you’re facing that cause you to feel unpleasant emotions:

Present challenges:	How these challenges will make you better, stronger, and happier:

Changing The Beliefs That Cause Unpleasant Emotions

As we learned in the last chapter, you can begin changing your beliefs by changing what you think about, the words you use, and your behavior.

Q: What causes all emotions?

A: Our beliefs.

Q: What causes unpleasant emotions?

A: Limiting beliefs that create errors in perception.

Limiting beliefs are always the cause of unpleasant emotions. For example, believing that you’re unworthy, not smart enough, not attractive enough, or that life is hard, that people are mean, that the odds are against you, will eventually create emotions of sadness, anger and depression.

When you see yourself as an eternal spiritual being, loved and guided, powerful and intelligent, and when you see life’s beauty, its perfection and grace, your sadness, anger, and depression become almost impossible emotions to maintain. The truth does set you free, although if you are not seeing the truth, life can become overwhelming.

Changing our beliefs can take work and time. It may not always be easy, especially if you don’t know what all of yours are! But with determination and a little self-exploration, unpleasant limiting beliefs can be exposed and changed, creating happier emotions in their place. This next exercise of getting to the truth is like pointing a flashlight at scary sounds in the dark: once you see what’s really going on, you realize how safe you are and you can begin making deliberate changes.



Compare Negative Emotions To “Truth”:

By starting with a known unpleasant emotion, rather than an invisible belief, we can usually work backwards to discover what the belief might be, and replace it with the truth. This will empower us, making way for happier, more optimistic emotions. Here are some examples:

Negative Emotions:	Possible Limiting Beliefs:	Truth (Empowering Beliefs):
Anger	Others have power over me.	My thoughts shape my life. I have options. With patience and dedication I can change my circumstances.
Sadness	Some things can't be changed.	While the past is history, I choose my future. I have the rest of my life before me.
Guilt	I may never be forgiven.	Every holy book, and my own compassion, evidences that everyone deserves another chance and that I am still loved and important.
Impatience	I don't have enough time. I am too old to have or do what I want.	That I am even here, worthy of another day, means I am worthy of all else. That I am capable of dreaming means it's never too late.



Compare YOUR Negative Emotions To “Truth”

Now it's your turn, follow your emotions to their possible cause and then change the belief.

My Negative Emotions:	Possible Limiting Beliefs:	Truth (Empowering Beliefs):

Remember Chapter 2, Beliefs? There was an exercise there for installing new beliefs. Now that you've discovered some new empowering beliefs (above) that could become yours and make you happier, using your own paper, write down as many similar beliefs to these as you can think of. Claim them with written sentences that make them yours, and then, most importantly, in the days ahead, begin acting like you are the person that your new beliefs speak about!



The Big Picture - Understanding Your Emotions

Experiencing some emotional pain in your life is unavoidable at first, but there are no “accidents”; pain only arrives when you’re ready to learn from it. Pain can give birth to new insights, and allowing it into your life is just as important as allowing it to move on. Facing unpleasant emotions and challenges doesn’t have to be an unhappy affair, especially when you realize that your challenges are “gifts” that bring greater understanding and deeper happiness.

To help you better understand and get a handle on the most common emotions, please read the following and complete the sentences below:

HATE – Hate among strangers isn’t hate; it’s either fear or anger. Hate among friends is the reflection of an emotional love that had conditions which weren’t met. Why and when have you felt hate? Did you feel that your happiness depended on someone else? Did you feel violated? By understanding the pain you feel as a result of your hate, you can follow it to the cause of your emotions and begin to overcome it.

What causes you to feel hate?

What are some “bigger,” more spiritual thoughts and perspectives you could choose that would diminish this emotion? How else could you see the situations in your life that cause this?



FEAR – Fear is a scary emotion, but don’t just feel it—use it! You can grow by facing and dealing with your fears and, when possible, tracing them back to the beliefs that have created them. The only way to stop the feeling of fear is to move forward and beyond it.

What causes you to feel fear?

What are some “bigger,” more spiritual thoughts and perspectives you could choose that would diminish this emotion? How else could you see the situations in your life that cause this?

SADNESS and DEPRESSION – Depression is the result of feeling powerless—powerless to change your circumstances and trapped by your life. Facing this and admitting it is the first step. Start encouraging yourself to focus on the truth of your power, your spiritual heritage, and your own infinite possibilities that exist for your present and future happiness. Only by doing something about your emotions will you enable the unpleasant ones to subside.

What causes you to feel sad or depressed?

What are some “bigger,” more spiritual thoughts and perspectives you could choose that would diminish this emotion? How else could you see the situations in your life that cause this?



ANGER – Anger results from a perceived loss of power or control. Anger worsens any situation. And because anger is destructive, it's especially important that it be addressed. Suppressed anger will only reappear, amplified each time due to its prior suppression. If it's another person you're angry with, begin by understanding that this person is doing his or her best. Their poor behavior simply reflects where they are in their own spiritual evolution. No matter how they behave, realize that you are the source of your anger.

What causes you to feel anger?

What are some “bigger,” more spiritual thoughts and perspectives you could choose that would diminish this emotion? How else could you see the situations in your life that cause this?

GRIEF – Grief is perhaps the darkest of feelings, sparked from a loss, perhaps due to a death, yet it's an emotion that everyone faces and must overcome. Time is the best remedy for grief, and allowing yourself to feel grief is part of the healing. Afterwards, however, there needs to be a real effort to get back into the swing of things. Grief, like all unpleasant emotions, arises out of limiting beliefs that tell you your loss is permanent and forever. But as an eternal, spiritual being, you should be able to grasp that no loss is ever permanent.

What caused you to feel grief? _____

What are some “bigger,” more spiritual thoughts and perspectives you could choose that would diminish this emotion? How else could you see the situations in your life that cause this?



GUILT – Guilt should serve only to teach, not to punish. Learning is why we’re here; not to be perfect. No mistake of yours can ever take away from your connection to a Higher Power, nor has it. No matter what you’ve done, when you feel guilt, let it remind you that the mistake will never again be repeated. But just as important, keep looking forward with hope and optimism.

What causes you to feel guilt?

What are some “bigger,” more spiritual thoughts and perspectives you could choose that would diminish this emotion? How else could you see the situations in your life that cause this?

HAPPINESS - Joy and happiness are the emotions that signal your progress through prior lessons that have brought you to a place of peace and acceptance. Whether or not it’s apparent, these are the results of earlier pains, challenges, and obstacles that were faced and conquered. But joy and happiness don’t come from a place; they come from inside. And that’s where it comes from when you’ve dealt with your challenges and fears.

What causes you to feel happy? Enjoy it! List your favorite things about life and in yourself!



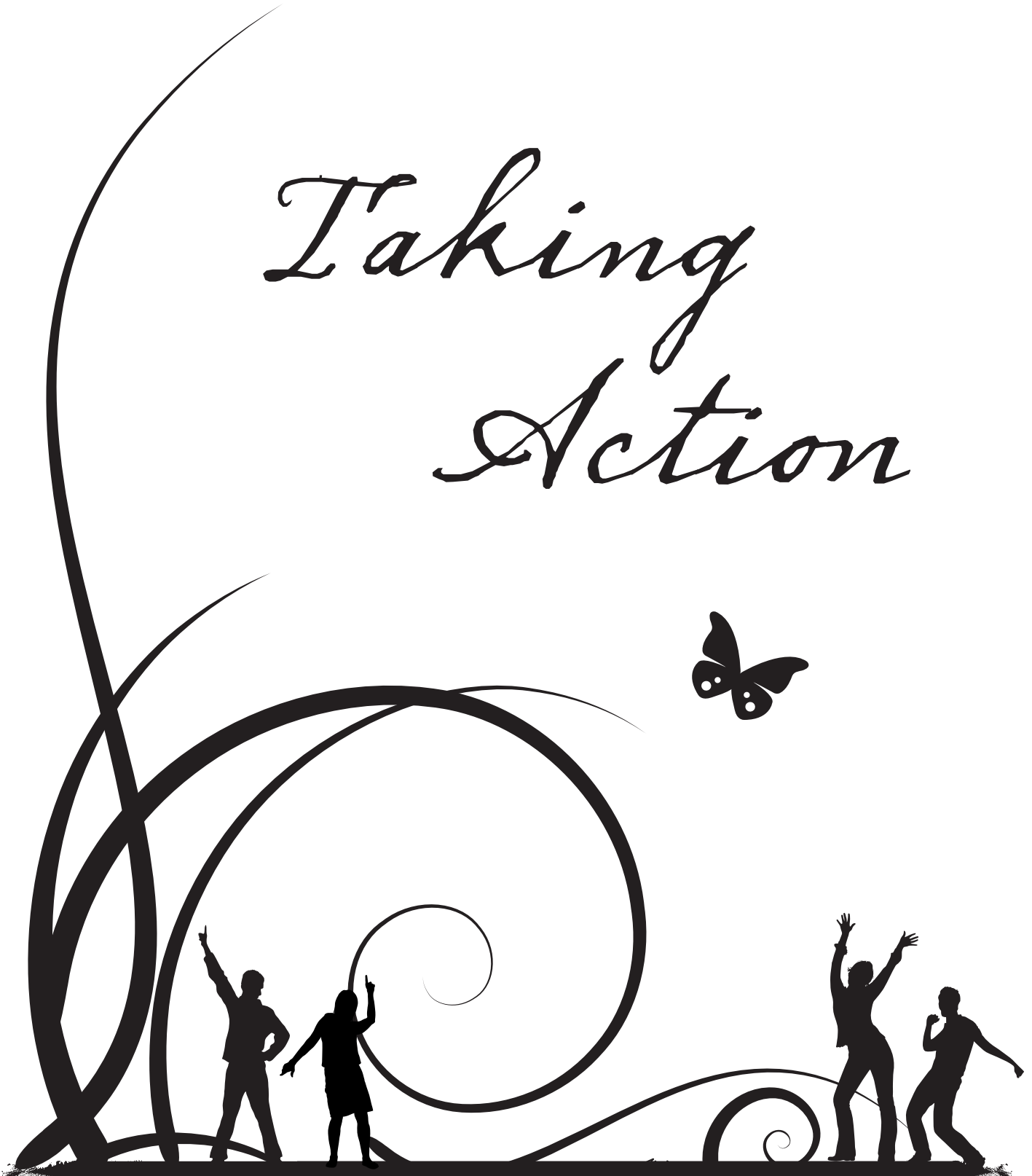
Apply It: Taking These Lessons To The Street

In the days ahead, when you start to feel down, ask yourself why you feel as you do, and trace those feelings to the limited beliefs that have given them rise. This is not an activity in suppressing your emotions. Allow yourself to feel them, but then ask some new questions. When you get to the root of your feelings, you will also get to the root of your power!



Chapter Four:

Taking Action



If “Thoughts Become Things,” Is It Necessary To Take Action?

Learning that your thoughts become things is the first step in taking control of your life, but after you learn this truth, it’s necessary that you live it. Knowing the truth is not enough. If you want to change your life, in addition to thinking about what you want, you need to speak and behave “as if” it is already a reality. By choosing your words and actions properly, two things are achieved:

1. You create and install beliefs that imply you’ll succeed, which will then change your thoughts (this has already been talked about in Chapter 2, Beliefs).
2. By physically taking action, you put yourself out in the world where life’s magic can reach you with coincidences, happy accidents, and serendipities (which is the main point of this chapter).



The Lucky Person

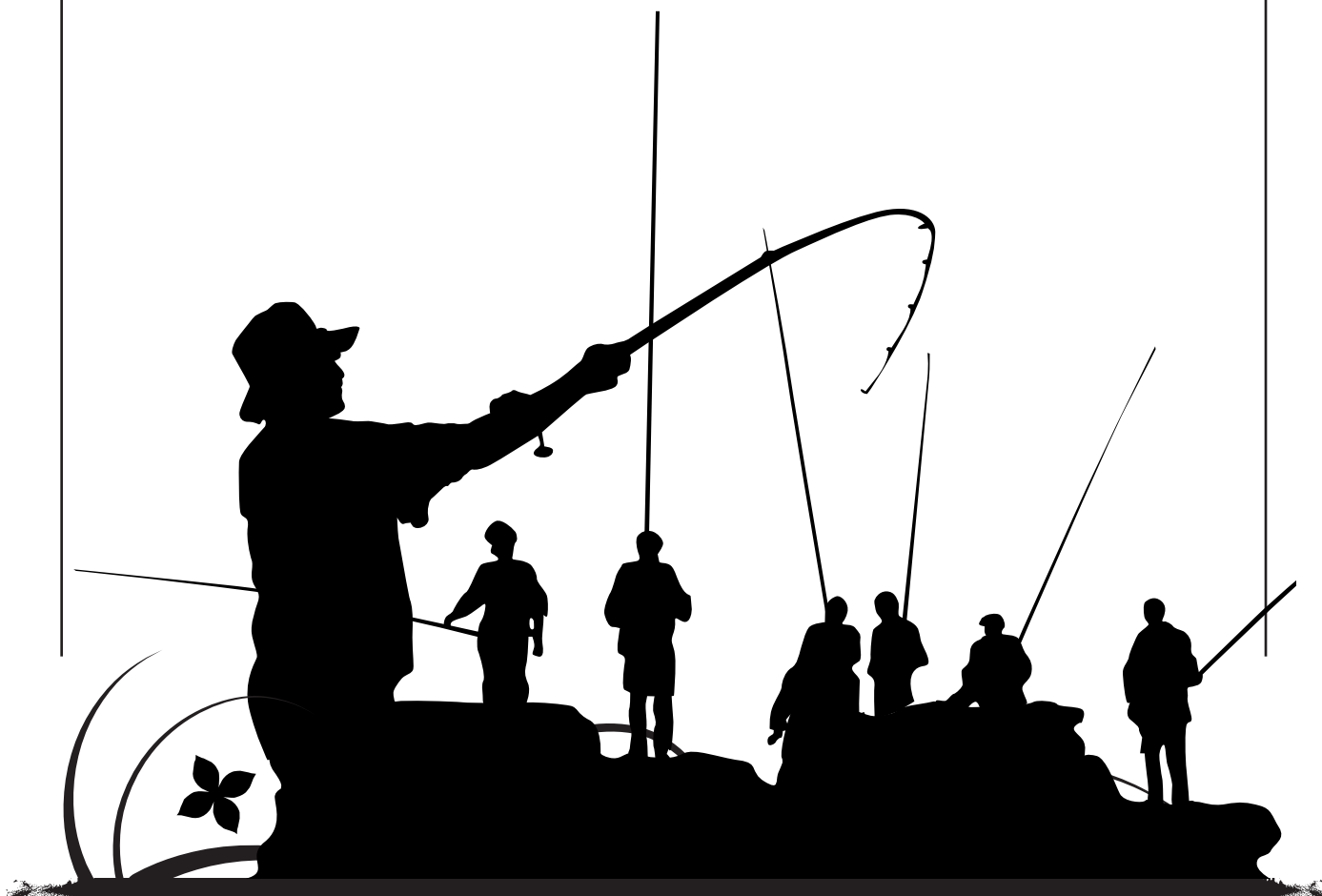
If you believed in luck and you fished for a living, and you were told that the next 7 days of your life would be the luckiest 7 days you've ever had, when you went fishing tomorrow, would you go with one pole or many?

Many! You would call family and friends and tell them to join you, and you'd probably go shopping before sunrise to buy as many poles as possible! Because even the person who believes in luck is wise enough to know that it will not reach them if they don't go out into the world!

You wouldn't wake up tomorrow morning, walk out the front door, look around, and then look to the sky and say, "Where's my fish?! I thought I was supposed to be lucky today..."

The magic you summon when you visualize and think new thoughts CANNOT reach you if you don't go out into the world where it can reach you! You MUST do things, little things, physically moving in the direction of your dreams, in order to experience the magic you've summoned with your new thoughts.

The reason many people don't take action is because they feel like their efforts are small and what they do won't make a difference, but these people generally don't know about life's magic. All you have to do is take unending "baby steps" in the direction of your dream; The Universe will do the rest.

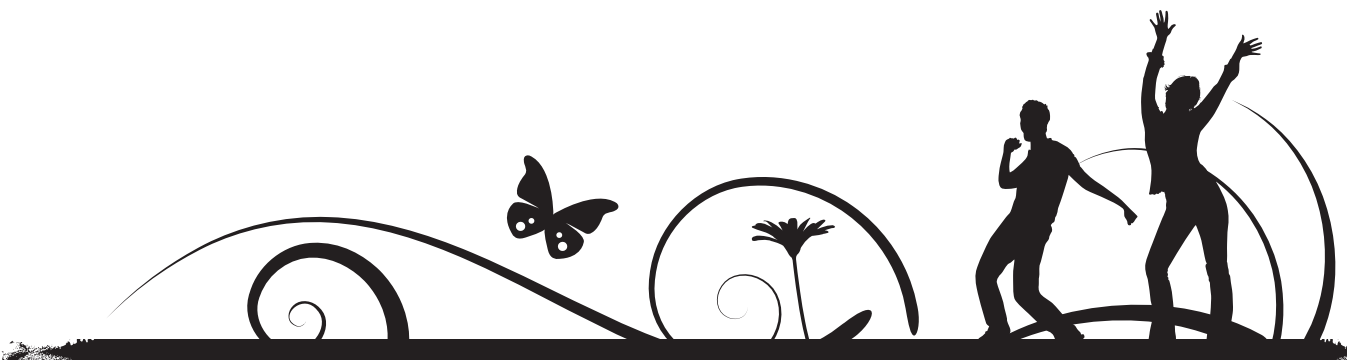


What Do You Want And What Can You Do To Physically Take Action Towards It?

The list should consist of many more than 4 action steps. Start with 4 below and then expand your list on another piece of paper to include at least 12 points, and then, day by day, week by week, continue taking baby steps. Always ask yourself, “What else can I try? What else can I do? Where else can I go?”

Try It, Do It, Go There!

Situation:	Baby Steps To Take:	
For new or improved work, what can you do?	1. Get business cards	3.
	2. Search classifieds	4.
For new or improved health, what can you do?	1.	3.
	2.	4.
For new or improved relationships, what can you do?	1.	3.
	2.	4.
What else do you want, and what can you physically do about it? _____	1.	3.
	2.	4.



How Manifesting Change Really Works

To better understand thoughts becoming things, and especially the importance of taking action, consider how modern, digital, satellite navigation systems work in new cars (or on cell phones):

Creating change is like using a GPS navigation device:

Step 1) Give the system your destination, the “end result” you wish to get to.

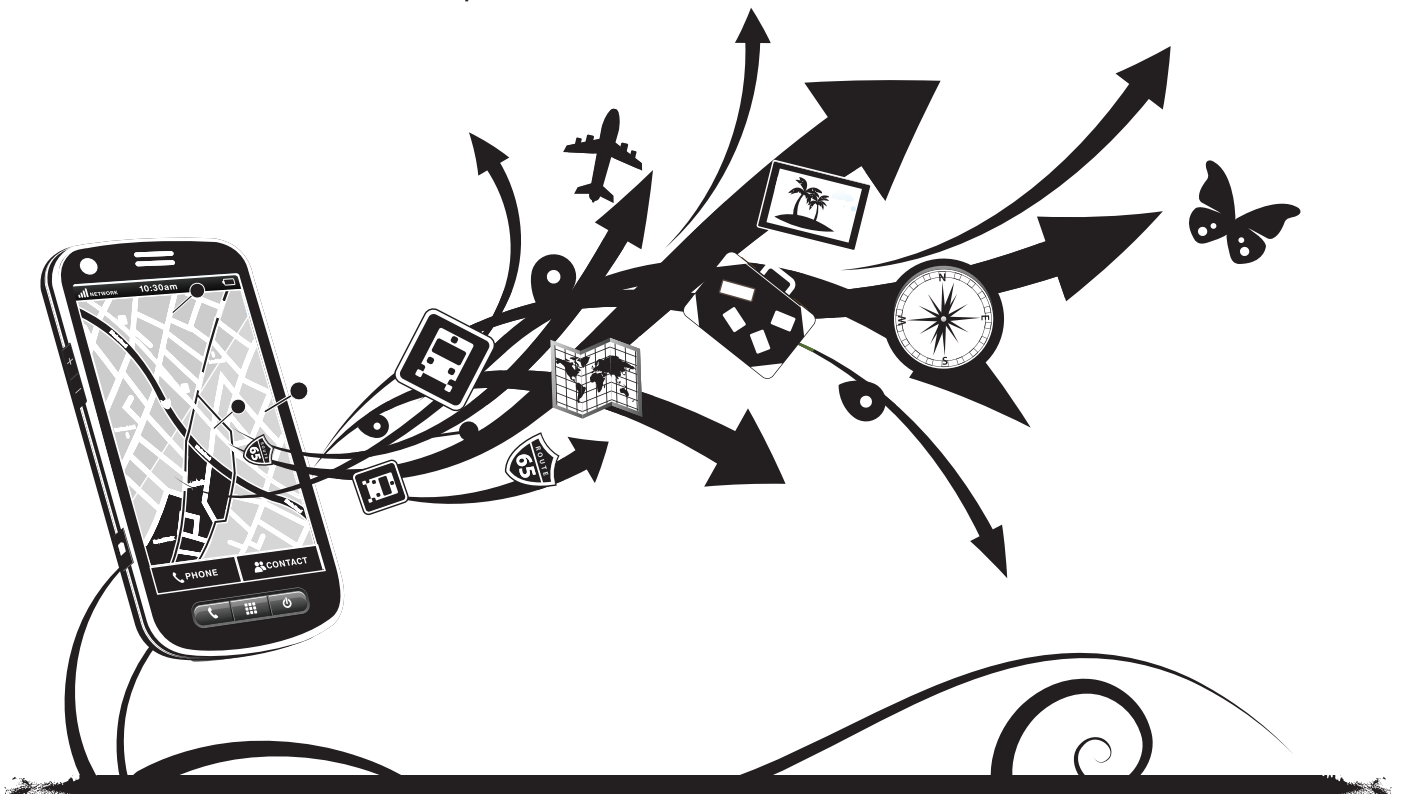
The instant you know where you want to go and enter it into the system, presto! The shortest, fastest, easiest way to arrive there is given back to you. Working backwards from the end result, the system considers every possible road you can take, and then it gives you directions to get there!

Similarly, in life, when you think new thoughts of change, the entire sequence of events, including coincidences and happy accidents that can make them a reality, are calculated and known! Life’s magic, the Universe, knows HOW to make your dreams come true, no matter where your starting point is. All you have to do is decide what you want.

Step 2) Put your car in gear and physically go. Take action!

Regardless of how much you dream or how well you visualize, no navigation system can take you to your desired destination until you help yourself by physically moving. Once you start moving, the system can tell you when to turn right or left.

Similarly, in life, you must take action, baby steps. Doing anything is always better than doing nothing. Go out into the world and do things that can set you up for success. When you begin taking action, it’s as if the world can start moving, working on your behalf. For example, additional guidance can be provided by way of new friends or from your own gut instincts and intuition (covered more in the next chapter).



Sadly, some people don't take action because they don't know how to make their dreams come true! But the HOWS are not up to you, you can't know how your dreams are going to come true. All you have to do is dream, and take action, then the Universe can figure out the shortest, quickest way for your dreams to come true.

Step 3) Have patience and understand that the miracles of progress are invisible.

Once you program your navigation system to go to a new address, let's say for a 3 hour journey to a place you've never been before, when do you realize that all of the directions you received were perfect? When you arrive! In other words, in the final moments of the journey! This means 2 hours and 55 minutes into the journey, everything will still look completely unfamiliar! And still you would press on, keep going and arrive at your destination!

Similarly, in life, our journeys can last for weeks, months, or even years, especially if we want big changes, but this will often mean that during the journey it may seem like we aren't making progress, even though we are. The moral here is: NEVER GIVE UP! Don't assume that "the system" isn't working or that you aren't following it correctly. This system never fails; it never stops working for us, as long as we keep doing our part! Just because we can't see the miracles in our life, doesn't mean that they aren't happening – even right now!

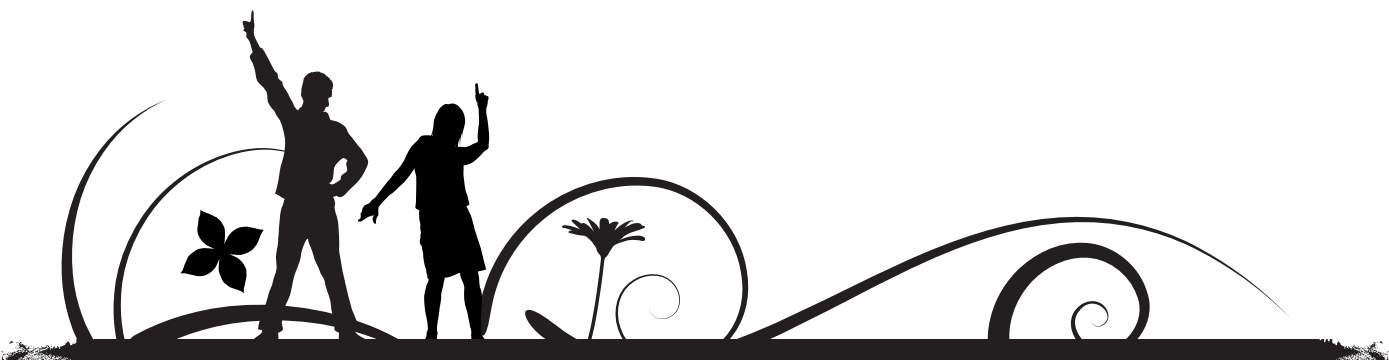


What Are Some Baby Steps You Took In The Past That Led To Something Great?

From completing this simple table, you'll see that the "magic" that happened for you always came after you did something small, like interview, visit friends, go shopping, etc.

You only ever have to do ordinary things to spark magic!

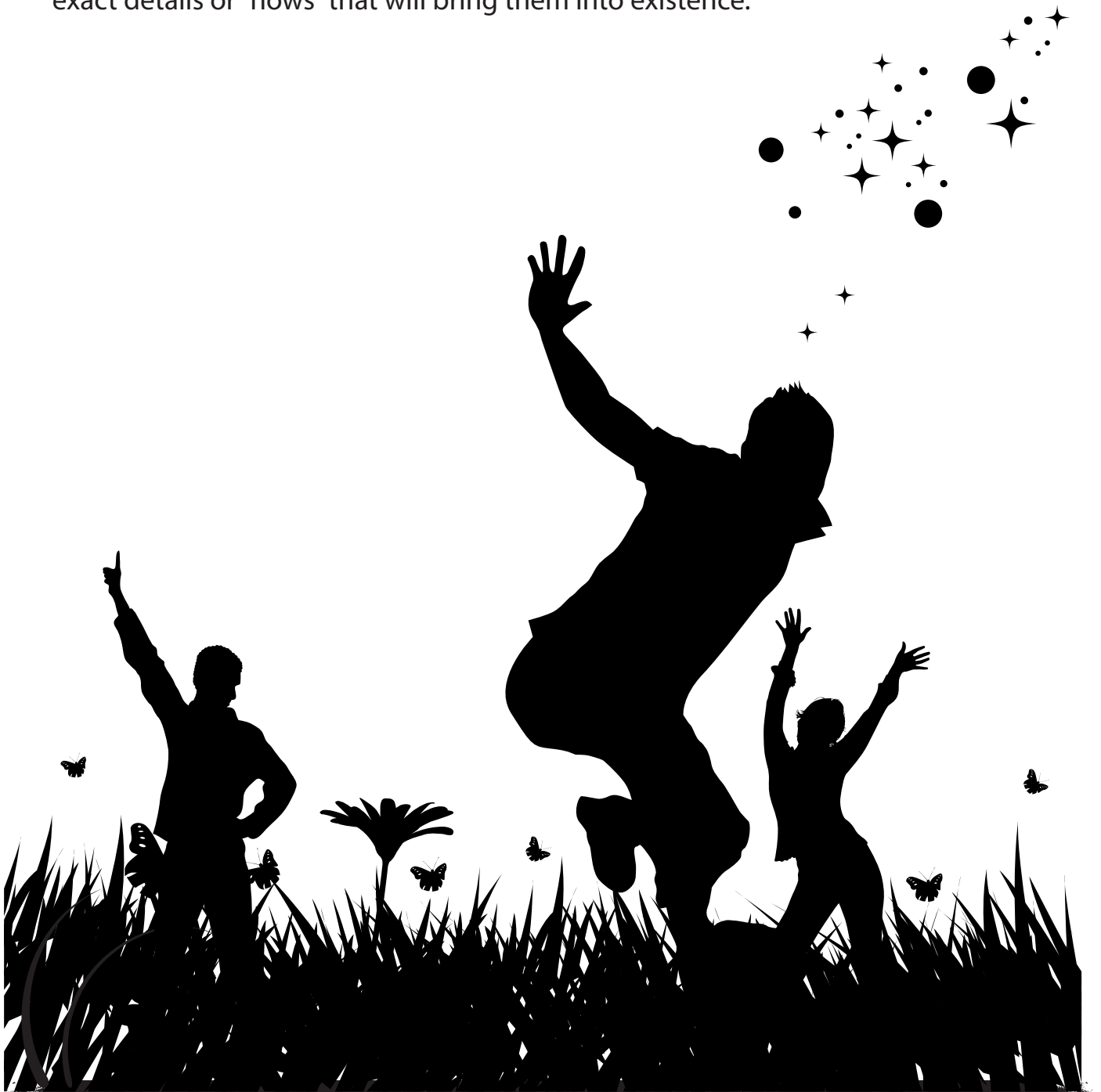
"Baby Steps" Taken:	Something Great That Happened:
Searching the classifieds, interviewing for work	Getting a great job
Going out more, talking to more people	Meeting a partner or a spouse



Focus on your DREAMS and take action in their direction, without insisting on HOW you get there. **Don't worry about the "cursed hows."**

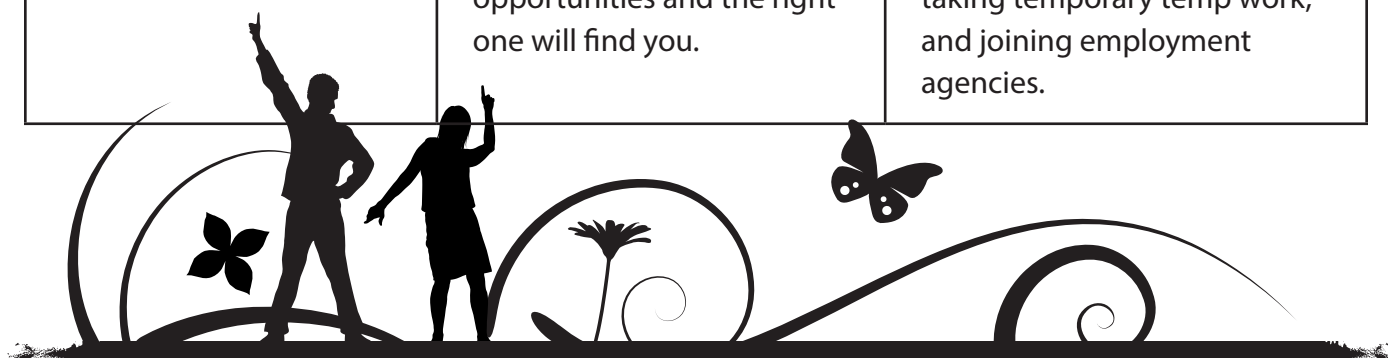
Q: Why is it important not to insist on "how" a dream comes true?

A: Because there are SO MANY ways a dream can come true. The moment we start insisting on one, we limit ourselves from all the other possibilities. We can choose our dreams and move towards those dreams with action steps, we just can't know the exact details or "hows" that will bring them into existence.



Let this table of examples help you get clear on what you can and can't know:

End Results/Dreams	Don't Worry About "How"...	Action Steps
RELATIONSHIP: I Want To Meet Someone And Fall In Love...	You CAN'T know ahead of time exactly "how" you're going to meet the love of your life or exactly where you'll be when you run into him/her... But it will happen naturally when you're keeping busy and taking action.	You CAN decide that you want to fall in love and take action towards finding it: going out more, asking friends to help, working part-time (to meet people), joining organizations. You might meet them at work, a grocery store, or through a friend. By taking action you are creating possibilities.
MONEY: I Want To Live In Abundance...	You CAN'T know ahead of time exactly "how" money will come to you—there are countless ways. As soon as you insist on one way, like winning the lottery, you exclude other possibilities.	You CAN decide that you want to make more money and take action towards it in many ways: start writing a book, play the lottery, work at your job to get ahead, or start a company. While each of these may yield wealth, the Universe knows many other ways too, and by doing what you can, abundance can find you.
WORK: I Want To Find A Good Job...	You CAN'T know ahead of time exactly "how" you'll find a new job or exactly where it will be. You might think that you know where your perfect job would be, but what if they're not hiring now? Instead, explore all opportunities and the right one will find you.	You CAN decide that you want to find a job that you enjoy, that fulfills you, and that pays well. You can start searching each day, going through classified ads in the paper or online, filling out applications at different places, getting trained, networking, taking temporary temp work, and joining employment agencies.



Always Keep Busy!

Often, getting physical and taking action is the most spiritual thing you can do! In addition to making yourself reachable to life's magic, for every baby step you take you are declaring to yourself and the world: **I Can Do This! I Will Do This! I Am Doing This!**

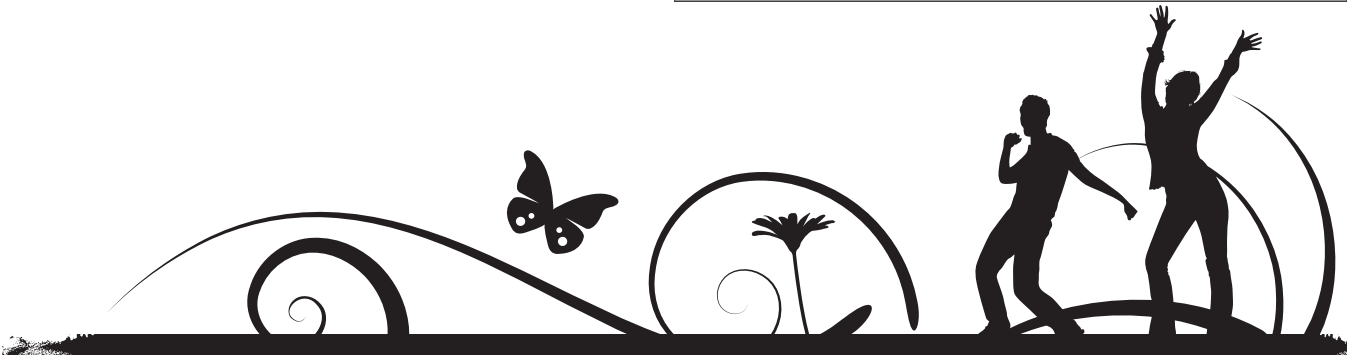
Plus, it's as if when we take one step, the Universe takes 10,000. The more we do, the more the Universe can do for us.

Learning about life's magic is never a cause to stop taking action, it means the opposite. It means that for the rest of your life you will take full responsibility for yourself and your dreams, and this means you will **Never Stop** taking action, thinking, brainstorming new ideas, and moving forward.

Apply It: Create A Plan

What is the most important thing you want to change in your life, and what can you begin doing about it starting NOW? When you finish filling in your action steps below, try this with a 2nd life change and a 3rd and so on:

Life Change:	Action Steps:
	1.
	2.
	3.
	4.
	5.
	6.
	7.



Extra Credit for Faster Manifestations!

Our actions are our beliefs in motion, linking the present we know to the future we expect. They are the physical extensions of our beliefs. Our beliefs, of course, come first. For example, if we believe that we're about to be devoured by a lion, we run!

BELIEFS → ACTIONS

This means our actions can reveal what our invisible beliefs are.

ACTIONS → BELIEFS

And more, as learned in Chapter 2, if we repeatedly act in alignment with our desired beliefs, our actions will install those beliefs – including beliefs that imply our dream has already come true.

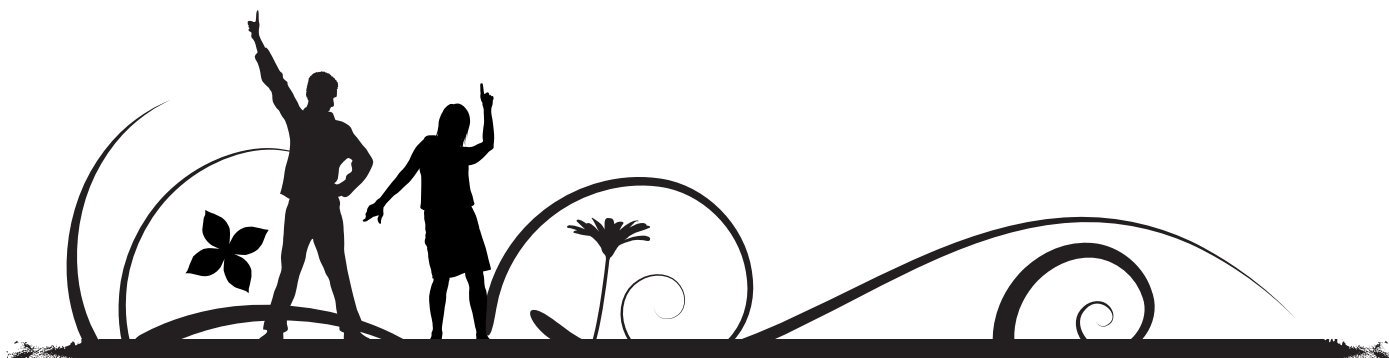
Acting “As If” Our Dream Has Already Come True

One way to take action towards your dreams is by acting “as if” those dreams have already come true. In other words, pretending. When acting in line with the new beliefs you wish to possess, not only are new beliefs installed, but old limiting beliefs dissolve.

Examples of acting “as if”:

- If you want a busy social calendar, go and get a social calendar as if you can already fill it;
- If you want to overcome your fear of flying, call an airline and enroll in its frequent flyer program as if you are unafraid of flying;
- If you want to find your dream job, shop for the clothes you'll wear to work as if you were starting the job tomorrow (you don't have to buy them).

These acts of faith should accompany “customary actions,” such as preparing a new resume, contacting employment agencies, reading help wanted ads, and so on.



Let's do this! In the exercise below, follow the examples provided with one or more of your own:

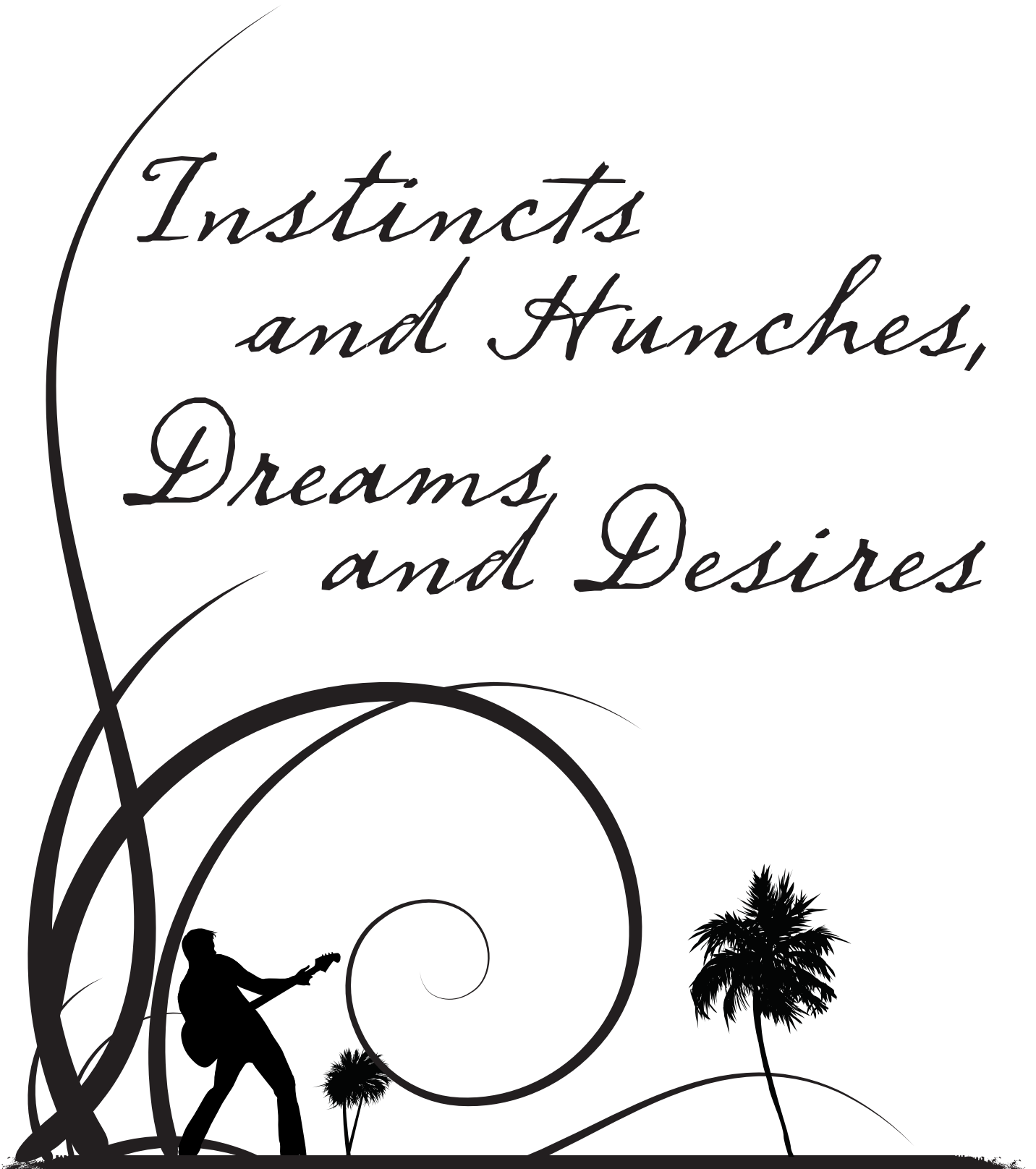
Dream	Ways To Act "As If"
Make More Money	Act as if you ALREADY have more money by: giving money to charity, adding a few dollars to the "minimum payments" you make each month on your credit card, pricing the places you want to go on vacation, opening an online investment account. Your idea: _____ _____
Find Employment	Act as if you ALREADY have your dream job by: buying a suit or business clothes to wear to work (or window shopping for them if you can't afford to shop yet), visiting the office buildings where you want to work, as if you're going to work there. Your idea: _____ _____
Find Romance	Act as if you ALREADY have romance in your life by: setting aside time in your calendar to spend with someone, clearing out your closet to make space for their things, planning the things you'd like to do as a couple. Your idea: _____ _____
Travel Internationally	Act as if you ALREADY have international travel in your life by: updating your passport, looking at maps to see where you'll visit next, pricing out the trips you want to take, planning where you'll stay when you're there, and what you want to see and do. Your idea: _____ _____

The only place the ship of your dreams will never find you is at home, waiting for it.



Chapter Five:

Instincts and Hunches, Dreams and Desires



Our Instincts, Hunches, Dreams, And Desires Are All Examples Of Our Inner Senses.

They are forms of direct knowing that originate from deep within us (our highest selves). They come to us from outside our normal awareness and exist independent of the physical world we live in.

Do you believe that some people have psychic abilities? YES/NO

How about you? What unusual experiences have you had? List some examples:

Ever had a dream at night that hinted at the future? What was it?

Ever think of someone, and they called or appeared? When? Who?

Ever had a good or bad feeling about a person or situation that proved correct? When? Who?

Ever had a strong premonition that later happened? What was it?

Ever knew what someone would say before they said it? When? Who?



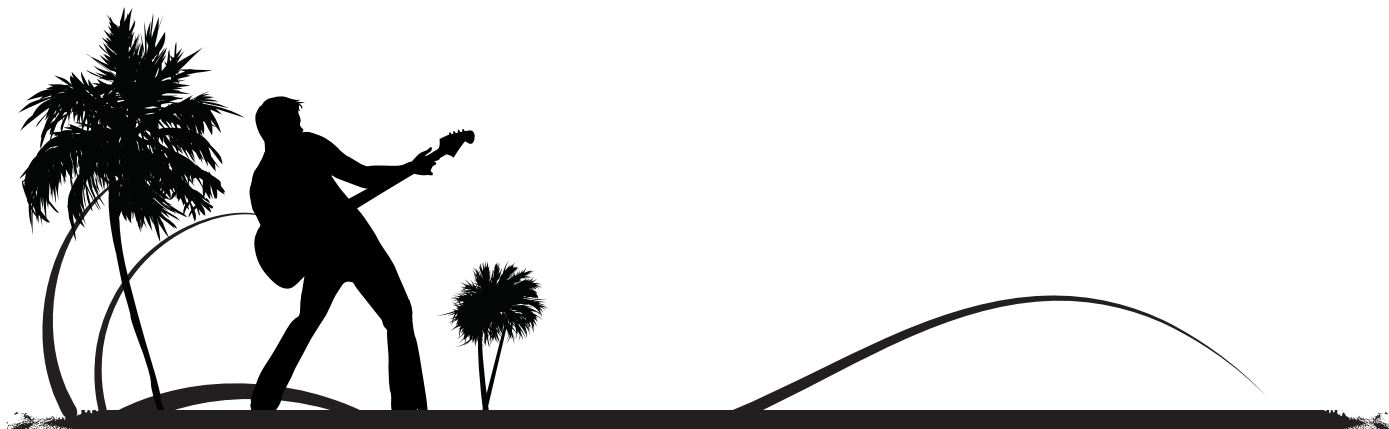


The Magic of Our Inner Senses

If we are spiritual beings, with a connection to a Higher Self, and our Higher Self is connected to others like it is to ourselves, it's only logical that we would possess "inner senses," much like our physical senses that can tune into non-physical information. In fact, our thoughts are non-physical, and although we can't prove to others that we have them, it doesn't mean they don't exist. For example, if you dreamed of a red Corvette last night, can you prove it? And just because you can't prove it, does it mean that you didn't?

We are all psychic; you are psychic and your own experiences offer you proof. Isn't thinking, writing, and speaking evidence of a connection to your greater spiritual self? Do you think it's your tongue that speaks your words? It's actually your spiritual essence, your thoughts, your expectations, and your intentions that command the complex muscles used to speak. The muscles in your chest, lungs, throat, neck, mouth and tongue are all used. Similarly, your thoughts command muscles throughout your entire body to walk and perform other simple, yet complex, maneuvers. In the same way that your body responds to your thoughts, the circumstances of your life also respond to and are rearranged based on your thoughts!

The point of this chapter is to realize that we all have a deep connection to a Higher Self, and therefore the world around us, which often escapes detection by our physical senses, but its existence is obvious once we consider it. And once we realize it exists, the opportunity exists to use it!



Instincts and Hunches

Our instincts and hunches are like bursts of insight that reveal truths about our reality and the experiences we're creating. They act as an internal navigation system, helping to guide and direct us through our lives. They often give us insight into what we really want and what's best for our lives, and by paying attention to them we can learn things about ourselves that we may not have otherwise realized. Our decisions should always be based on what feels right (obvious) and what makes logical sense. We can follow our instincts while at the same time remaining practical. For example, if our instinct is to leave our job, we don't necessarily have to leave our job tomorrow; we can start pursuing other job opportunities and leave our job when we are ready and secure.

Can you recall a time or times in the past when you followed your instincts and hunches and they were right?

What are some of the instincts and hunches you have now? What might they be telling you about the current path you're on or the future path you should take?



Dreams and Desires

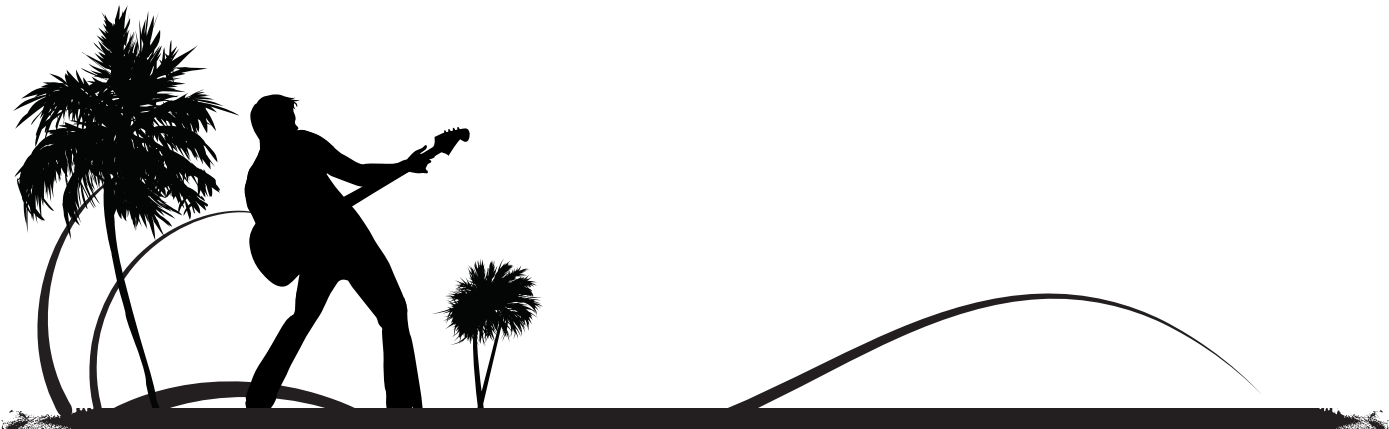
Our dreams and desires are windows into the future of what “could be.” They keep us going in life and they should always be honored. We’re not here to survive, we’re here to thrive, and this objective can only be met by pursuing what stirs in our heart.

Of course, when we’re out of balance, it could be that our dreams and desires might mislead us, yet we all have an inner sense that knows the difference between what will serve us (and others), and what only offers short term pleasures. In situations when we honestly don’t feel clarity with whether or not to follow our heart, the answer is to wait until we do have clarity—and while waiting, continue to do our best with what we have from wherever we presently are.

When our dreams and desires promise happiness, fun, and fulfillment, for the short and long terms, we have a “green light” to take action on them. However, if they promise only recognition, status, or justification as a means to attaining happiness and fulfillment, then caution is advised.

What do you now want, and why? What’s your motivation?

What are 3 of your dreams and desires today?	Why do you want this?	Who is it serving?



Following Your Dreams

Only by pursuing your dreams can you give the world all that you have to give. Other people always benefit from the individual who insists on marching to the beat of his or her own drummer. Could Thomas Edison have tended to the down trodden as did Mother Theresa? Could Albert Einstein have preached reconciliation as did Martin Luther King, Jr.? Could Abraham Lincoln have built cars like Henry Ford? Each of these heroes was divinely selfish, doing what they most wanted to do for themselves... and then the masses benefited.

Who else, besides you, will benefit from your 3 dreams once they come true?

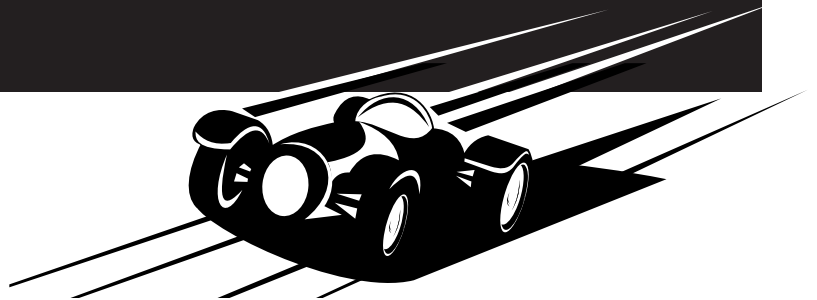
What are 3 of your dreams that promise happiness, fun, and fulfillment in the short and long term?	Who else would benefit when these dreams come true?





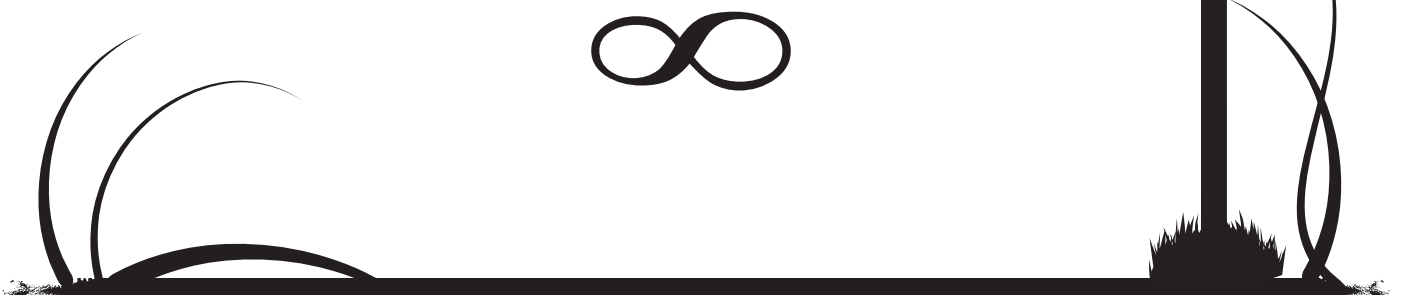
Tips for Moving into the Fast Lane of Life

1. Be yourself. There is no one answer to the question of what it is you should be doing with your life. By being your real self—true to yourself—you'll automatically be led by your own natural inclinations and impulses to the roles that will please you most at any given point in your life, thereby enriching the world the most.
2. Deal with what's already on your plate. If you're not 100% sure what you should be doing with your life, realize that wherever you are now has meaning and there's a reason you're there. After all, if you were not where you now are, you wouldn't be asking the questions and receiving the answers that you are now asking and receiving. Embrace your current situation for what it is, and for as long as you remain there be your best and shine.
3. Follow the fun. Whether you feel clear or confused, always follow the fun. That doesn't mean that life should be one nonstop party. Some of the greatest fun can come from the satisfaction of a job well done, like being a good parent or spouse, or growing a business or a garden. Make fun and fulfillment a priority, understanding that a little work can offer the greatest rewards.
4. Begin it. Whatever you decide to do, begin it. Even if you're not sure what you should be doing with your life, take baby steps, today, in any direction that may possibly resonate with you. Do something. Doing anything is better than doing nothing.



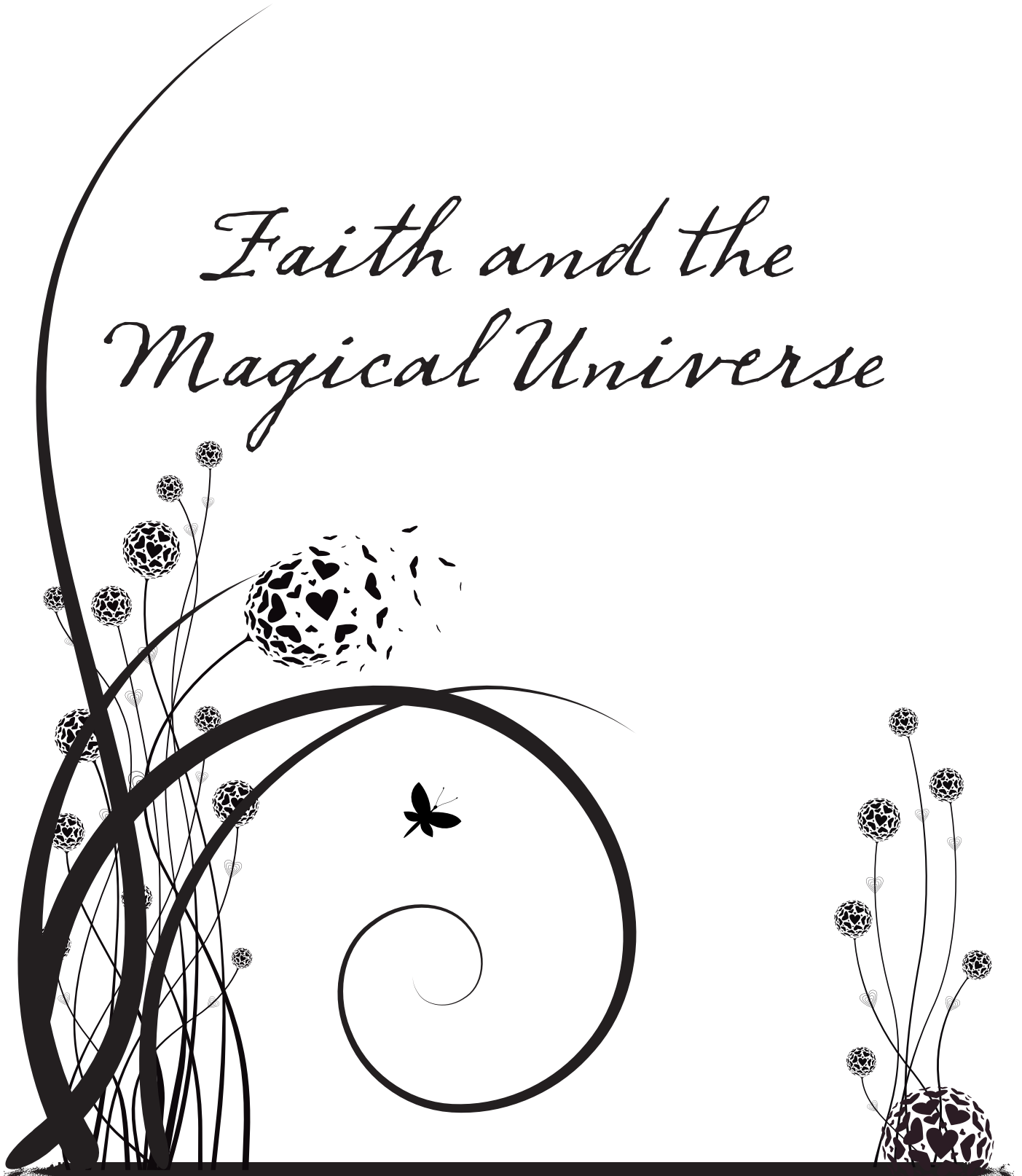
Apply It: Express Yourself!

It's time to start following your heart, your inner senses, your instincts and hunches, your dreams and desires! From this day forward, be consciously aware of what these feelings are, and factor them into all of your life decisions, like who you associate with, where you apply your strengths and talents, and what you do in your free time. Your life is your opportunity to be who only you can be – so start expressing your uniqueness.



Chapter Six:

Faith and the Magical Universe



Faith

Just as an airline pilot doesn't have to know how a plane is built or what components in the engine are giving it thrust, in order to fly across the country, neither do you have to understand how "the Universe" will help to manifest your dreams, in order to live deliberately. Like the pilot, you only have to know that when you do your part, the rest will be taken care of for you.

The question then is, how can we trust something that we can't entirely grasp?

The answer is, faith.

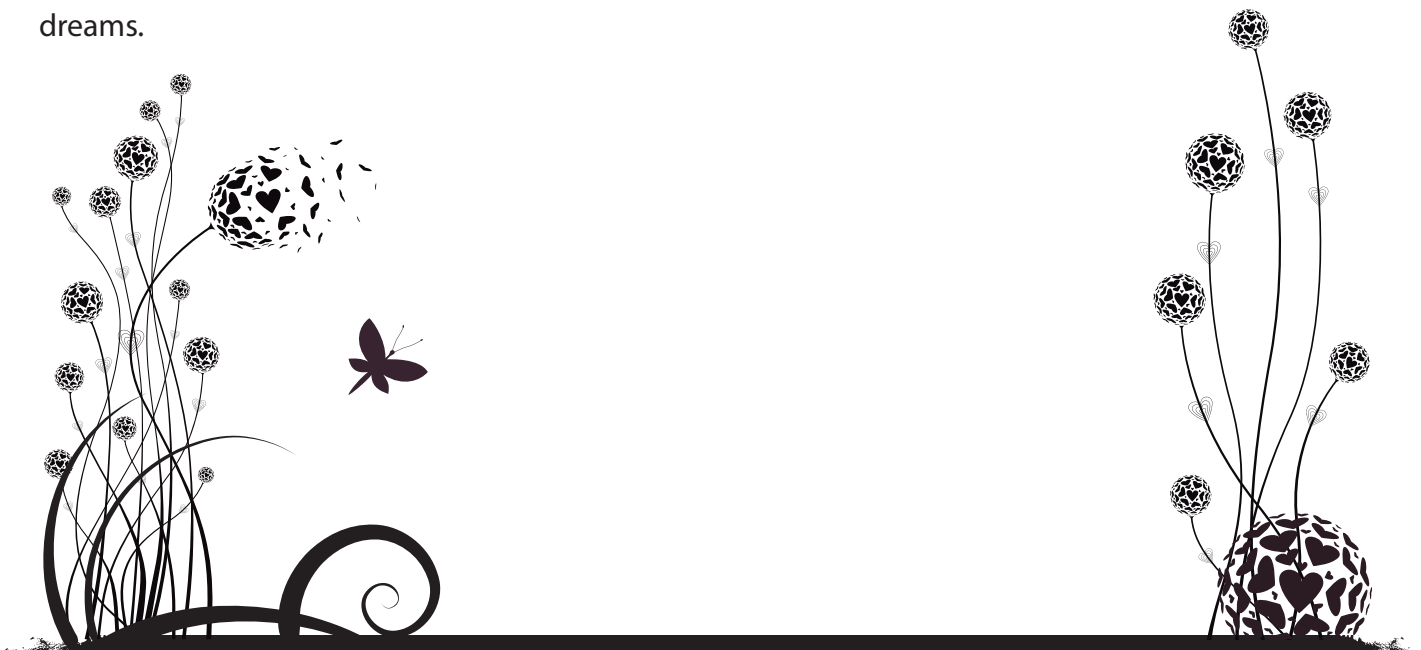
Whether or not you've ever been spiritual or religious, you've been using faith your entire life: How do you know that when you start speaking a sentence, you'll finish it? How do you know that when you get out of bed in the morning, you won't fall to the floor? How do you know that when you look into a clear night's sky, you'll see stars? How do you know that when you open a book, you'll be able to read it?

Faith is a crucial element to every success. It's how we explain the unexplainable, trust in the unknown, and believe that the "Universe" is working for us, not against us. Yet just because we're dealing with the unexplainable, the unknown, and the "Universe," doesn't mean our faith needs to be blind. In fact, having a solid, reliable faith in life can be greatly facilitated by two things:

1. Experience
2. Understanding

Experience

In this workbook you've already provided many examples through exercises that reveal your past experiences in deliberately or accidentally summoning life's magic. Realizing this, use your prior successes—whether deliberate or accidental—to instill the faith you need to achieve your present dreams.



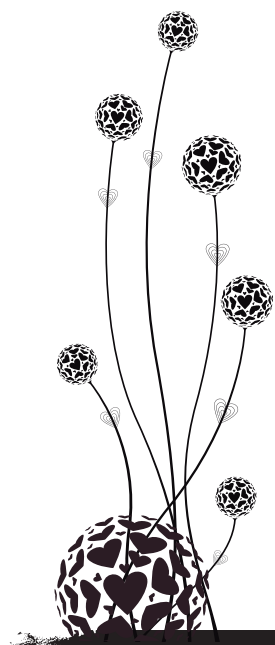
To help with this, again list some of your prior successes to inspire you for the future.
List 3 dreams that have come true in the past.

You can use the same examples as from earlier exercises:

1. _____
2. _____
3. _____

Now list 3 dreams you have for the near or distant future:

1. _____
2. _____
3. _____



Now combine the two lists into one list of 6 “successes”! Alternate using from one list, then the other, mixing the items up. Speak of both prior successes and dreamed of successes in the past tense, as if ALL have already been accomplished:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

This process of associating future dreams with prior successes will help remind you that if you were successful before, you can be successful again; that when you do your part, the “Universe” will do its part. And this will help inspire and create faith in all that you do going forward.

For full effect, use your own paper to copy the list of 6, and post this paper on your bathroom mirror, your refrigerator, or carry it around with you. Remind yourself often that you can do anything you set your mind to, because you are not alone!



Understanding

Understanding anything comes from intelligence. Getting used to a new idea comes from simple repetition. And happily there's nothing difficult about understanding life or finding people and teachers who do!

In the workbook pages that we've reviewed so far, we've already covered virtually all of the basics for living deliberately. Unfortunately, the rest of the world continues to tell us that life is hard, people are mean, and that we're getting older, sicker, and weaker. To offset these limited cultural ideas that take us away from the truth, and to really immerse ourselves in empowering ideas that help us to understand life and its mechanics, we need to do our very best to keep our thinking clean. Easy! There are literally thousands of books and movies that can help.

Here are some recommended materials that can help you. This list is just the very tip of the iceberg, so take the initiative to find more material that resonates with you at your local library, in book stores, or on the internet.

Recommended Reading, Watching, And Listening Materials

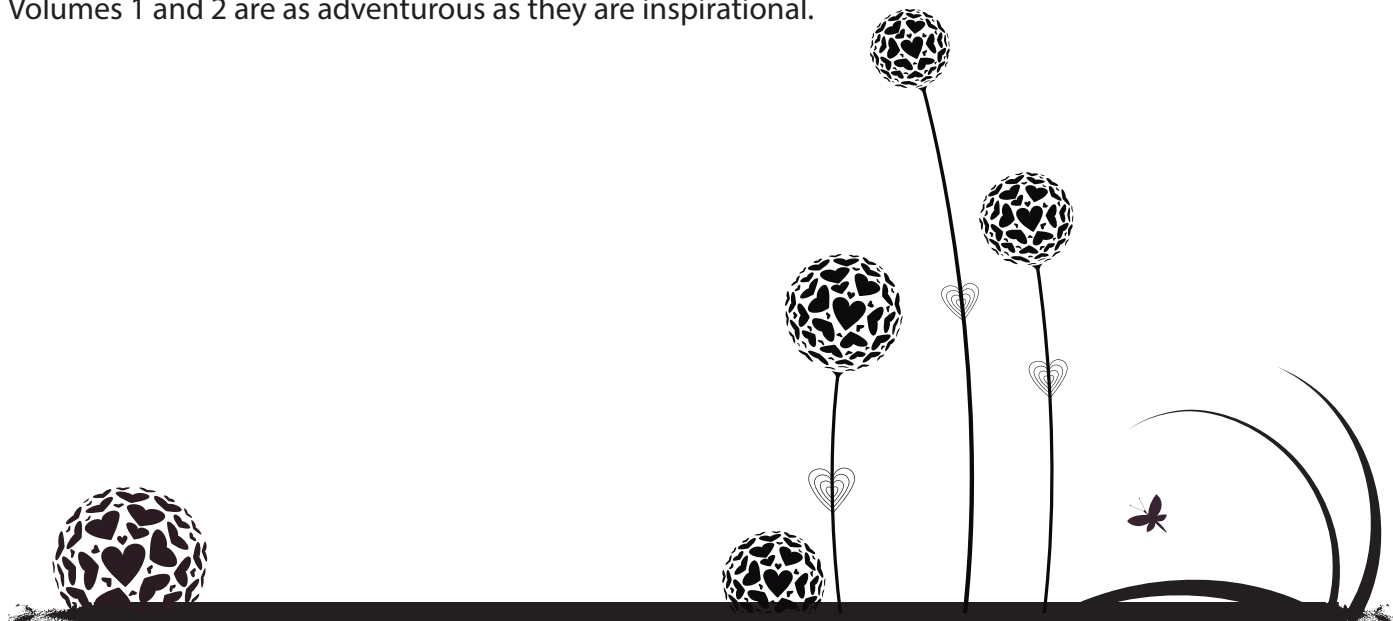
The Nature of Personal Reality, by Jane Roberts. Like all her Seth books (and they're all outstanding), this one is very deep, objective, even a bit complex, but Seth is considered by many to be the "granddaddy of them all."

Discover the Power Within You: A Guide to the Unexplored Depths Within, by Eric Butterworth. Awesome clarity. Extremely inspirational! Lots of biblical and Christian references but explained without a religious spin.

Siddhartha, by Herman Hesse. Profound wisdom in a timeless, world-famous story.

The Game of Life and How to Play It, by Florence Scovel-Shinn. Very simple and powerful advice, written in the 1920s. Easy reading for any age.

Life and Teaching of the Masters of the Far East (six-volume set), by Baird T. Spalding. Mind-bending! Volumes 1 and 2 are as adventurous as they are inspirational.



Illusions: The Adventures of a Reluctant Messiah and Jonathan Livingston Seagull, both by Richard Bach. Exhilarating, fun, and easy to read. These two novels are on almost everyone's list for good reason!

Journeys Out of the Body, by Robert Monroe. The classic on out-of-body experiences.

Life After Life: The Investigation of a Phenomenon—Survival of Bodily Death, by Raymond A. Moody Jr. and Elisabeth Kubler-Ross. The classic on life after life and near-death experiences.

Conversations with God: An Uncommon Dialogue, by Neale Donald Walsch. Each of the books in this series is a mindblower. They're also very easy and fun to read.

Emmanuel's Book: A Manual for Living Comfortably in the Cosmos, by Pat Rodegast and Judith Stanton. The entire series of Emmanuel books offer gentle yet powerful reminders of how angelic we all are. Wonderful.

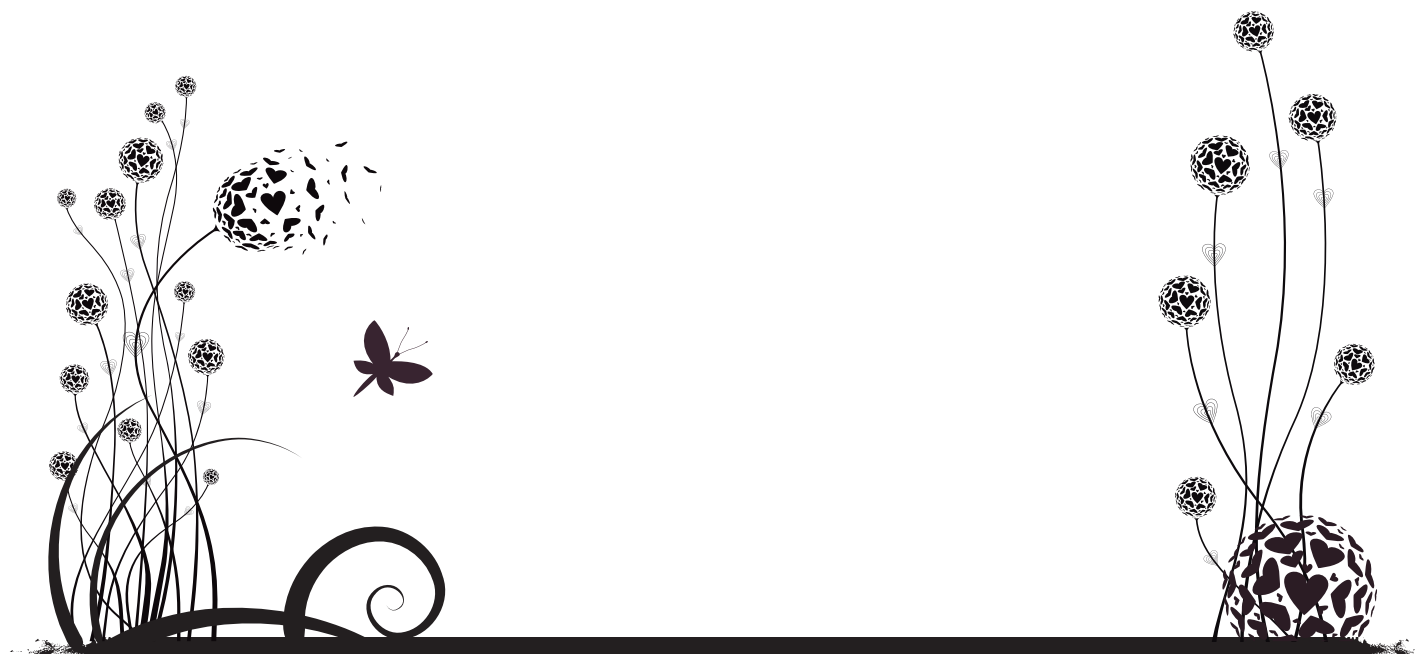
Ramtha: The White Book, by Ramtha. Very friendly, powerful, and inspirational. Another easy read and one of the most powerful of all the titles listed here.

The Prophet, by Kahlil Gibran. Insight into life's most basic truths. Another perennial, international bestseller.

The Science of Getting Rich, by Wallace D. Wattles. If you've ever thought that you might like wealth, you'll love this. A truly unique and encouraging perspective.

Atlas Shrugged and The Fountainhead, both by Ayn Rand. Although Ayn Rand was an agnostic/atheist, her books are extremely spiritual in that she considered herself a "man worshiper," and she reveled in the glory of life and our ability to have dominion over it all. Her epic novels are spellbinding, romantic, and deeply philosophical.

The Secret (DVD and book), by Rhonda Byrne. An outstanding documentary on the Law of Attraction. It's as inspirational as it is enlightening.



The Magical Universe (“God,” a Higher Power, Divine Intelligence)

While there are many things about our Higher Power and reality we cannot know from our very limited, earthly perspectives, there’s enough we can deduce to make some sense of our world and to live deliberately.

To see what this means, let’s look at some prevailing beliefs and views about “God” to see where you now fit in, and then to see how you might begin refining your view.

Based on all you’ve ever heard and felt, circle the qualities you attribute to “God”:

Loving	Disappointed	Playful	Serious
Angry	Judgmental	Kind	Fair
Happy	Vengeful	Forgiving	Gentle
Temperamental	Funny	Male	Female
Busy	Available	Brilliant	Tricky
Complex	Simple	Playful	Friendly

Now consider, what if:

God was everything beautiful and good on the list above, but none of the bad?

All that beauty and goodness was alive within you, right now?

This would mean...

God wants only good for you.

All things are possible, no matter where you’ve been in life.

You’re always forgiven, even before you ask.

You can achieve anything you dream of.

You are pure God.

Your power comes from your thoughts.

You are LOVED... exactly as you are.



What To Believe?

It is the highest responsibility of every human being to think for themselves. By asking the hard questions about life, reality, and “God,” we find they have empowering, beautiful answers.

Here is where we can begin connecting just a few dots, which will in turn, give us a lot of clarity.

Question 1: In the beginning, before there was even time and space (both of which have been proven to be relative, or illusionary, by Albert Einstein) what was there?

Answer 1: While this seems to be a nearly impossible question to answer, you’d probably agree that before time and space existed, there still would have been “God,” a Higher Power, Divine Intelligence/Awareness/Thought. Right?

Question 2: OK, with Answer 1 in mind, if where there was nothing but Intelligence/Awareness/Thought, there now exists planets and people, what must everything be made of?

Answer 2: Easy, it must all have come from intelligence/awareness/thought, including planets and people. This takes us back to everything being made of thought; thoughts become things!

Question 3: Again, with Answer 1 in mind, if where there was once nothing but “God” or a Higher Power, there now exists planets and people, what must everything be made of?

Answer 3: Yes! We can equally say that everything must also be made up of “God” or a Higher Power! What else is there? How could anything be less than God, or non-God? What would it be made of? If once there was “only God,” then there could only ever be “only God” – including us!

By connecting only a few dots, we can quickly come to see that the Universe is your ally. As if it roots for you, cheers for you, and loves you throughout every step of your life. It yearns for your happiness and fulfillment, and without a doubt, the cards of life are stacked in your favor because of it. You are of the Universe, pure Universe yourself, and therefore it’s as if all the elements are here for you, your intents, and your purposes; “you” put them here. And chief among your aims was to thrive!



Apply It: Practice Makes Perfect

The “Universe” is just a metaphor for your greater self; there is no being that exists “outside” of you. “God” lives within you NOW and your power comes from your ability to choose your thoughts.

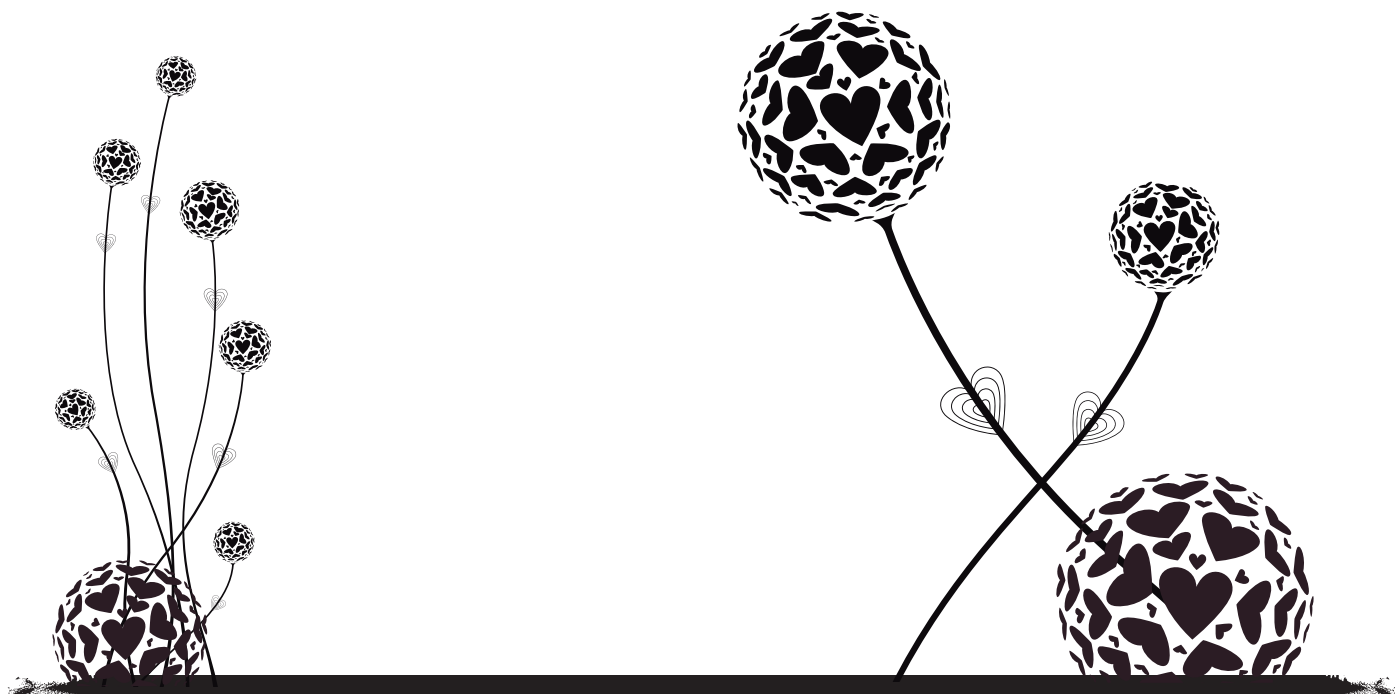
We can’t even walk and talk without the Universe, yet still, we usually think it’s our job to make ourselves healthy, to financially provide for ourselves, to find peace and harmony by manipulating the hours of our days. From this day forward, let there be room in your life for magic. Have faith that you are not alone. When you want change, simply do your part, visualize and take action with baby steps, and then turn over the hard parts to “God.”

PRACTICE... PRACTICE... PRACTICE...



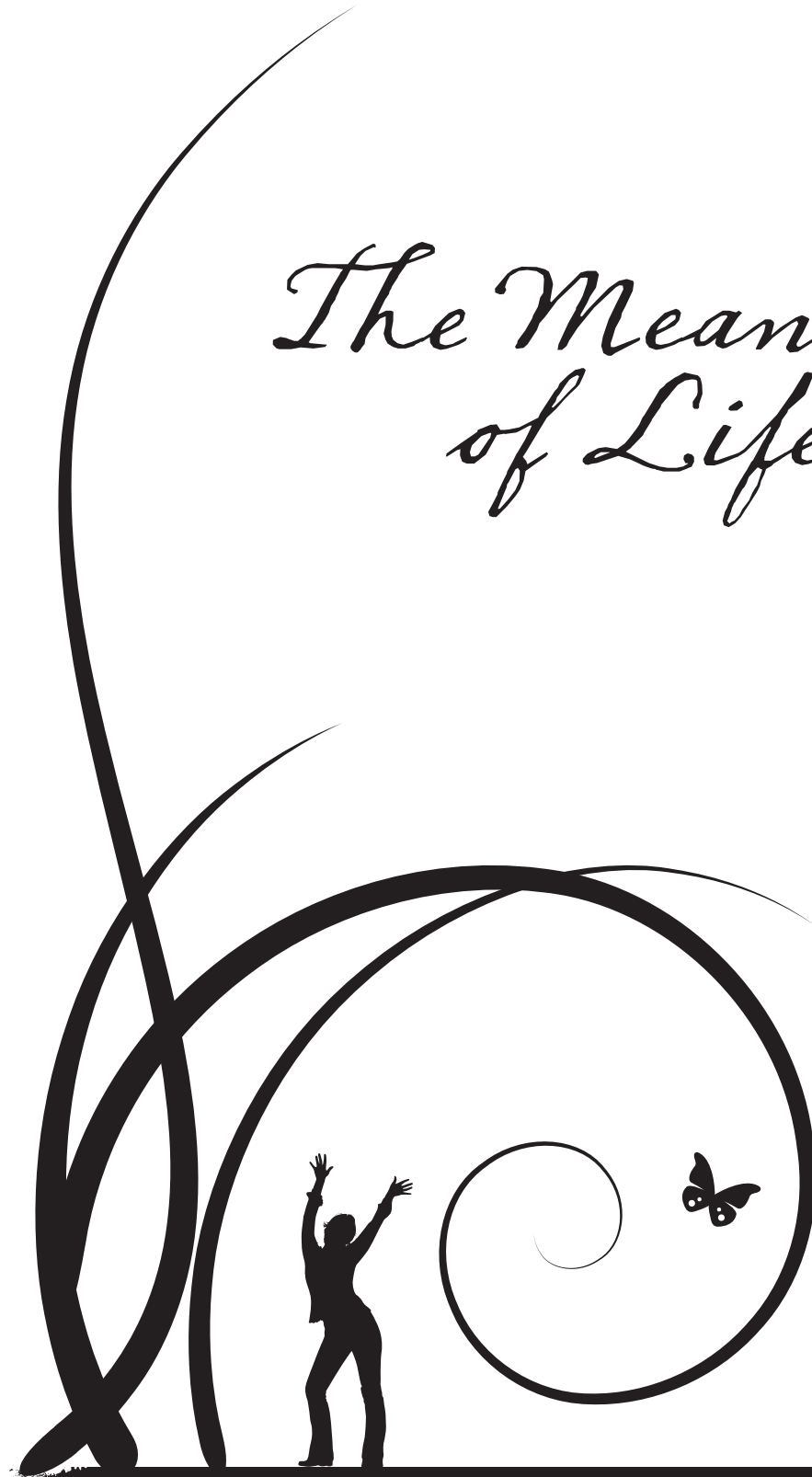
In the days that follow, practice:

1. Seeing and imagining “God” as a friend, a guide, a guardian in the unseen who is always at your side. Think constantly in terms of gratitude and appreciation, for what you already have and who you already are.
2. Relying on “God” (the Universe): Expect the unexpected. Expect the good.
3. Knowing that in the invisible “unknown,” the Universe is always working on your behalf... loving you as it “miraculously” brings amazing new circumstances, events, and people into your life as it responds to your thoughts and actions.
4. Finding ways to enrich yourself, whether it be through books, audios, or movies. Begin collecting your own resource materials. Immerse yourself in truth.



Chapter Seven:

The Meaning of Life

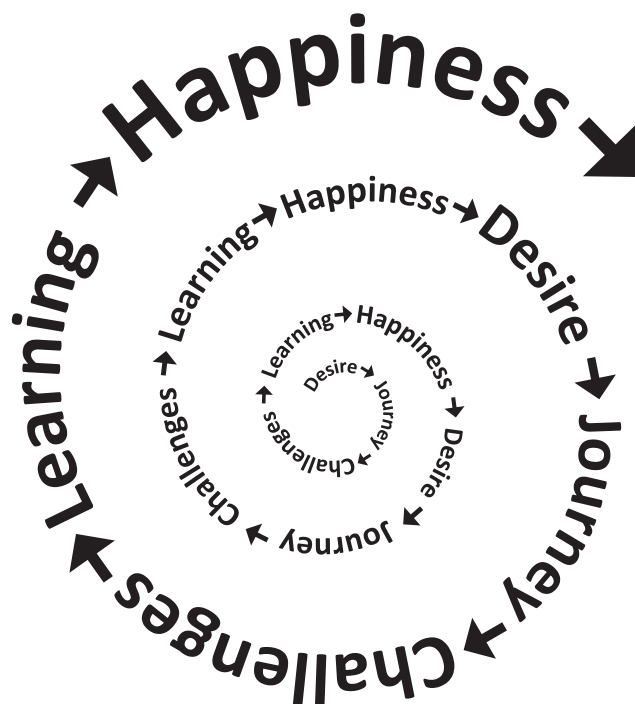


Our Purpose

Why do you think we're here, on earth, in time and space?

1. _____
2. _____
3. _____

Life is made up of many adventures, each following the same series of experiences:



1. DESIRE for change. Wanting something we don't presently have.
2. A journey begins in which we pursue what we want.
3. Unforeseen challenges arise creating learning and wisdom.
4. We eventually find success, peace and happiness.
5. A new desire emerges and the above sequence repeats.



At the end of every adventure comes learning and wisdom, and the process is repeated throughout our lives. Simplified, the sequence looks like this:



And thus we have the meaning of life:

To Live It!



And Your Purpose:

To Follow Your Heart!

To Learn, Grow And Become More, Adventure
After Adventure After Adventure



Learning

Life's lessons are endless and the learning never ends. We're all at different points in our journey, learning everything from patience to self love, perseverance to greed, power to force, expression to shyness, sobriety to discipline, and much more.

How about you, personally? Why do you think you're here? What seem to be the main lessons of your life right now? What is it YOU are poised to learn at this stage of your life?

1. _____
2. _____
3. _____

And perhaps, your answers above, in addition to the adventures your life is creating...
are the very reasons you're here now!

You will rise above these challenges. Divinity sings in each of your cells. You are bigger than that which is now before you, although you may forget from time to time. And the challenge presenting itself, has appeared to remind you of your greatness and to expand you.

Challenges and Learning their Lessons

Challenges are not curses, they're gifts. Do not see them as weaknesses, but as invitations to become greater than you've ever been.

We've seen in chapter 3 how our challenges make us more and it's important to understand that the only way life can be a true adventure is if we do have challenges! There would be no sense of adventure if EVERYTHING was given to you on a silver platter, and as soon as you see this, your challenges become easier to face.

*The adventure of life is only possible
if there are the occasional challenges.*

There will always be challenges. Yet as painful as some may be, none are greater than ourselves. All can be overcome. It is not even necessary to see the gifts delivered by our challenges to receive them, it is enough to know they are there. Each challenge promises learning and ultimately wisdom. Our lives hold the potential for the realization of our greatest hopes and dreams, and no single obstacle we face is insurmountable.



Adventure

Why are some people successful?

Think of the masterpieces created by the artist Van Gogh or the musician Beethoven, and think of the legacies and the differences made by people such as Abraham Lincoln or Mahatma Gandhi. How about Oprah and her empire that has reached millions of people with hope and understanding? Where do you think these people got their “material” from? How do you think their “arts” were performed? Why do you think they climbed to such stellar heights in their respective fields?

What do you think are the 3 main reasons people have achieved “greatness,” whether at home, in love, or out in the world?

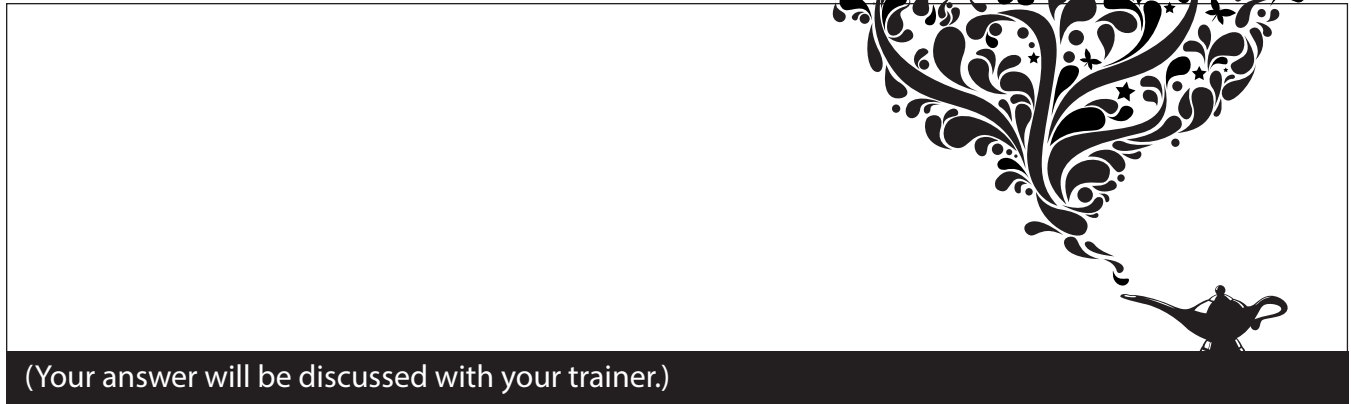
1. _____
2. _____
3. _____

While there are many important reasons people achieve success, the common denominators would always involve vision, belief, and action. The people who have achieved success are proof to each of us that we can do the same. After all, how are successful people different from you? They are the same, physically speaking; only their thoughts, beliefs, and behaviors are different, and we’ve already talked about how easy it is to begin gradually making changes with each!



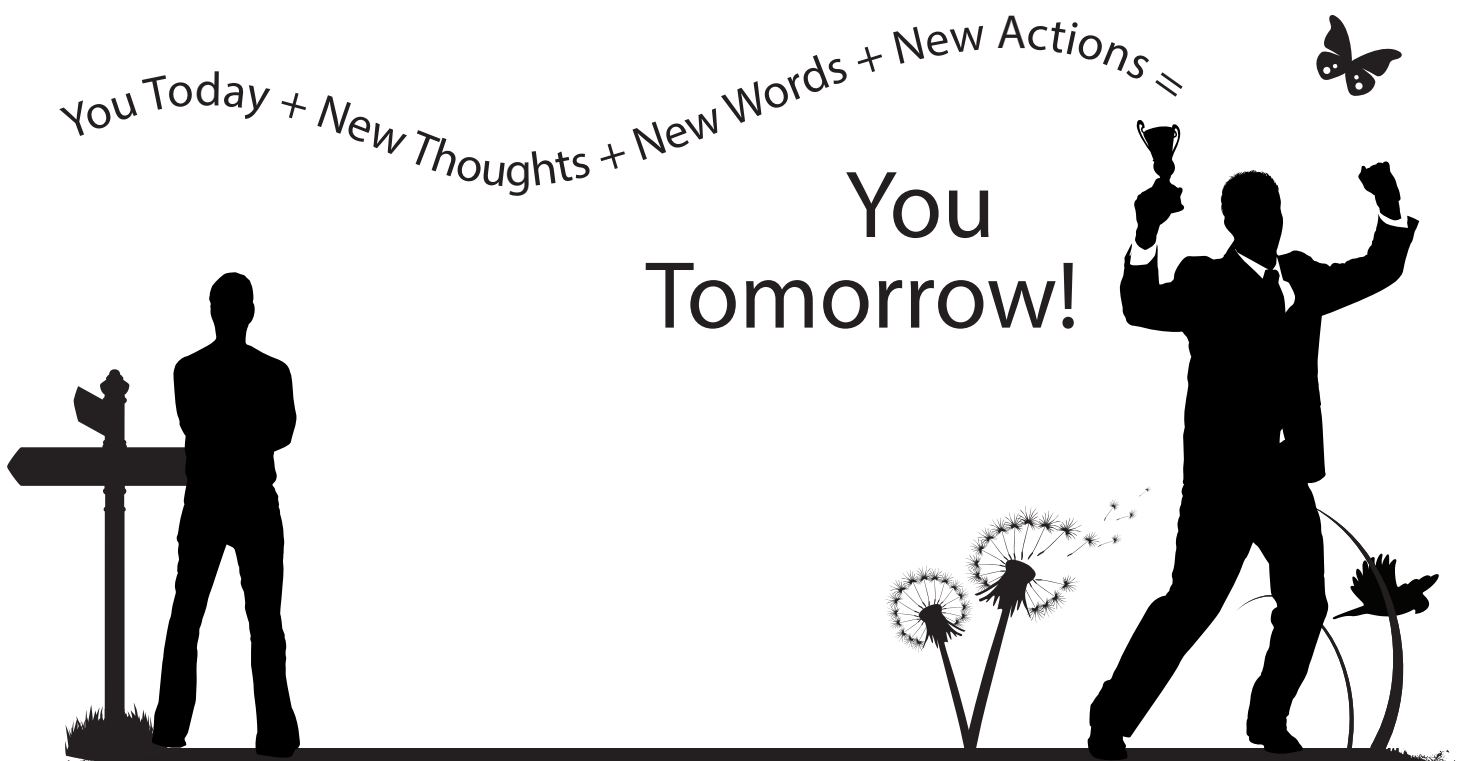
Make One Wish

If you could make one wish, any wish, and no matter what you wished for it would be granted, what would you wish for? Money, love, health, to change the world, to change the past, more wishes? Think about this for a few minutes and write your answer below:

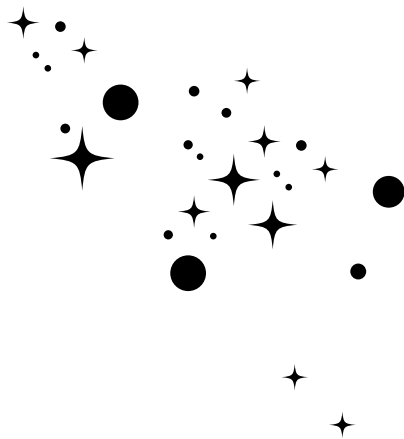


(Your answer will be discussed with your trainer.)

That you are even here, alive in time and space, could only be because you're unconditionally loved—to a degree that's quite unimaginable—by the entire Universe, or God. Whatever it is you want, you can have it. Your past doesn't matter, your skin color doesn't matter, your age and education levels don't matter. The only thing that stands between you today and the life you dream of living, is the thoughts, words, and actions you take between now and then.



The Meaning Of Life ... Is To Live It!



Your name was whispered
before you were born,
and as if from the mist
your image took form.

The Spirit of Life
had begun its quest,
to learn of itself
through the ultimate test:

A Being of Light
set free in creation,
to master the gift
of imagination...

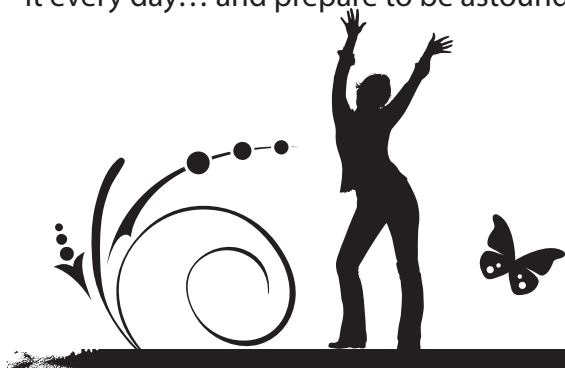
Apply It: Moving Forward

What would you like to be successful at, in the days, weeks, and years that lie ahead?

1. _____
2. _____
3. _____

With the wisdom shared in this manual and your own unique strengths, abilities and imagination, go for it! You already have all you need to be the person of your dreams, living the life of your dreams. It's all within you.

As was shared in the beginning of this booklet, creating change is not something that happens overnight. Be patient. Press on. Love yourself. Love others. Hold on to your vision. Do something about it every day... and prepare to be astounded.





YOU ARE ADORED!

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom-left corner, there is a small, dark, curved mark that appears to be part of a logo or a piece of tape. The rest of the page is completely blank.



[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

"If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody."

Chinese Proverb

This publication was produced and created by TUT Enterprises Inc. We're a training organization that's fostered a network of teachers, facilitators, coaches, friends, and mentors from every walk of life who provide a spiritual, non-religious program on living deliberately to those who want to learn and apply such teachings.

We believe that everyone's special, that every life is meaningful, and that we're all here to learn that dreams really do come true. We also believe that "thoughts become things," and that imagination is the gift that can bring love, health, abundance, and happiness into our lives.



TUT Enterprises Inc.
tel: (407) 488-1982 | 6965 Piazza Grande Ave.
Suite 213, Orlando, FL 32835
<http://www.tut.com/Humanity>