

# *The Books of Life*

## *Volume 1:*

# *How to Become Happy*



*“Remember After the Darkness of Every Night*

*There is Always the Sunlight*

*of Another Glorious Day!”*

*Blayne Sukut*

*The Books of life Volume 1:*

***How to Become Happy***

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ISBN 978-0-9961869-0-2

ISBN 0996186905

# **Contents**

**Acknowledgments**

**Forward**

**Preface**

## **CHAPTERS**

- 1. Happiness: What is it?**
- 2. Becoming Happy**
- 3. Is Happiness Really A Decision?**
- 4. Getting Started!**
- 5. Exercise, Diet, and Nutrition**
- 6. The Garden of the Mind**
- 7. How to Believe**
- 8. The Sealed Envelopes**
- 9. Quickening the Learning Curve**
- 10. Fear**
- 11. Selfishness**
- 12. Do you know if you believe it...it will happen?**
- 13. A Story**
- 14. Decisions, Decisions, Decisions**
- 15. Avoiding the Problem**
- 16. "Seeing the Good in All Things"**
- 17. I Don't Care...**
- 18. Make Your Own Decisions and Don't Give Up**
- 19. Turn Off the TV**
- 20. Silent Time Exercises**
- 21. Judging Others**
- 22. Letting Go of the Past**

23. Stop Drinking Poison
24. Let Others Be Who They Are
25. Attitude of Gratitude
26. Thinking Outside the Box
27. The Rewards
28. Happiness Comes From Within
29. Negative Influences
30. Now Go Live and Enjoy Life!

Addendum - Becoming Happy and Creating a Greater Society

List of Quotes

## **Acknowledgments**

This book could not have been written without the help of several people. When I first decided to write this I had visions of grandeur about knocking it out and getting it out to the people. I soon realized there was a lot of work that goes into a book to make it presentable to others in the best manner possible. I can only imagine how hard it would be to have written a larger book, and realize more now how much hard work authors put into a good book.

I would like to thank my beautiful wife Brenda for the love and support, the wisdom and input, and the initial editing and proof reading she has provided. I am also grateful for the many hours of editing, and also input from my brother Daniel Sukut. I'd also like to thank Claire Cox for the editing and input early on she gave. And for all the support and encouragement I have gotten from friends and family. Thank you from the bottom of my heart.

## Forward

Blayne Sukut has been a good friend for about a decade and has long been active on my discussion group on the internet. Then he dropped out of sight for about a year. A few months ago he came back and started posting again. Immediately, I noticed a big change in him. He seemed a lot more peaceful, thoughtful, less confrontational and... let me see, what is the word I am looking for? Yes, happy. He just seemed happier.

Then a while later he sent me a copy of his book with the title, "*How to Become Happy*." I thought to myself that this would be an interesting read. Here's a guy who seemed to undergo a change that placed him in a happier state and then he sends me a book he wrote on happiness.

Perhaps his book would explain his journey and how he arrived at where he is today.

As I read through the book I discovered a lot of interesting things about Blayne I did not know and also saw that he has struggled in life with many of the same problems that I have. I also saw that he found many of the same solutions that I have.

I'm sure that most readers will find parts of his journey and solutions that are similar to their own. In addition they will find inspiration and solutions that will help them on their own path to happiness and fulfillment.

They say that happiness is a journey, but what is often unsaid is that there are essential tools we need to insure that the journey is one that creates the highest degree of happiness.

Read this book and discover the tools.

**J J Dewey - Author of *The Immortal* book series and much more.**

## Preface

This is “my story” of the journey I took to change my life and become happy and positive. It took place during the difficult break-up of a thirty year marriage. It was at a time when it appeared there was no point in going on, and all seemed lost. I would like to share this journey with you and show you how I got from “***There to Here***”. My hope is that by doing so, you might find happiness, even as I did.

If asked most people would respond; of course I want to be happy. As you read this story, you may realize that you too are on a similar journey, or perhaps you’re about to embark on one. In either case, I will share with you the keys and principles that led me to find “happiness, joy and love” in my life again. More importantly, these keys and principles will work for everyone. They’re not just for those who are really depressed and at the end of their rope, as I once was.

Please remember though...a key is useless unless you: 1) you put it into the lock and turn it, 2) open the door and step inside. Likewise, the keys and principles I will share are useless, unless you apply them. Once you have a Key; the door is always open to you.

So...even if you feel like things are okay in your life, but you’re not particularly happy, or you just want to change something in your life, these keys and principles will also work for you. They are more than a bunch of warm and fuzzy clichés and quotes that soon wear off after you read them, I will teach you the nuts and bolts of using them to find happiness.

**[Note:** Clichés and quotes can be good, helpful and true, but there is more to it than just those alone. I will use them throughout this book, but I will also teach you how to make them a permanent part of your life.]

Again, as you read and ponder my story, which is really a universal story, you will find the path to happiness. Further, even when you feel like you can’t go on another day, the application of these keys and principles will bring happiness, joy, and love back into your life. Perhaps, in greater measure than you’ve ever before known. So I say to you...“take courage, have hope, and know it is possible to find happiness in your life”. I found it in even in some of my darkest hours, and you too can find it! May I also suggest you read this book several times and use it as a reference coming back to it often using it as a tool to uplift yourself anytime you are feeling down.

## Chapter 1

### Happiness: What is it?

The meaning of happiness may be expressed various ways because it is open to subjective ideas. While many may agree with the definition I will use, others may not. At least, I hope to plant a seed in your mind that will cause you to contemplate the meaning of “happiness” for yourself. Listen to your inner voice and let it guide you. Okay...let’s begin with a definition from Wikipedia:

***“Happiness is a mental or emotional state of well-being characterized by positive or pleasant emotions ranging from contentment to intense joy.”***

To my surprise Wikipedia gave a pretty good definition: a sense of well-being causing a feeling that ranges from contentment to intense joy. That definition fairly well sums it up for me, although I might add peace to the mix as in “peace and contentment” despite your circumstances. However what does this really mean?

For many of us, our sense of “well-being” may be dependent upon the circumstances of our relationships, finances, education, and other areas in our lives. For the sake of example, we can use the circumstances of the relationship we have with a spouse. In this case, our sense of “well-being” and feeling of contentment, peace, or joy, is found in that relationship. Is this “happiness”? Yes it is...in a sense. However, this happiness is tied to a source that does not come from within us, but comes from outside of us. So in this case, when these things in our lives fade away or fall apart, we can be thrust into despair and fall into depression. This happened to me when my marriage fell apart. In other words, my well-being, or sense of happiness, was dependent upon the condition of the relationship I had with my former wife.

This is why it is important to find the **wellspring of happiness** which **lies deep within you**. Doing so allows your well-being to become independent of “outside” influences. Once you do this, life’s storms may be raging around, but you will be able to maintain your sense of well-being, feeling of peace and contentment, and even gratitude. To reach this level of well-being in our lives may seem impossible to many. However, the very purpose of this book is to show that it is possible, regardless of circumstances, relationships, finances, and more.

A most important key is to **develop the attributes of a positive and thankful attitude in all things and for all things**. Once developed, this becomes part of your core belief. Thus, it strengthens your “sense of well-being and feeling of contentment”. You accomplish this by first ***planting the seeds*** of “a positive and thankful attitude”. Then, you must ***cultivate them*** that they may grow to maturity and produce good fruit. To cultivate means: to “do the work” necessary for proper care of the seed. In other words, you must water, fertilize, weed and

protect it. ***A “sense of well-being and feeling of peace and contentment” is the sweet fruit from “the garden of the mind” that comes from planting and cultivating the seeds of “a positive and thankful attitude”.*** Partaking of this fruit will literally pull you from the depths of hell, so to speak, in spite of your circumstances. The best way to understand this is to experience it. In the following pages you will discover how to do that.



## Chapter 2

### Becoming Happy

After being married for 30 years, the breakup was particularly hard for me. I had taken for granted that my wife would always be there. I felt our relationship was relatively “ok” for the most part. Yet, neither of us were particularly happy (subjectively defined of course), and had even discussed this before. I think we were more comfortable than anything else...after all we had spent 30 years together and knew each others quirks, etc.

Having always been loyal and devoted to my wife, I found it difficult to think about splitting up. After all, we had been through many good and bad times together. So...I determined to stick it out and try to improve by working on areas that needed fixing. Nevertheless, both of us had entertained the idea of leaving the marriage, and even talked about it a few times. We just felt like something was missing after all these years. Ironically, I always thought that if she decided to leave, it would not be that hard...I was wrong.

It was a real shock when she made the decision to end our marital relationship. It hit me like a ton of bricks. It was even harder when she started seeing another man. That compounded a ton of negative emotions washing over me. It was so overwhelming! I came to the point of feeling like I didn't want to go on with life anymore. Looking back, however, I 'm grateful she made the decision to end it. It was the right decision. The best part of this story though, is how I found happiness in spite of everything. It was a happiness I never thought possible, and...I no longer hold any animosity toward my former spouse, and only wish her the best. So...let's begin the journey!

***The first key*** I want to give you is found in a quote by Zig Zigler, and is ***critical to understanding everything I tell you! Read it over and over***. If necessary, frame it and put it on your wall where you will see it, then do it. ***It is an important key in changing your life in any way shape or form! Here it is:***

***“People often say that motivation doesn't last. Well, neither does bathing, that's why we recommend it daily.” Zig Zigler***

Our culture is always looking for the quick fix, or a pill to make it all better. There are no quick fixes here. Few things in life work that way. Most things in life have to be worked at regularly. Just like the quote on bathing, anything you want to become a regular part of your life will have to be done daily, or at least regularly. Just like eating daily to feed and nourish the body, the mind and spirit also need to be regularly fed and nourished.

Therefore, happiness is something we have to work at and nourish daily. Many of us hope for the change in our lives that will bring happiness. However, waiting for it to magically happen will only cause discouragement when it doesn't. Have you heard the cliché, “I'm waiting for my ship

to come in”? Well...most of those ships never left port in the first place. Folks...you must first send your ship out in order for it return. In other words, don't wait for your life to change... change it yourself! Here is ***The Master Key to Happiness*** are you ready, wait for it...here it comes:

***“Make a decision.”***

***The Master Key of Decision opens the door leading to all other doors.*** Without this key nothing will change. The first step in making a change is to make the decision to change. Once that door is open, you can use the other keys to open all the other doors. Without it you can't enter into any other door. In other words, without this key, nothing happens. So how do you use this key to become happy? Well...let me give you an analogy. If you ***make a decision*** to build a house does the house build itself? Of course not...you then ***create a plan***, and ***take action*** to build the house...then ***persevere until it's finished***.

Similarly, this is the case when seeking for happiness. It is also true for any permanent change you may want to make in your life. Sounds simple doesn't it? It really is... however, you need to have sustained focus and work at it almost every day, just like bathing to stay clean, or eating to stay nourished. Just as you feed your body to stay healthy, feed your mind and spirit every day to become and stay happy. So let's move forward and continue to talk about ***the steps to happiness***.

After making a decision to be happy and deciding to move forward, I got over my break up to a certain degree. After many months of effort, I became relatively happy or at least was on my way. At some point I decided I wanted to meet the woman of my dreams, though I wasn't sure it was even possible. This being the 21st century, I looked at some online dating sites. Yeah, I know...only people who can't find a date in the real world do that right? Well... I had not been in the real world of dating for 30 years, so I fit the bill!

Anyway, as I spoke with some of the women I met online, some of the details of our lives were shared. In these conversations I would tell them “I am happy now”, and some would ask how I became happy. I'd explain that I made a decision to be happy. To them it sounded like I made the decision and “poof” I was happy.

This caused me to really evaluate how I got from “there to here”; so I broke it down for them a little. I realized that making a decision was only the first step, and that I had to work at it because it just doesn't happen overnight. That's what led to writing this book. So let's continue.

## Chapter 3

### Is Happiness Really Just A Decision?

**Decision is the Master Key.** It's not the only key, but it is the most important one because it opens the door to all other doors. Once the other doors become accessible, the keys to them can be used. In other words, until a decision is made, nothing else will happen. There will be no planning, no action and no need to persevere, which are the next three most important keys. When these four Keys are used together, happiness will be attained, but **the Master Key is Decision**, so happiness **begins** with a decision. These are powerful when used together.

**Decision + Planning + Action + Perseverance = Happiness (or success in any endeavor)**

Saying you want to be or wish you were happy, is not making a decision. You must literally decide **TO BE** happy. When you truly decide, you are committed to doing whatever it takes to get there. This is more than simply wishing for it, and then wondering why it never comes. Also, don't worry if you don't believe in your decision at first, but **stop saying, "I want or wish to be happy"**, and **start saying, "I will be or I am happy."** How you talk to yourself is very important and I'll explain why a little further on in the book.

When my ex-wife informed me it was over, and then stepped out on me while yet married and living together, I still had a small hope of reconciliation. After all, we'd been together 30 years; that had to be worth something, right? As it began to sink in that it was over, I felt like my heart had been ripped out and crushed. Nothing I did brought me any hope, peace or relief from the pain I was feeling. She made the decision that it was over, and wouldn't even try to reconcile one last time. I then became angry and depressed.

Before this, I had never been a depressed type of person, other than normal short bouts of depression caused by the setbacks that happen in life. I never lingered there long, and always moved on...but this time was different. I'd wake up in the morning crying, or just didn't want to get out of bed. I even contemplated ending my life. After all...I was over 50 and thought it was too late to start a new life. *[It's never too late to start over my friends!]*

Again, this was different. For the first time in my life I felt like maybe I could take my own life...it hurt that bad, and it scared me to know I could feel that way. I'd wake up in the morning and say "damn, I'm still here". Sleep seemed to be my only relief, but I couldn't sleep as long as usual, so that relief was limited. Also, I could barely eat at first.

Friends and family would show concern and tell me it will pass with time. They gave me sage advice, saying some of the same things I would have said, and even had said to others...but I just didn't care. It was like I was numb to what they were saying, and nothing seemed to matter; the pain was so great and I just wanted it to stop. That's why I could seriously entertain thoughts of ending it all. They say you don't know what you have until you lose it...I found this to be true. Both my ex-wife and I had a harder time than expected. There were a lot of tears, pain, and anguish.

After several months of this pain, I couldn't take it any more, something had to give...I had to do something. I was sick of feeling this way and of being depressed. One day...while contemplating ending my life, I realized something. I realized I couldn't leave such a legacy for my kids and grandkids. ***I finally came to a point of tension and had to make a decision***...so I did. That was the beginning of a great change; deciding I would not and could not take my life. However, it didn't change how I felt; the thoughts still came. Yet, it was an important turning point.

So I took action, and started talking to myself in my head. I'd say, "Now you know you can't do it, so away with these thoughts...", still they came. So...I became more determined not to give them space, and I replaced them with positive thoughts. I'd say, "You don't pay any rent, so get the hell out of here". To keep from giving in to them, I would do anything to divert my attention away from them and on to something positive. I did this almost every day. Some days it worked some days not. However, gradually they came less and less, until one day they didn't come anymore. ***The key used here was perseverance.***

From this experience I learned that if I worked at it long enough and didn't give up, I could change how I felt about something. It wasn't easy, especially when you're depressed. It's really easy to do nothing, and wallow in your depression while feeling sorry for yourself. So... ***make the decision, create a plan, do the work, and persevere (never give up)***, no matter what. If you fail one day, try again the next...***persevere***. Never give up!

Another very important ***key*** is ***how you talk to yourself***, as said earlier. We talk to ourselves all the time and don't realize we're programming our subconscious by so doing. When your feeling as I was, friends or relatives will offer advice, try to comfort, or even just talk to you. When this happens, we often respond by saying, "I can't help it", "nothing changes it", or, "I can't change how I feel". Read that again. What's really being said is, "I can't, I can't, and I can't." These are the ***affirmations*** being repeated, and they say and confirm there is nothing that can be done... so guess what? Nothing gets done because the core belief of "I can't do it" is being reinforced by saying it over and over. Once you are aware of this, you can change those affirmations to "I can, I will, and I am", and eventually that will become your belief.

This is why it is important to be aware of how you talk to yourself. It has a greater impact on you than most of us realize, and it reflects your true beliefs. I'll say more on this later, as well as how to change it and turn things around, but ***remember the four most important keys:***

***"Decision + Planning + Action + Perseverance= overcome and accomplish anything."***

This was an important lesson and reminder for me. I thought if I can change that one thing, what else can I change? "With ***dogged determination*** and ***perseverance*** you can change or do anything you want in your life." I know we have all heard that before or something similar, but I am here to tell you that it's true and it works!

So how did I do it...what action did I take? Being a musician I always loved music, both listening and playing, but I wasn't listening or playing much before the break up. We all listen to songs over and over, eventually learning the words to them whether we like them or not, right? So pay attention here, this is ***another key***. ***Repetition*** is a key that ***will permanently place things in your mind***, whether good or bad, so be careful what you plant into "the garden of your mind". It will eventually bear fruit, good or bad.

As a sort of therapy and distraction when negative thoughts would come, I started playing and listening to music. I'd pick up the guitar and start picking out a tune or just ad-libbing. Also, I'd put in a CD when driving; I don't listen much to the radio. One song I listened to often by the band Mofro was called, "The Ballad of Larry Webb". There is a line in the song that says, "He'd work from day to night, and in the evening he'd feel its bite of pain. But every sunrise he'd greet it all with open arms and a love for all that is." That really resonated with me and made me think of the philosophy of having gratitude for everything, good and bad.

**Another decision** was made. I decided to start getting up every morning; greeting the sunshine with open arms and a love for all that is. This became a kind of ritual. As I got up and thanked God for the sunshine, I held my arms out, even if it was cloudy, as I knew the sun was still shining, even if behind the clouds. It felt kind of foolish at first, but I thought to myself, "no one's around, so why worry, just do it anyway". Things didn't really change at first; I just sort of went through the motions. Yet, I determined I was going to do it every day no matter what, as something had to give. About then, another thought came to me which I found to be true:

***"Sometimes you have to fake it till you make it."***

Also at the same time I began another rite as part of the ritual. A good friend likes to say, ***"Prayer changes things."***, so ***I began to pray to God***. Whether you believe in God or not does not matter, do this anyways because, if nothing else, it focuses your mind and heart on what you want to change. If you're persistent enough, change will come. ***Prayer is another important key*** in the work of becoming happy.

Lots of people pray to God as if he is a genie granting wishes, or Santa Clause giving you what you want if you're good. However, it brings to mind the sayings, ***"Pray like it all depends on God, then go to work like it all depends on you."*** and, ***"God helps those who help themselves."*** So ***Prayer***, like decision, must be used with other keys, such as action, to be effective. As I said, it doesn't matter if you believe in God or your concept of God is different from someone else's. It's amazing how many prayers are answered for people who pray like it all depends on God, and then go to work like it all depends on them. Another cliché:

***"Good luck comes to those who make a decision and then go to work with persistence, hard work and dogged determination!"***

Funny how that works isn't it. Here is another one:

***"You make your own luck..."***

Prayer could be considered a form of meditation that helps you focus on what you want. Just remember God is not Santa Clause or a genie. I have learned that God, or the universe if you like, will test you to see if you are really serious about your plans. If you persevere with dogged determination, then the doors will open, sometimes even miraculously.

After being depressed for several months it took only about a month of performing this ritual before the clouds eventually began to part. The depression began to lift and I began to feel better, even halfway normal again. It began to be apparent to me that much of life was still

ahead of me. I started looking forward to doing some of the things I always wanted to do, things I felt I could not do while married to my former-wife.

As these changes began occurring, I started looking for inspirational quotes on the internet. I had a Facebook account but wasn't using it much up until this time, or during the break up. To be honest, I didn't want to talk to people much during the break up, because of the pain I was feeling. I did talk to my brother a little, even though I didn't really feel like it, and also with my sister. They were both very concerned about me. Also, I talked with an old friend I had not spoken to in quite a while. I just happened to run into him when looking for a new place to live. As I look back, I am glad I did this now, and think it's important to do. If you must, force yourself to do this. At a time of feeling major rejection in my life, it showed me that others really cared.

Back to Facebook...as I began feeling better I went on Facebook often, and interacted with family and friends more. I began to post positive quotes I found on the internet which were helping me to have a more positive attitude. They got a lot of likes and positive comments which made me feel good, in that I could do something that also might be uplifting to others. This reminded me of something. One of the quickest ways to feel better if you are down is to help or do something nice for someone else. Also, things I had read over the years that were positive truisms came back to me. So I made that a ritual too... I'd try to find and post at least one positive quote every day.

One of the things that sparked me to look for positive quotes was a particular forum I was on a few years earlier. There was a thread on it entitled: ***"If you need to be MOTIVATED and INSPIRED ... Get in Here."*** Some of you may recognize that title. Thousands of people had posted motivational quotes, videos, stories, and more to that thread. It was one of the most positive, uplifting, and motivational resources I had ever experienced.

Upon looking for the thread, I found it was still there and growing. After spending hours reading through the contents, I had yet to make a dent in it. I was uplifted by it so much, I thought to myself..."I need to come back regularly to read and contribute", so I did! It became a part of my regular ritual. Doing this really kicked my journey into high gear! It helped me stay in a positive mode, perhaps more than anything else. Surrounding myself with a positive environment helped me become more positive. However, I still had to do it regularly. What a concept.

Things like that thread came out of my memory and to the forefront of my mind. A good friend of mine says energy follows thought...I found that to be true. As I focused my thoughts and energy for a time in that direction, opportunities to act began to present themselves. My decision to become happy and my daily action of putting energy in that direction began to come back to me. However, I still had to act upon them.

This is called cause and effect, it is also referred to as the ***Law of Karma***. It says that ***what you put out will return to you*** eventually, one way or another. Even Jesus said: cast your bread on the waters and it will return to you a hundred fold" He also said that ***what you reap is what you sow***, or in other words, what you plant is what you harvest. Be aware though, this law works for good or bad. All you put out will return to you eventually, and often a hundred fold.

As said earlier, things didn't change overnight but they did change. So I continued to focus on improving my life and uplifting others by putting energy in that direction; working at it daily. As I have mentioned if you are feeling down, one of the quickest ways to feel better is to do

something nice for someone! It can be as simple as saying something uplifting to them. I did this a lot online.

The idea of helping others reminded me of one Christmas when my kids were young. My mom was a very giving person, always trying to help others. She was having a yard sale near Christmas time and a young lady with kids came to the sale. Mom was also interested in people, so she struck up a conversation with her and found they were down and out. They had no money for gifts for the kids, very little food in the house, and had just moved into a small apartment with no fridge, etc. The husband had just found a job and was away working, but no paycheck yet. The gal wasn't looking for a hand out, but Mom just had a knack for getting info out of people. So she decided to help her out and asked if we wanted to help... which we did.

Mom bought them some groceries and things for Christmas for the kids; we did the same. I also gave them an older fridge we weren't using much, but it still worked pretty well. Our kids gave up some of their toys for their kids. We went to their house (mom even got their address...ha, ha) to deliver everything. They were so appreciative and amazed people would do this for them. They could not thank us enough. Yet it was we who were thankful, because it made us feel so good to be able to help. It's an indescribable feeling. Helping others beats depression every time! This was the best Christmas we ever had and showed us the true spirit of it.

People have asked me, "What if you don't feel like doing anything, and can't drag yourself off the couch?" Well...you may have to force yourself. Was I perfect at it every day? No, there were days I slipped back into doing nothing, wallowing in depression and feeling sorry for myself. During those times, I would hope someone would feel sorry for me and somehow save me from myself. However, I knew I didn't want to feel that way for long, so eventually I'd force myself to do something. Usually I'd go find a quote and post it, after which I'd always feel a little better, because it caused me to look up several uplifting quotes which in turn uplifted me. This is nourishing the garden of the mind folks.

Becoming happy is kind of like starting a new workout routine after being sedentary for a long time. You have to force yourself till it becomes a habit or routine. One of the keys is if you fall back and miss a day, don't beat yourself up. Don't use that as an excuse to miss another day, or worse, quit altogether. Just pick up where you left off the next day, and do that as many times as you have too...***"Never, Never, Ever Give Up!"***

***"Success is not final, failure is not fatal, it's the courage to continue that counts."***

***Winston Churchill***

This is why it's important to make a decision regarding what to do. No one successfully builds a house without first making a decision to do it. No one just starts randomly building a house, and only doing it when they feel like it. Well maybe some do, but usually they never finish it, or it ends up a shack. They first make a decision, then plan their work, and work their plan...and they work on it even when they don't feel like it; they stick to it and persevere!

This is what you have to do to make any positive change in your life. ***Another key: do something every day toward your goal!*** Happiness, once you achieve it, is like a house...once completed it still needs regular maintenance to keep it in good repair. You don't just stop and do nothing once the house is built. Once built, you don't have to do as much to keep it in good condition but it still needs regular cleaning maintenance and sometimes repair. With happiness

the house (structure of happiness) is made up from the habits and routines you develop that keep you going in the right direction and focused on the positive and uplifting. These are the walls and beams that hold up the structure of happiness you have built.



## Chapter 4

### Getting Started!

**Another important key is to “get started”.** Most people never get started. They say they’re going to do something and like the idea of doing it, but they never do anything about it. It falls by the wayside. I have been guilty of that as have most of us. By this time you might be thinking, ok, this all sounds well and good but when you’re down, depressed, and in pain, it can take a herculean effort to do the simplest of things. You’re right. When you just don’t care, often times you do nothing.

Again, this is why you make the decision and stick with it no matter what. Resolve to do just one thing even if it nearly kills you, and do it whenever you can bring yourself to do it...every day if possible. If you miss a day, resolve to do it the next day. Having a goal to work toward, helps take your focus off of feeling sorry for yourself.

Don’t wait till you’re ready; JUST DO SOMETHING in the direction you want to go. Don’t worry about how big or small it is, and don’t compare it to anything else, JUST DO SOMETHING! Try to do something every day, and if you miss a day don’t quit or beat yourself up; do something the next day. Just keep moving forward, putting one foot in front of the other...I can’t emphasize this enough!

***“Life begins at the end of your comfort zone.” Art Roy Remy***

One of the biggest deterrents to change and progression is being comfortable, even in your misery. When we’re miserable we don’t want to change because we are comfortable there. It’s familiar to us despite the pain and suffering. This is why you have to sometimes force yourself to take action and get started. As the saying goes, *“People are more comfortable with the devil they know than a new devil”.*

***“The exact right moment will never appear. Now is the perfect time to live the life of your dreams. So get started and make the best use of every moment that you can.” ~ Maya Mendoza***

Remember...if you do nothing, the time will pass anyway, so you might as well work toward your goal. It’s never too late to start anything you want to do! A year from now you will be wishing you had started a year ago. Just do it and do it now! You’re never too old, that’s just non-sense and an excuse to do nothing. The books and internet are full of stories of people who set a goal, went to work, and accomplished it, even in their 60’s 70’s, 80’s and 90’s. There is absolutely no valid excuse not to get started at whatever it is you want to do or change in your life. **Make a decision, create a plan, take action, and don’t give up.** It is that simple!

## Chapter 5

### Exercise, Diet, and Nutrition

Exercise is also a good way to quickly feel better, as it activates your endorphins and relieves anxiety and stress. Go for a walk, a bike ride, a run or swim, or something you've enjoyed in the past that is a form of exercise. Fifteen or twenty minutes are all you need.

If you are depressed, it is a quick remedy; much more effective and safe than anti-depressants. Try exercising 15-20 minutes a day 3-4 times a week. I use a guide called the Primal Blueprint. As a martial arts and MMA practitioner, and trainer for over 35 years, I've tried many types of diets and training. Primal Blueprint has been the easiest and most effective guide for me.

Earlier I talked of my decision to do things I always wanted to do, but didn't; feeling limited by the marriage. One of those was diet. I wanted to eat clean, but there was little or no support. It was hard for me to eat separate from the rest of the family. However, let me clarify, no one including my former-wife tried to stop or limit me. When my ex moved out it was just me and my youngest son for about 7 months. This was a perfect opportunity to eat clean, as I often didn't want to eat anyway. However, eating clean rekindled my appetite, and I began to lose weight and exercise more. This contributed greatly to feeling better.

If you are seriously depressed, even for no apparent reason, before you go to a doctor and get put on psychotropic drugs with serious side effects, I suggest you find a good herbalist. Preferably, find one that grows their own herbs and/or wild crafts them. These generally work with no side effects. If you bought some herbs at the local health food store or Wal-Mart and they didn't seem to work, it's because they may have little to none of the herb they claim.

A recent study has shown one-third of these store bought remedies have none of the herbs they claim in them. Many have so little of the herb that they still don't work. A good book I can refer to is "The Homegrown Herbalist" by Dr. Patrick Jones. You'll find it at:

**homegrownherbalist.net.** Also, if you have to buy herbs, I recommend Dr. Christopher brand, which can be found on line. Another store is Mountain Rose Herbs at: **www.mountainroseherbs.com.**

Most of you know that sugar, white flour, and hydrogenated oils, among many other things, are not good for you, yet are found in almost everything. So it's important to read labels and try to **eat a minimum amount of processed foods.** Eat organic, natural, and home grown foods if possible. This reduces toxin build up in the body, which eventually manifests itself as a variety of diseases and problems. Processed foods contribute greatly to depression, lack of energy, lack of motivation, illness and disease.

I can already hear it now, "but it's so expensive, etc..." My answer to that is: How expensive is cancer or diabetes, or a myriad of other diseases? I find I do not eat as much of the organic food because it's higher in nutrition. It's also more satisfying and filling, and cravings are less. So it doesn't cost much more, if at all. Even if it were more, you can either pay now and remain healthy, or pay later in medical bills, lost wages, and diminished life style.

The more demand there is for organic, clean, and natural foods, the more stores will carry them, and prices will come down. Places like Fred Meyers/Kroger, Trader Joes, Whole foods, Natural Grocers, farmers markets, and some small local markets and Co-ops carry quite a bit of organic, local, and natural foods. Today, even most of the super market chains have some organic foods. If it's practical, seek out local and organic farmers/gardeners and buy from them. Then you'll know who grew it and how it was raised. You can also "grow your own" food. The internet is full of pages and videos on how to grow a ton of food in small areas, even in condos and apartments. A couple good places for info is [www.geofflawton.com](http://www.geofflawton.com). And [www.permies.com](http://www.permies.com).

***Being certified organic is not a guarantee of food quality.*** Big food corporations are buying up organic food companies. They see them as just another market to increase their "bottom line". So while the organic certification regulations are pretty stringent, they're already being slowly compromised by the influences of large corporations. These compromises allow more non organic substances and practices, while allowing products to still be considered "certified". Of course, it's impossible to monitor farmers 24/7 for compliance. It's up to us to care about our health and take responsibility for it. Governments and big corporations will not do it for us. I'm working on a project to show people a better way to learn more about it. To find out more, visit my web page at: [www.becauseitstime.com](http://www.becauseitstime.com)

This is more important than you might think. It's the old cliché "***garbage in garbage out***". If you keep putting garbage in your body, eventually the sewer will back up and you'll get sick or worse. You may even contract a disease, unheard of or rare fifty to a hundred years ago, but today considered normal. In the mean time you may put on weight, have joint problems, migraines and a host of other things leading up to a day of crisis. However, ***if you keep your body relatively healthy and toxin free, YOU WILL FEEL BETTER.***

Clean water is also important. Most people in the cities, and even smaller cities and towns, would be shocked at what's in the water coming out of their tap if they had it tested. Bottled water might be better, but you need to research the company and who distributes it, because it's not always better. It's best to get an RO (Reverse Osmosis) or a Ceramic filter system for under the sink, or at least a Berkfield or Katadine filter to clean up your water.

I've heard people say, "I have been drinking tap water since I was a kid and it hasn't hurt me". Well, if I put a little dog poop in your food and you can't taste it, and it probably wouldn't hurt you right away, would you continue eating it? No, of course not! Toxins in the water, food, and the air you breathe build up in your system and are stored in the fat and bones of your body. As you get older they manifest in the form of disease and illness. Think Alzheimer's, heart disease, cancers, etc.!

It's kind of like never changing the oil in your car or tuning it up. The car may run for several years, but eventually it will have problems in the engine, and sooner or later it may quit or die. Take care of your body for it houses the mind and the spirit. If the house is dirty they will be affected. The mind is very powerful. Most of you have heard the saying "***mind over matter***". Well, it's true, and scientific experiments have proven that what you believe can have a powerful affect on the body. Belief can cause things to manifest or not in the body.

Since this is not a diet and exercise book I won't go into the details. However, I highly recommend the book, "The Primal Blueprint". It's a great guide for eating clean and getting in

shape with minimal exercise and time. The diet has most of the foods you already use, making it simple to follow. This book probably contains the easiest, most effective eating and exercise regimen I have ever tried, and I still do it to this day!

Again, I can't emphasize enough the importance exercise will have in distracting your thoughts from the pain, depression, and hurt you're feeling. Releasing your body's endorphins will help you feel much better. **Endorphins** are natural anti-depressants manufactured by your body having **no side effects**. You can also take a natural supplement called St. Johns' Wort for depression. It has no side effects and it works. It's available at Wal-Mart if you can't find it anywhere else, otherwise get it from online.

These sorts of life style changes, implemented even just a little at a time, are what pulled me from the very depths of hell and despair. So, **make a decision, create a plan, take action and never give up!** God and/or the Universe will combine to help you and open the doors. Just place your focus and energy in this direction!

One last thing, if you are a male over 40 (I am in my 50's), and you lack motivation, or just feel run down or depressed, you may have low testosterone levels. Sometimes this occurs even in your 30's (this is when testosterone starts declining significantly) and is amplified by poor diet. You can get tested if you like, but I just tried some natural supplements when I thought this might be the problem and found them to help me.

Here is what I use after trying various things and different brands: Bulgarian Tribulus from Ultimate Nutrition; Panax Ginseng from GNC; and Tongkat Ali from Ainterol, sometimes called Long Jack. They can all be found on Amazon. The tribulus and ginseng can be found at GNC stores. However, sometimes they are out of the tribulus for long periods so you might have to get it online. I also take L Arginine and a multi vitamin for men over fifty called, "Alive by Nature's Way", along with Spirulina from Spring Valley. I also use Saw Palmetto for prostate health, and D3 helps with depression. All of these can be found at Wal-Mart or other stores as well as online. Your mileage may vary, you know your own body better than anyone. You may need to experiment with what works best for you. I also do what's called muscle testing to find out if the supplements I am taking are helpful for me. If you do not know what muscle testing is search it out on the internet. Many Chiropractors, Naturopaths and others use it. Your body knows what is good and not good for it, and muscle testing is a way of communicating with the body.

## Chapter 6

### The Garden of the Mind

I mentioned this earlier, and want to talk more in depth about the mind being like a garden. In this sense, either you cultivate it with what you want to grow there, or allow it to be done for you. Also, if you don't nourish and weed it from time to time, the seeds and weeds sown by the wind will take over. Think about that for a minute.

When was the last time you tried to consciously plant something permanently in your mind? How do you even do that? Well, do you ever remember trying to cram for a test in school or college? Or how about memorizing something like the preamble to the constitution, or the Gettysburg address? For most, that was the last time, if you ever did it at all. Everything else is from the wind ...like from the Radio, TV or Internet, etc.

Why is this important? Have you ever heard the Quote "***as a man thinks, so he is***"? Whatever is in your subconscious mind is what determines who you are, how you feel and act, and so forth. Things get into your subconscious mostly by repetition. The reason you can sing along with that song on the radio or TV is because you have heard it over and over. Sometimes things get seared into your mind by crisis or trauma. These are often from our childhood, like a divorce of parents or abuse of some type. They also can be from a war experience or an accident.

The good news is you can ***change the old programming by inserting new programming***. You do this ***by repetition***. This is why I got up every morning and started thanking God for all that is. This eventually reprogrammed my mind, thus changing my life once that programming took effect. I then really was thankful for everything, and I still am; the good with the bad...or lessons as I call them. Consequently, more good things came into my life because that was and is where I focus my energy, energy follows thought.. Positive energy began to follow my positive thoughts. Consequently, I met an amazingly beautiful woman who I may have passed up; thinking we were an unlikely match at first. We're now married and I don't think that would have happened otherwise. (More on that later.)

Folks...***changing the old program is another important key to happiness and success***, and will help you ***ACHIEVE ANYTHING YOU DESIRE!*** It has been said that the universe will give you anything you want. I can hear some of you thinking, "how come when I want something in life I never seem to get it?" It's because your subconscious mind is like a broadcasting radio that sends out whatever is programmed into it. That's what the universe picks up from you, and that's what it sends back to you. For example, your conscious mind may be thinking you want a million dollars, but your subconscious mind may be programmed to think differently. It may have been programmed by well meaning adults in your childhood to think that you don't deserve it, or you could never earn it.

Remember the constant repeating that said, "Get a good education and get a good job." Could that be why so many people have jobs they don't like instead of their own business? We are what we think in our core or heart; it's been programmed in there since child hood. This will be

hard for many to hear, but you are exactly where you are because of your core beliefs, or programming. The good news is you can start changing that right now!

Can you begin to see why it's important what you allow into your mind? I believe this was one of the major reasons for the breakup of my former marriage on both parts. It had a lot to do with what was programmed into our minds since childhood, then adulthood, and over the course of our marriage.

Music and TV are probably the major programmers of the mind today for most people especially young adults and even many older adults. Why do you think TV advertisement is a billion dollar business? Because it works! Think about that my friends. If you are not horrified, you should at least be alarmed! Now...as a music lover I am not saying you shouldn't listen to certain types of music. Listen to what you like but be careful of the lyrics. Ask yourself if they are positive or negative? That's what I try to do.

By allowing mostly positive and happy programming into your mind, negative programming found in music for instance, will have little to no affect. I call it ***the 90/10 rule...if you fill your mind with 90% or more positive input and allow 10% or less negative, you'll be a positive happy person.*** You'll also find yourself gravitating to more positive and happy music, and away from the negative. This 90/10 rule also applies to nutrition and exercise. If you eat clean 90% or more of the time, the other 10% or less will generally not hurt you! So plant ***the garden of your mind*** with the things you want in life. Otherwise, the wind or someone else will do it for you.

It has been said that the universe was programmed to give you what you want. It sees your subconscious as your real beliefs and desires; your foundation thoughts and programming...not what you think consciously. This is why it's so important to program your mind with happiness and things positive, as that is what you will get back. I've spent over 50 years learning this all important lesson and key. Simply said, "**What you put out is what will return to you**".

This simple but profound truth has been taught throughout human history. **What a man or woman thinks, so is he or she, and that is what comes back.** What we think subconsciously is who we really are. Hence, the Universe is giving you what you want based on the foundation thoughts and programming of your mind and heart, which are in your subconscious.

A good book on how to accomplish this reprogramming of your subconscious is "Think and Grow Rich with Peace of Mind" by Napoleon Hill. I highly recommend it. Later In this book, I will share his simple instructions on how to do this.

## Chapter 7

### How to Believe

Many people think or feel they believe something, but they really don't. What they're thinking consciously is not what's programmed into their core beliefs, which are located in the subconscious mind. Thus they are baffled as to why they never go the direction they consciously desire. Also, you can believe something but have counter programming cancel it out. Do you ever feel like others, who are happy and successful in any area, are just lucky? As said, the universe, or God if you will, sees the program in your subconscious mind, and recognizes **that** to be your life's desires ...not what you are thinking on a conscious level.

Let's go over some excerpts of the books and video series by Napoleon Hill.

***"Whatever the mind can conceive and believe...it can achieve." Napoleon Hill***

I have found the above quote to be true as have many others. Still...we limit ourselves, even though we've had some experience here. The question is, "what does it mean to really believe, or how do you get to believe first and then to achieve?" You already know the formula: **make a decision, create a plan, take action, and never give up**. However, let's talk more about believing. First, here is another great quote:

***"The man, who acquires the ability to take full possession of his own mind, may take possession of anything else to which he is justly entitled." Andrew Carnegie***

This is the secret to truly believing something. Napoleon said Mr. Carnegie told him that taking possession of one's own mind was a great power. He said it was greater than poverty or lack of education, and greater than all of our fears and superstitions combined. The power to take possession of your own mind, and the unchallenged right of directing it to whatever ends you desire, is a gift from the creator. Perhaps it is the greatest gift to mankind, as it is the only thing man has complete power over. What you truly believe is at your core, which is in your subconscious.

Napoleon goes on to say, all success of any kind begins with a definiteness of purpose, and with a clear picture in your mind of what you want from life. He said Mr. Carnegie told him that everyone comes to this earth plain blessed with the privilege of controlling his mind power, and directing it to whatever ends he desires. He said we are given the equivalent of **two sealed envelopes**. **One** is clearly **labeled**: "the **Riches** you may enjoy if you take possession of your own mind and direct it to ends of your own choice. **The other** is **labeled**: "the **Penalties** you must pay if you neglect to take possession of your mind and direct it!"

Mr. Carnegie then revealed the *content of the envelopes. In the one labeled "Riches" is found:*

1. Sound health
2. Peace of mind
3. A labor of love of your own choice
4. Freedom from fear and worry
5. A positive mental attitude
6. Material riches of your own choice and quantity

*In the sealed envelope labeled "Penalties" is found:*

1. Poor health
2. Fear and worry
3. Indecision and doubt
4. Frustration and discouragement throughout life
5. Poverty and want
6. Envy, greed, jealousy, anger, hatred, and superstition

Napoleon then explains the way to write your own ticket starting now. *If you wish to open the envelope labeled "Riches", and take control of your mind, then do the following:*

1. Procure a neat pocket size notebook, or something similar, and on page one write down a clear description of your major desire in life; the one circumstance, position, or thing which you will be willing to accept as your idea of success. Remember, before you begin writing, **your only limitations are those you set up in your own mind**, or permit others to set up for you.
2. Write down a statement; precisely of what you intend to give for that which you desire from life. Then start in right now where you stand to begin giving.
3. Memorize both statements; what you desire, and what you intend to give in return for it. Repeat them at least a dozen times daily. Always end your statements with the following expression of gratitude for the blessings with which you were gifted at birth:

***"I ask not divine providence for more riches, but for more wisdom with which to accept and use wisely the riches I received at birth in the form of the power to control and direct my mind to whatever ends I desire."***



<https://www.youtube.com/watch?v=i15V0iQJC5c>

That's it! It is the same formula taught throughout history in various forms or vernaculars. It's in the scriptures, and many other ancient and esoteric writings, but it is the same: **you must take control of your mind**. It's amazing more of us have not taken advantage of it. Why are we so unaware of it? If we have knowledge of this and are not ignorant, then why do we not apply it and gain whatever we desire in life that we are justly entitled to?

Often times I've asked myself these questions, but I realize that the past is gone, and I must start in right now, right where I am. That's what I'm doing, and writing this book is part of it. Time will pass anyway, so it's never too late to get started with what you want in life. You might as well go ahead and go after what you want. Clean the weeds out, and plant ***the garden of your mind*** with the things you want growing there. Go ahead, get started right now. You can do it. Just make the decision and take action.

You probably have done this many times in your life already. Think back to any time you decided to do something and did it, no matter how small. You may have built a model air plane or car, painted or remodeled a room in the house, built a house, or started a business. These are all times you have used the formula. You can do it again now. The size of what you want to accomplish doesn't matter, that is an illusion. There is no time like the present to begin. It doesn't matter how you feel, just do it!

***"If you limit your choice only to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is a compromise." Robert Fritz***

Even if you are a victim of circumstances beyond your control, the way forward is still the same. You can refuse to be the victim by taking control of your mind and vanquishing the victim mentality. Some circumstances imposed upon us are designed to keep us in a victim mindset. They limit our belief so that we cannot rise above it. However, we have many examples of people doing it despite their circumstances, and against great odds. Stop being the victim!

There is no reason to fear doing this, or to think you will fail when you haven't yet tried. So go write down some statements and contemplate them. Write several statements, and take a few days to decide which ones are most important to you. Then make those your goals. If you have set some goals and feel you failed at them, you really haven't, because you've learned some things. You learned what won't help accomplish your goal, or maybe you learned the need to be more focused. These aren't failures, but are steps to accomplishing your goals. We'll talk more on fear later.

Every successful person will tell you they went through this. The difference between them and others who supposedly failed is "they never gave up". So far, you've overcome every challenge in your life. That's a 100% success rate, right? Some might say, "What do you mean; I am struggling right now and have been all my life." Yes, but you are still here, and have overcome all the challenges to this point by still being here, and still fighting. However, if you feel like you have not overcome your challenges, then this is a part of your limiting programming.

Remember Napoleon said the only limits are those you place on your self. I'll talk more about limiting programming or beliefs as we continue.

Think about what you can give in return for what you want. Ask divine providence for help and start right away doing what you are going to do to give back! **JUST DO IT!**

## Chapter 8

### The Sealed Envelopes

Let's talk about the sealed envelopes a little more in depth? First, ask yourself which envelope do you think you have opened? Take some time and think about this. Have you lived in fear and worry? We fear all kinds of things and don't realize it half the time. We fear losing our job, health, or a spouse. Perhaps a big fear is what others think of us. There is also the frustration and discouragement of waiting for your ship to come in...but it never does.

Unfortunately, most of us didn't take control of our minds and have opened the envelope labeled "penalties". We've let the wind program our core beliefs. Thus, these are often the things or circumstances or lack of opportunities we're attracting into our lives, despite what we consciously wish for ourselves. Because in our subconscious we limit ourselves and don't believe we can achieve what ever we want so those opportunities do not come.

The good news is that you can change it, and still open the envelope labeled "Riches". I have just given you the formula to reprogram your core beliefs. Now you can become whoever and whatever you want...from here on out. The key is to start right where you are, and right now.

This is the essence of faith, or truly believing something is possible; though it seems impossible. Remember, "***What the mind can conceive and believe...it can achieve***". Is there anything the mind cannot conceive and believe? The sky is the limit my friends!!!

Are you beginning to see that it must be part of your inner programming, or you don't really believe it? Deepak Chopra once said, "Aging...is in large part a conditioned response." Perhaps it is because it was programmed into us as children, and that's why it happens? It's something we believe. It is, in fact, one of our core beliefs and is reinforced throughout society and most all cultures. Is that a limiting belief perhaps? What if in our core we didn't believe it, but instead we believed we weren't supposed to get old? Think about that for a while....

The power of the mind is very great. We've all heard the stories of mothers lifting heavy cars off their children in emergencies. Aren't these but an example of the power of the mind to **override our limiting belief** in a crisis; doing something we otherwise think impossible? This alone is reason enough to take control of the power that is our mind, don't you think?

Hopefully, you now realize how important it is to ***take possession of your own mind and direct its' course to whatever ends and desires to which you are justly entitled. If you do not plant the garden of your mind...others will!***

## Chapter 9

### Quickening the Learning Curve

The formula Napoleon Hill gives will work for anyone, but it takes some patience, perseverance and some discipline to say the affirmations at least 12 times a day. This started me thinking about ***a faster way to program the mind?*** It ***is called sleep learning.*** With “sleep learning” people listen to recordings for about an hour after they fall asleep. Studies have shown this is an effective way to quickly put things in the subconscious mind, for it will pick up everything even when you are sleeping.

There were two study groups; one was conventionally taught about a subject; the second one was taught the same subject, but listened to a recording about it for an hour or so after they fell asleep. Upon testing both groups, the second one did significantly better on the subject matter. So, I simply bought a little seminar recorder and recorded my affirmations on it. I set it to run in a loop for about an hour and slipped it under the pillow at night. The volume was set so I could barely hear it under the pillow. I noticed a significant change in my thinking in about 3 weeks...so it does work. However, continue to memorize your affirmations and repeat them 12 times a day.

This is really important. You can take as long as you want to change things, but the longer you take the more chance of getting discouraged or quitting. It's better to try and move ahead as fast as you can. I'm sure some of you can come up with other ways to speed-up the learning curve if you think about it.

## Chapter 10

### Fear

**Fear** is perhaps the **biggest limiting factor** to the human race. Well...maybe fear and selfishness (more on selfishness later). As said, and it's worth repeating, we fear all kinds of things and don't even realize it half the time. You must **learn to face your fears** but first you have to identify them. Once identified, use the formula already given to overcome them. Action overcomes fear every time, so take action. Put it in your affirmations that you don't fear anything and even specific things you know you do fear. Start reprogramming your subconscious not to fear them. It works! What are your fears?

***"Too many of us are not living our dreams because we are living our fears." Les Brown***

Here is a good story to emphasize the point. I was building a log home with my two sons. We built it without a crane; using block and tackle with lifting poles and a winch. We cut the logs as well as peeled and stacked them ourselves. Some of them were 22 inches in diameter on the big end, so they were not small logs. They weighed up to 2300 pounds each. The home is two stories and 30 feet at the peak.

My youngest son and I were setting the CRPSL (Center Ridgepole Support Log) in place. Using the winch to lift this pole, we had it suspended and ready to put it in its final place. I had ladders on each end of the house. They were used to go up and adjust the winch cable to get the CRPSL where we needed it. Since the peak was 30 feet I had a 30 foot ladder on one side and a 24 foot ladder on the other side. I had the bright idea to put the 24 footer on some scaffolding to raise it higher. So, I moved the scaffolding boards all the way to the very top of the scaffolding where they are not supposed to go, but that was a big mistake. It made the scaffold top heavy.

Well, I had been up that ladder 4 or 5 times with no problems. However, when I went up the last time, the scaffold tipped over and the bottom dropped out from under me when I was 30 feet in the air. Let me tell you, falling from 30 feet was pretty scary. When I fell, I grabbed the side Ridgepole Support Log and it tore my arms up all the way down. Luckily the walls were up and I only fell about 12 feet and hit the wall, otherwise I might not be here now. My son was on the other side of the house and heard all the commotion. He came tearing around the house to see me draped over the wall and asked if I was alright. I said, "I don't know give me a minute." Well, to make a long story short, I cracked a rib and my arms were tore up.

We did manage to get the log in place and go home. I didn't go back there for about 3 weeks, and when I did I had to get on a ladder. I thought nothing of it at first. However, after getting

about half way up the ladder, I froze. I sat there for several minutes talking to myself and finally realized if I did not go up, I may never get up there again. So, realizing things needed to get done; I gritted my teeth, went up the ladder, and got over the fear. After that it wasn't a problem.

Most of you have probably had a situation where you didn't want to do something. Maybe you had some anxiety leading up to it, but when you got there you just did it. Then afterward it didn't seem so bad, and it wasn't a problem the next time. This is an example of action overcoming fear. Taking action can overcome many things.

Sometimes you're unsure which way to go. In this case, people often do nothing. It's better to use your best judgment, then step out and do something. Even if you make a mistake, you'll soon realize it; then you can correct course. ***Doing nothing, paralyzed with fear and indecision, keeps you right where you are and don't want to be.*** That is the true hell in my opinion.

## Chapter 11

### Selfishness

Selfishness is the twin to fear. When people live in fear they become selfish, and think they have the right to be that way because of their fears. There's nothing wrong with doing things for yourself, as long as you don't harm anyone. However, when you act like you're the only one that matters, you create more fear and selfishness. Thus, a vicious cycle is created which feeds off itself. As I said earlier, one of the quickest ways to feel better if you're down or depressed is to do something nice for someone else; expecting nothing in return. That's because it disperses selfishness and immediately creates a sense of satisfaction and self-worth. Making service to others a habit by repetition and affirmations will change your life forever!

***"It's amazing what you can accomplish if you do not care who gets the credit." Harry Truman***

Many people are busy keeping score and don't even realize it, especially in troubled families and marriages. Stop worrying about what the other one is doing or not doing and just do what is right. Treat people like you want to be treated, this will lift a great weight off of you, and life will feel new again. **STOP KEEPING SCORE** my friends! Stop asking "what's in it for me" and just do the right thing!

We tend to keep score everywhere; at work and even at home. Have you ever noticed someone you work with complain about another co-worker; how he or she never does their part? Then they decide not to do such and such for them. That's keeping score; and it doesn't really hurt them, it hurts you. It keeps you on the negative side of things and gives them the excuse to act the same way. Pretty soon the mentality of the whole team degrades into only doing what is necessary to keep from losing their job, if even that much. Break the cycle; we are all in this together. It has to start somewhere, so let it start with us!

This is especially important in a marriage. Keeping score in a marriage will inevitably lead to someone winning and someone losing. Marriage isn't a competition it's a partnership. You might say, yea...but when the other spouse is not doing their part where do you draw the line. It's true that it takes two to make the marriage work. However, what often happens is that neither do their part because one will not do it. The key here is to do your part without expecting anything in return. Sometimes this will inspire the other one to start reciprocating and you will be back on track. If the other never responds you will of course know eventually, and it may be time to move on. Only you can decide that.

It is often difficult to do the right thing, unless you have the right attitude. This is especially true if you're always expecting the other person to respond immediately in the manner you desire.

It takes some time for them to see the change in your attitude. It is, of course, much harder if there is already a lot of water under the bridge, so to speak. However, this is all much easier if you've changed to a positive attitude and it has become who you are. Then you can love unconditionally and look for the good in all things.

**“Holding on to anger [and resentment] is like taking poison and hoping the other person dies.” Buddha**

It doesn't get any truer than that statement. In my past marriage, that's what we were doing. Even if one stops but the other doesn't that will continue to degrade the marriage because one just has to keep score. Just do the right thing because it's the right thing to do. Don't let others control you. If you do, or don't do something because of the actions, or reactions of another, you are letting them dictate to you how to act. Only you can choose how to act, no one else can do it for you. It's your choice, you can't blame them, only yourself. This is why it's important to reprogram your subconscious.

Our reactions are often programmed into us by others. This can make it difficult to change our behavior; up until now. Most of us simply didn't know how to do it. Well now we do, so there are absolutely no more excuses. Friends, if you use these keys and apply these principles, you really can change your life. So...take control of your mind, be happy, and get anything you desire that you justly deserve.

Remember...angry outbursts and reactions never have changed whatever triggered them. We've all done it, but think about it? All it does is stifle communication and cause separation. It is like a throwback to a childlike tantrum, when the reality of the moment is not what we want it to be, and thought it should be. It is as if our outburst could somehow cause us to travel back in time, and change the reality that triggered it in the first place. So why don't you just stop it...



## Chapter 12

### Don't you know if you believe it...it will happen?

Back to "belief" for a minute; I want to reiterate some important things. We've already talked about what it means to truly believe something, and how many philosophies, religions, and esoteric writings have taught about this principle throughout history. Even Jesus taught this to his apostles (Mark 9:22-24, Matthew 17:20). So I think it's worth revisiting.

This is my reiteration: ***what you truly believe in your core...or heart, is what is programmed into your subconscious mind***. This is why people consciously think they want something in life; and then wonder why they never get it. Their subconscious mind is broadcasting a different program inserted into it when they were a kid, or as an adult, and they don't realize it. Some just feel sorry for themselves as they go through life; wishing their luck would change. As said, you make your own luck by making a decision, having a plan, taking action, and never giving up!

Look...these are just words on some paper, a computer, or a tablet. Only you can make a decision to take control of your mind and direct it to the ends you desire. I'm just a messenger and can only encourage you to do that. Some people will read this and claim it is some sort of malarkey; without putting it to the test, or even reading it. However, perseverance will prove the value of what I am telling you, but only you can put it to the test.

There are plenty of naysayers for anything you want to do. Anyone who is successful at anything can tell you a myriad of stories about the naysayers who told them it was too difficult or impossible. Naysayers may even be well-meaning friends and family. You have to ignore all that and stick to your decision. Action plus perseverance overcomes doubt every time!

## Chapter 13

### A Story

Earlier I said that this is not just my story. There are many people who have experienced something similar. They came out of it by making a decision and taking regular action. I want to tell you another quick story of mine as an example. This has to do with my adult middle son, and happened while he was still living at home and had some resentment toward me. I didn't realize how deep it was until the breakup of my marriage.

Without going into the details, I'll just say he was very close to his mom, and felt like I didn't approve of him or something to that affect. We clashed in the past as he began asserting his adulthood so to speak. Anyway...to make a long story short, the breakup had just happened with emotions running high, and we got into it. It doesn't matter what sparked it, but as the world we were familiar with began to fall apart, we both became very upset, and we clashed.

After things calmed down a bit, I sort of came to a point where I could not take it anymore. I was in tears and it came to me to just apologize to him. It didn't matter who was right or wrong, I had to break this cycle of clashing and just love my son and let him be who he is...so I did. I told him I was sorry and that I did the best I could in raising him; doing what I thought was right at the time. I told him I made a lot of mistakes like all parents do, but I loved him anyway. That was all it took to get us on the road to reconciliation; breaking the tension and resentment. We both had tears and became much closer. We've been doing much better ever since.

#### ***"A Kind Word Turns Away Wrath" Jesus***

The the bottom line is to stop keeping score and return kindness, even if someone spews their vitriol on you. As a parent we want respect from our children, so we tend to try and impose our will to get it. Well think about it...that does nothing but make them want to resist. When someone pushes you, the reaction is usually to push back.

As children get a little older, they began to assert their individuality or person-hood, and eventually their adulthood. Parents really need to be careful here and allow their children to reasonably assert these things. So many parents stifle them; causing a lot of resentment. Of course, this goes for anyone whose respect you desire, not just children; brow beating will not get it.

Even using logic and evidence to make your point, will not necessarily gain the respect you seek. It will only come when they decide to give it. So it is better to teach by example; having patience and long suffering. However, there may be times when force is necessary, especially with younger children who may be endangering themselves.

Often times we want instant compliance from our children, even on the most trivial things. So, we use force when it's not necessary. What does this teach the child? It teaches them that force is how to get their way. Look at how this has affected the world? On a world scale, this mindset ultimately leads to war. Don't get me wrong, there is a time and season for all things, however change needs to start somewhere and it's time to start breaking the negative cycles.

My beautiful wife makes the point that the word discipline is derived from the word disciple. The word disciple means a follower; student of a teacher, leader, or philosopher. Good teachers, leaders, and philosophers do not use punishment to teach or lead. They teach by example with love, patience, and kindness, earning the respect of their disciples. This nurtures a desire to learn, instead of being forced or coerced to do so. Perhaps the most famous disciples were those of Jesus.

Nowhere did Jesus use force or punishment to teach and lead his disciples! For example, when they came to arrest Jesus, Peter drew his sword and Jesus told him to put it away. Then He taught Peter that those who live by the sword will die by the sword. He even healed the servant whose ear Peter had cut off. This is how you teach discipline to your "disciples"...by example. He didn't smack Peter and yell at him saying, "What the heck are you doing?" Parents take heed! Unfortunately the modern cultural definition of discipline has morphed into meaning harsh punishment for non-compliance.

This example shows how ***the garden of our mind*** can be planted with a cultural tradition when we are children, and control our lives throughout adulthood if we let it. Further, it explains in part at least, why the last century is marked by so many bloody wars. Force should only be used to protect from harm, or in self-defense as a last resort. This coming from a long time martial arts and MMA practitioner.

## Chapter 14

### Decisions, Decisions, Decisions

There are many examples of people born into poor circumstances and hardship, and how they overcome it; often becoming very successful. ***It begins with a decision*** to not allow your circumstances to take control! If you don't want to be, or remain, a victim of circumstance; take responsibility for yourself and create the change you desire. Everything starts with a decision. Our decisions are responsible for keeping us in our circumstances, or for changing them.

Shakespeare wrote, "To be, or not to be, that is the question..." but here, it is ***to act, or not to act***. If you've been dealt a poor hand, ***"decide" to act and take control of your subconscious mind, pull the weeds from "the garden of your mind", and re-plant it***. Once you take control, you can direct it to whatever ends you desire. Why does it seem so hard to change, you ask? It's because, oftentimes, your decision goes against your core beliefs; the internal programming of your subconscious mind. Thus, it takes time and repetition to reprogram it with new or modified core beliefs.

Let's take a look at addictions. If you have them, the first step is to admit it. Addictions can complicate matters by causing you to avoid your feelings and problems; rather than dealing with them, and confronting any lies you may believe about them. I'm not talking about counseling...while this may help. I'm talking about changing how you feel and what you think. Even addictions can be overcome by changing your thoughts, thus core beliefs; beginning with the decision to change. I hear over and over, "that's just how I am, I can't change it", etc., etc. That's your internal program running, and you really can change it by taking control of your thoughts. ***It begins with a decision...***let that sink in for a moment.

You don't have to be a heroin addict or skid row alcoholic to benefit from a 12 step program for starters, while you work on changing your core beliefs...make a decision, take action, and don't give up! One important point here: you must learn and ***face the truth*** before your decision will be effective. Some people have been in twelve step programs or something else for years, to no avail. They have an illusion about why they are addicted, and haven't taken full responsibility for their actions; though they speak the right words. ***The truth will set you free.***

We often have beliefs that are skewed or only partially true about what happened to us as children and even as adults, that causes us to harbor anger and resentment toward whoever we may blame for something in the past. This may be why you react a certain way and then wonder why you reacted in such a manner. This can be dealt with, however it is too extensive to go into here.

A recommended book for this is "Healing Life's Hurts Through Theophostic Prayer"( Now called "Transformation Prayer"). This is an important breakthrough in my opinion in healing and changing these things. We often have lies or half truths as our core beliefs about something

that happened to us, usually as children. This can effect us the rest of our lives if we do not discover it and replace them with truth. When we experience things in adulthood similar our mind relates it to those core memories/beliefs and this often triggers a reaction that we do not like but seem powerless to stop. This method is a simple way to identify those beliefs and replace them with truth bringing a transformation and removing those triggers. It has been known as Theophostic Prayer Ministry for many years and has recently been changed to Transformation Prayer Ministry.

## Chapter 15

### Avoiding the Problem

Regarding prescription drugs, including anti-depressants, I'll just give my opinion, just because a doctor prescribes them doesn't mean they're good for you; it's certainly not ok to be addicted to them. The side effects can have a wide range; all the way to suicidal tendencies. Also, they usually mask the underlying problems. If you're trying to get off them, be careful. It's usually not a good idea to go "cold turkey", go slow and maybe get some help. I've known a few prescription drug addicts, and one of them took their own life. I realize, when depressed and feeling helpless, you can easily settle for any kind of hope for relief.

I'm not an expert, but these are my opinions as formed by doing research, and from personal experience. You need to make your own decision here; I can't make it for you.

One of the main problems with addictions and anti-depressants is what I sometimes call "**deferment behavior**". What is that? It is a behavior used **to defer or avoid dealing with problems**; rather than working to overcome them. Some of these behaviors include the use of drugs and alcohol as well as listening to music, watching TV and more. They distract and cause you to ignore, mask, forget and **avoid your problems**; hoping they will go away. Why is it important to understand this? Well...if you don't work through your problems and change your subconscious thoughts, there is no growth, no moving forward; no progress hence you are just avoiding or deferring. Problems give us opportunities to grow and refine our character; that is one of the reasons we are here.

I know people who listens to music 24/7. Fall asleep with the TV on every night; only sleeping a few hours. Then complain of always being tired... imagine that. Now...I love music, but when continually used to avoid problems, there is no effort to overcome them. This is a decision "to not act" and change your life for the better. When you make this choice you are often not open to real solutions when they're presented.

Regarding falling asleep to the TV...wow, here you are completely vulnerable to the wind sowing anything it likes into **the garden of your mind**. The subconscious mind records everything, as mentioned earlier. To the mind, leaving the TV on while sleeping is like leaving the door to your house open when you're not home. Why not just put out a sign that says come on in...what's mine is yours. Be careful from now on what you allow into your mind.

**“Deferment behavior”** is not always bad. It can help you avoid negative thoughts. Its only good if you use positive uplifting thoughts to defer too. However, it’s not good when used to avoid all thought and feeling, while allowing unknown sources to plant anything into your mind. What kind of produce will grow in **the garden of the mind** if we allow anything to be planted there? We must make the decision to plant our own garden so we can harvest the fruit we desire.

Another way we avoid problems is by **playing the blame game**; blaming circumstances and other people for our problems. This does nothing to change the reality we’re experiencing at the moment. Anger, yelling, screaming and being abusive do not change reality either. If you don’t like what has already happened, none of the above will change it. Sometimes there are circumstances, beyond our control, that cause or contribute negatively to our current situation. However, more often than not, it is our own choices that put us there in the first place.

Here is another important key: **IT DOES NOT MATTER who or what’s to blame, the way forward is the same.** In the example I gave in chapter 11 with my son, it didn’t matter who was to blame. I had to stop worrying about it, and just forgive and love my son in order to move forward. Stop blaming everyone and everything else, it’s a waste of time and energy. It changes nothing and keeps you in a negative state, effectively stifling happiness. I’ll say it again, laying blame changes nothing! Even when well deserved, it still doesn’t change reality. Take charge of where you go from here. Take responsibility for your actions. Make a decision, and then take action.

It’s not necessarily the problem or circumstances that are so bad; it is how you react to them that make the difference. If you change your thinking and have a positive attitude then poor circumstances are dealt with much easier. They can even be seen as an opportunity to improve or refine; making you a better person. When you stop playing the blame game and deal with your problems, forgive those who've wronged you, you will progress toward happiness. **Refuse to be a victim and get out of the victim mindset: EVEN IF YOU REALLY HAVE BEEN A VICTIM.**

## Chapter 16

### “See the Good in All Things”

Is this even possible? Yes it is! In some things it is not easy, but good can come from even the worst situations. There's a story of a man who lived in Rhodesia. His generational family farm was confiscated when the government collapsed and Mugabe took power. He bounced back and started a successful business, which was also confiscated. Shortly after the farm was confiscated he began having problems with high blood pressure, and it was getting worse. (This can't be good, right?) He figured it was due to the stress he was feeling.

Eventually, this man decided to move to the UK to start over. He thought it would help his blood pressure; it didn't. His doctor sent him to the hospital for more in depth tests. A tumor was found that, if left unchecked would've killed him. He had it removed and made a full recovery. Had he not moved to the UK he would've died. Medical care in Rhodesia was not adequate for this sort of thing. So...was the confiscation of his farm and business a good or bad thing? If you ask him...it was a good thing, and he has nothing but gratitude as it saved his life.

This a great story because it's easy to say everything works for our good. However, when you are in the swamp, up to your neck in alligators, it's difficult to see how any good can come from it. The story is true, and a good example for showing how good can come from all things, no matter how bad life may get. We need to find the good in all things in order to stay mentally, emotionally, and even spiritually and physically healthy.

Looking for the good can really change your life, but it takes practice like anything. Try an experiment for the next 3 weeks. Look for only the good in every situation and in every person. No matter how hard...find something good about it or them no matter how trivial it seems. You will be surprised at how your perspective can change if you really do that, and also at how much good you will find out there.

**In Hard Times, Sometimes You Just Have to Laugh.** Most of us have heard the cliché “Laughter is the best medicine.” Well it's true! Anger, frustration, yelling and ranting do not change the reality of the circumstances. So why do it? Well...because it was programmed into us. It's likely our parents did it, or someone we spent a lot of time with when young. However, laughter can change the reality of circumstances because it disperses the negative energy. Sometimes when things seem so bad, all you can do is laugh. This can part the clouds and suck a bunch of positive energy back into the room. It can change the course of the rest of the day, week, or month.

Over the years, I have sometimes used laughter when everything seemed to go wrong. I just take a step back and laughed at the whole situation. This always disperses the dark cloud and gives me better perspective, allowing me to move forward in a positive manner. Laughter, as in comedy or joking around with friends or family, is also good for the soul and can be a good diversion from negative or depressive thoughts. One caveat here; be aware of negative jokes that reinforce a negative mindset. You don't want to plant that in *the garden of your mind*, as it

will come back to bite you if you do. Bottom line: You are in charge of what to allow into your mind, as well as who and what you listen to or read.

## Chapter 17

### I Don't Care...

This is a subject I want to revisit, though we've already talked a little about it. Sometimes, especially when depressed, you just don't care. This is when all the good advice in the world seems to just bounce off the wall. As I said, for awhile I felt numb, and people were giving me good advice and trying to help, but I just didn't care. If this is the way **you** feel, then force yourself to DO SOMETHING. Get up off the couch and go for a walk, or exercise. Do something for someone else and forget about yourself for the time being. Just do the right thing...this is key. Remember, you are a son or daughter of God, a child of this amazing universe, and you have a purpose. It is to enjoy life and help others in a general sense! Each of us also have a more specific purpose, and you should seek to find out what it is! However, helping others and exercise is a quick way to feel better. It works...just try it!

Often your purpose has to do with whatever your passion is in life. However, it may not be exactly what you thought, so try to be open and look outside the box in your areas of passion. Sometimes your purpose may be totally different than your passion, so be open to new possibilities...explore, contemplate, meditate, and pray on it. Don't ever give up, even if you're feeling lethargic and like you don't care. Realize it's just part of the journey of learning and refinement so we can become the person we need to be, and to accomplish our purpose.

Tomorrow is another day. **Remember after the darkness of every night there is always the glorious sunlight of another day! *The Sun is always shining, even if behind the clouds.*** Even at night the sun is shining. When one side of the earth is turned away from its light; the other is turned toward it. This is analogous of us as individuals. There is no darkness as the light is always there. It is only we who have turned away from the light that gives the illusion of darkness. Also remember, there is no growth or progress without some struggle or resistance.

**"A smooth sea never made a skillful sailor"**



## Chapter 18

### Make Your Own Decisions and Don't Give Up

***"Don't let the noise of others' opinions drown out your own inner voice." Steve Jobs***

That statement is a big part of taking control of your mind. Sometimes when we fail at something, it might lead to depression and unhappiness. Oftentimes, well-meaning family and friends convinced us that we'd fail. They may have encouraged us to give up, or to not even try. They may have said, "That won't work." Again, this is letting others sow or plant their negative thoughts in "the garden of our minds". This comes down to a decision to ***ignore the negative thoughts and inputs of others and press on. Make your own decisions; life is too short not to follow your own heart.*** Also, take some quiet time, and while alone pray and meditate. Listen to that inner voice.

Failure is often a big part of success. The most successful people failed more than any of the unsuccessful people because they didn't give up till they found the right formula. Babe Ruth struck out more times than he hit home runs, yet he is known as the home run king. He got up to bat more times and kept trying, never giving up. Edison failed thousands of times before he discovered how to make the light bulb work. ***Being unsuccessful is usually a matter of giving up too soon.***

## Chapter 19

### Turn Off the TV!

I'll just say it...turn off the TV! At least for a while, and most of the time! It's one of the most negative influences on the planet! It's a wind that blows whatever it will into ***the garden of your mind!*** Try an experiment and turn it off for two or three weeks, even a month. You'll be surprised at how much better you feel. We rarely watch TV; occasionally a movie, usually something positive and uplifting. Maybe we watch a story of triumph or over coming, or maybe a comedy. At least with the internet you can choose what you read and view, but with TV someone else is making the choice for you. ***If you let in the noise from all the negative influences, they will dictate what you do, how you feel, and how you act.*** They will reinforce your negative thoughts and feelings from day to day, and you will continue to feel as you do and be unhappy.

It is reported that Einstein once said, ***"The definition of insanity is to do the same thing over and over and expect different results"***. If you desire change; change what you are doing. The way you feel now is the result of what you have been doing. "We are creatures of habit and old habits are hard to break", see...that is a cliché that is programmed into ***the garden of the mind*** of most of us. I say it is not true, and I'll keep saying it as an affirmation till I believe it and it becomes not true in my life. I know it's not true because with a little sustained effort performed regularly I have changed old habits. Further, there is absolutely no reason I can't change any other habit I desire. The same goes for you my friends! You can change old habits, and old dogs can learn new tricks. Simply put your sustained focus on changing them just as I have outlined.

## Chapter 20

### Silent Time Exercises

Try to ***find some silent time***. During this time try to empty your mind by focusing on your breathing...this is a simple meditation. If you prefer, just take some quiet time and don't think about your problems. Emptying the mind gives it a rest and allows you ***to hear the inner voice***. It takes some practice, but stay the course. It can really help you clear your head and clarify your thoughts. If you cannot empty your mind at first, think about a happy time or place. Doing these exercises may seem counter intuitive if you're depressed and fear being alone with your thoughts. However, it is precisely why you need to weed ***the garden of your mind***. Then you can plant it with healthy fruits and vegetables that will have a positive impact on your life. You will need to really work on affirmations to help with this.

It has been said that we create our own reality. There is some truth to this, but not exactly like some believe. Suffice it to say that by tapping into the stream of positive energy, you will attract positive opportunities into your life. Notice I said opportunities, and not a perfect life floating down out of the sky. You must act on these opportunities to make them a part of your life!

Again, ***prayer is a form of meditation***. Whenever you prefer, ***you must take some time to*** go within to ***reflect, contemplate, and pray***. This can be during your quiet or silent time, but if so, mainly just give thanks when you pray. Don't give a laundry list of what you want. Just be grateful. ***When you pray, asking for help in your new life and in moving forward is ok...this is an important key.***

## Chapter 21

### Judging Others

***Judging and condemning others will keep you negative indefinitely.*** I have often found that when I catch myself judging others it is for many of the same things I have done myself. Let people be who they are! Who are we to sit in the judgment seat? Whether it is for appearance, a word, or an action, as long as it causes no harm to you or others; let people be. You will only ***harm yourself when you judge them.***

***“Judging a person does not define who they are. It defines who you are” Unknown***

People constantly denigrate others over all sorts of things, most of them insignificant. This is why they aren't happy. By condemning others we make ourselves miserable as we fume over what we think they're doing wrong. It doesn't change reality. Yet, looking for good and remaining positive, even if others are screwing up, allows us to be at peace, and love them anyway. ***Clean off your own door step before you judge. We all have quirks.*** Stop judging and look for the good in others, they don't have to live up to your standards. ***If you look for the good in others it will change your life for the better.*** You can do it!

Remember, we're all in this together! So ***let's start working together to make this world a better place; right here, right now, with you and me.*** Let's treat each other how we want to be treated! We can only change ourselves, but doing so can change the world! We tend to think: "I am just one person and I can't make a difference", (negative limiting belief). One person can make a difference. Think of Mahatma Gandhi and Jesus Christ. How about Mozart, Tesla, Shakespeare, Jefferson, Voltaire, Columbus, Steve Jobs, Henry Ford, Marie Curie, Mary mother of Jesus, Rosa Parks, Mother Teresa, Joan of Arc, Einstein, Martin Luther; the list is much, much longer. What about all the women who gave birth to them? Think about that for a while!

To some this may sound like pie in the sky. However, every significant leap forward, throughout the history of humanity, started with an idea. Sharing that idea with others will cause it to spread throughout the world. An idea whose time has come cannot be stopped, though it may be resisted at first. ***Live a life worth emulating and you will have a more profound impact on humanity than you will ever know in this life!***

## Chapter 22

### Letting Go of The Past

***You can't change the past, but you can create the future.*** The past does not equal the future. We take the good from the past and leave the rest. Some of the good are lessons learned from hard times. However, ***living in the past is like trying to drive a car forward while only looking out the rear window, you'll end up in the ditch every time!*** One of the things that we do in my family, especially with my kids, is the saying, "Let it go Indy". This comes from the movie, "Indiana Jones and the Last Crusade".

When they are in the cave and the Nazis take the Cup of Christ past the great seal, the place begins to shake and fall apart. The cup falls down into a ravine that opened up and Indiana Jones goes after it, but can't reach it. His dad grabs his arm to pull him out of the ravine. He tells his dad he can almost reach it and keeps trying to get it. His Dad in a somber but calm voice says, "Let it go Indy". In other words the cup is just a thing that's not worth his life or family. As we also say, "It's just stuff...", so in that spirit, "let it go Indy", just let it go. ***Most of the things we get upset over are really insignificant, especially in the grand scheme of things.***

Living in the past is really just running old programming that needs to get reprogrammed. This is especially true if you are holding grudges and anger about past incidents in your life. You really need to let go of those and move forward if you truly want to be happy. ***"Let it go Indy", just let it go.***

***"Our Ultimate freedom is the right to decide how anybody or anything outside of ourselves will affect us." Stephen Covey***

***One way to let go of the past, in large part, is to forgive those you feel have wronged or hurt you.*** Don't hold on to that anger as it is only poisoning you and not them. Stop letting the negatives of the past control you; resolve to move forward and act on your decision!

## Chapter 23

### Stop Drinking Poison and Forgive

Forgiveness is very important. ***When you harbor anger, resentment, grudges, and vengeance etc., you are literally drinking poison and hoping the other person will die.*** Seriously, this will affect you emotionally, spiritually, mentally and even physically. Many of today's diseases are caused or at least facilitated by all this ill will we harbor against others. I believe cancer is more an emotional disease that manifests itself physically if we are not dealing with things emotionally. The negative energy lowers the bodies resistance to these diseases in my opinion.

If you had been drinking something for years and found out it was poison and slowly killing you, would you not throw it out immediately? Well, this is exactly what you are doing if you are holding on to anger, resentment, hatred, and vengeance, and such, in any way shape or form. Get rid of it, throw it out of your house right now, and forgive them and live poison free!

Stop repeating negative affirmations to yourself such as, "I can never forgive them for what they have done". Change it to "I forgive them". You may not believe it at first, but keep repeating it until you do believe it. Stop drinking the poison! It really is that simple, and it will bring about a profound change; even a new perspective on life to you, if you follow the simple edict to forgive!

**"Holding on to anger [and resentment] is like taking poison and hoping the other person dies." Buddha**

## Chapter 24

### Let Others Be Who They Are

Many of us have a tendency to try and persuade others to conform to our ideals. Sometimes we even do it to the extent of using brow beating, intimidation, and anger. Some few will even try force depending on the circumstances. This is especially true when it is something we are passionate about or believe in strongly, such as religion or political ideology. In order to be happy you have to let others be who they are; stop trying to get them to conform if they don't want to.

***The best way to influence others to do anything is by setting a happy, positive example; in other words, let your light shine.*** Brow beating someone never works and puts them on the defensive, effectively stifling any meaningful communication. Even if you strongly oppose someone's point of view or ideal, teach by example if possible, but always live and let live, unless they are harming you or others. This speaks to freedom.

People are free to decide who they want to be, whether you agree with them or not. Let them be. Every strife, every fight, every war from individuals to groups and even countries, can be traced back to someone or some group trying to force another to conform to their way. Isn't it time humanity grew out of this childish behavior? It starts with each of us as individuals.

I know this from personal experience as most of us do, and it has taken me a lifetime to learn this lesson. I still have a tendency to do it, but I usually catch myself these days and stop it.

## Chapter 25

### Attitude of Gratitude

Appreciate what you have instead of resenting what you don't have. Also, don't resent others who have what you desire. This is ***another key; being thankful for all things and seeing the good in all things***. Just start by saying thank you for everything every day: the good, the bad, and the ugly. Sure, you won't believe it at first, but if you persist, it will become a core belief; subconscious programming. It will open up vast new horizons and vistas for you. I honestly believe there are no limits here. What an amazing adventure ahead. This is truly the final frontier. Now go and live life to the fullest!

One of the best examples of this is a man named Nick Vujicic. Go to Google or YouTube and type his name in the search box. What this man has gone through to triumph in life, since the day he was born and despite his circumstances, is amazing. Please take the time to look him up and listen to him speak. He will inspire you perhaps more than any other story. It is truly an incredible story of our amazing human potential. It proves that taking control of your mind can really make the difference!

***“The happiest people don't have the best of everything; they just make the best of everything.”***

The quote above is ***a profound key***. If you've read this far, then you understand that ***you make your own happiness by making the best of everything, seeing the good in all things, and being thankful for all things***. That's counter to most of our programming, and many think it's not possible. However, you should know by now, it is possible. Further, you now have the tools to make it happen. You can decide to use the tools or not. Moreover, remember...they are meant not for a one-time use where everything in your life is magically and suddenly fixed. They are to be used regularly throughout your life and as needed. As in all things, regular practice brings improvement, and eventual mastery.

Can we comprehend the light without experiencing the darkness? Can we understand success without having experienced failure? Can we appreciate the good without experiencing some of the bad? This is why all things work for our good. Without opposition there is no learning, no progress, no refinement, and no appreciation for the triumphs and accomplishments.

We've all heard of the rich kid who was handed everything in life; never having to struggle or work for anything. He turned out to be a pretty poor excuse for a human being. He was nothing without his inheritance, and even with it his life was wasted. This is why the struggles of this world are good for us. They can strengthen, refine and help us appreciate the good things we have and accomplish. They also can help us become better human beings.

***“Don't pray for an easy life, pray for the strength to endure a difficult one” Bruce Lee***



It's the struggle and overcoming it that makes us who we are. Enjoy the journey, not just arriving at the destination, for the journey is the essence of life. This is why it's important to never give up. You don't want to miss all the growth and progress that difficult times bring.

I believe in an afterlife, and I believe that progress continues after a short rest. It's all part of eternity. We are in eternity now and this is just one phase or moment in it. There is so much more to learn. Regardless of your beliefs, strive for excellence, but enjoy the ride and take the time to enjoy family, friends, and loved ones...stop and smell the roses. To enjoy life is one of the main reasons I believe we are here. However, we also need to continue moving forward.

Many of us are just waiting around for things to change. There is an old saying, "you can wish in one hand and spit in the other and see which one fills up faster". Things change by doing, not by wishing. By doing you will see doors open and opportunities arise for you to accomplish what you desire. However, you have to act on them or they will stop coming. Call it the universe or the blessings of God, regardless of your belief **action is the key**.

***"Take Risks: If you win you will be happy; if you lose you will be wise." Unknown***

***It is better to take a risk and make a mistake than to do nothing.*** Doing nothing is the true hell; based in fear of making a mistake. Mistakes are okay because you learn from them; just correct course and move forward. If you come to a cross roads and are unsure of which direction to go, use your best judgment and choose one, then go forward. You will soon find out if it was the right or wrong choice. If it is right you can move forward and be happy, if it is wrong then you will learn from it, hence be wiser. You will then correct course, and move forward. This is win, win.

***It is only in remaining paralyzed with fear that you will never find the right path!***

## Chapter 26

### Thinking Outside the Box

I want to talk about the idea of “thinking outside the box”, and several things related to it. So let’s begin with a quote by Tony Robbins.

***“If you do what you’ve always done you’ll get what you’ve always gotten.” Tony Robbins***

With this quote in mind, ***it is important to seek and be open to unconventional ideas and practices. The reason why is simply this: Conventional ideas and practices do not solve every problem, nor answer every question. Therefore, we need to consider “alternative” ideas and practices to find “alternative” solutions and answers.*** This book is all about “alternatives” to conventional nutrition, medicine, healing, philosophy, exercise, etc. There are a many different opinions in the areas mentioned. Some of them are conflicting. This is why you need to follow the inner voice or your heart; to know what’s best for you.

One of the “alternatives” that helped me is a ***book called the “The Emotion Code”***. The ***main premise: Emotions we feel during situations and trauma events during our lives become trapped in our bodies; causing disease or health problems if not released.*** It is actually simple to learn to release them, and it works. In my case, it took a few weeks of doing it; I did it until there was nothing left to release. Afterward, I felt so free and much lighter. Ironically, I did this just before my break up, so there were new pains and emotions being trapped. I released them during the break up. It seemed to help; still, for a time I succumbed to the pain and depression. Nevertheless, I think this actually helped prepare me to go through my break up.

Another thing I learned is that magnets can relieve pain and even encourage healing. I’ve had problems with my knees as I got older because of all those years of martial arts and training. My right knee was swollen and stiff, so I taped about five regular kitchen magnets around it in front and back. It was almost immediately freer, and the pain almost gone. After a few days it felt normal. Speaking of joints, I also began to eat a grain, gluten, and sugar free primal diet (The Primal Blue Print). My joints felt almost like new soon afterward.

Herbs have been used with great success during my life; along with homeopathy and essential oils. All things in the universe are made of energy; vibrating at certain frequencies. Your solid arm is made up of mostly empty space with atoms made of protons and electrons flying around a nucleus. So, everything you do is communicating something to you or your body, even the food you eat is communicating something; it all has a frequency or vibration rate. This is why herbs and oils, and even sounds can cause healing and relieve pain. It is why bad foods and allopathic medicine can cause disease. They are also communicating something to the body and mind. The same power that created the body can heal it; energy and frequencies.

This is why it's important to be careful of what you allow into your mind and body. Also, *be careful of what you allow to **remain** inside of them*. Whatever it is...it literally will shape and mold you into whom you are today. Be careful and seek the inner voice! If you want things to change for the better in your life, then you have to change what you're now doing, or allowing to be done to yourself. This requires thinking outside the box.

***“The most dangerous phrase in the language is: “we’ve always done it that way”.***

If you want different results in your life, then you have to do things differently. Starting now, be open to different ideas instead of dismissing them out of hand. Research them; the Internet is a wonderful tool for this. Consider and contemplate them; seek the confirmation of the inner voice on them. Most of all, give them time to work for you by not giving up too soon.

Regarding the Internet, there is a lot of misinformation, but don't allow a fear based mindset to paralyze you into doing nothing. You can do research and corroborate information. This is a good way to confirm and verify the truth of a matter. It also helps you learn to become more discerning. This is an opportunity to practice listening to the inner voice as well.

## Chapter 27

### The Rewards

I promised to go into more detail about the wonderful woman I met and married. It was, I believe, the direct result of changing my life and attitude to the positive. We've joked (but serious too) about being in training for each other for the last 30 years. However, we both had to rid ourselves of much baggage. If I had met her just three months earlier, I may not have been ready. She has been through a lot also, and was still working on some things; perhaps, she wouldn't have been ready for me either. Probably though...this was truer for me, as my break up was newer.

After I overcame the depression and pain of the break up, I vowed to not jump into anything too fast. I wanted to be real picky and just date a little...have some fun. So I went to some dating sites and began talking to different women. It was interesting. At first, my profile was short and sweet; like most others. I thought we could talk a little; if interested, share the rest. Well...I got tired of filtering out the superficial info, and of the chit chat, so I decided to write a book about me; a long profile. I figured this would narrow down the field. If someone was still interested after reading it, maybe it would be worth exploring the possibility of a relationship. It was then I realized I wasn't looking for just dating and fun, but for a potential mate to share the rest of my life. Oh...I was still going to be real picky, and have some fun right?

After a while it all got kind of old. I thought...why can't I just meet the right girl and dispense with all this dating stuff. I went on about 6 dates with 4 different girls. They were nice, but no real fireworks between us, and definitely not potential mates in my mind. About this same time, I started to pray in my heart for just the right girl; it took a couple months. Yet...though I had overcome the pain and depression, I was not quite ready for her.

In fact, I was thinking of getting off the dating site when Brenda messaged me. However, because she lived a couple of hours from me, I almost didn't respond. It took me a few days to respond as I was busy and not on the site. When I came back on, I was contemplating whether to respond at all, since she lived so far away. Furthermore, I had already dated a girl that far away and thought it would be a pain if we started dating regularly. It seemed an unlikely match from our profiles. Yet...I just felt there was something special about her. As I look back at all the "coincidences", I feel that divine providence intervened so I wouldn't pass her up.

So I messaged her back and we struck up a conversation on the dating site. Ironically, when she received my message she was only on-site to delete her profile. She had tired of the dating site too, but as she tried to delete her profile, for some reason it would not delete. And while trying she got my message. Was it Divine Providence? You be the judge...

I made the mistake of telling her to ask me anything and I'll answer. I got back a full page of questions. (Ha, ha) This made me like her more, and I knew there was some substance to her. The more we talked the more we realized we had a lot in common, and how compatible we were. It was kind of scary. At this time, I was doing field service work. She lived in my service

area, but I rarely had calls there. All of a sudden many calls came for her area. (Was this Divine Providence again?) This really facilitated dating. Before that, we enjoyed talking on the phone.

Both of us knew we were meant for each other, even before we were willing to admit it. In fact, she had second thoughts after meeting me the first time, despite the inner voice telling both of us this was right. It took awhile to admit to ourselves it was right. Family and friends thought it was going way to fast according to societal norms. It just felt so right when we talked or were together, but we even second guessed ourselves. We were listening to all the outside voices and social norms we grew up with instead of the inner voice. I just told my family and friends, that when you know, you know. Well...we knew, and it could no longer be denied.

In the past, I would have and did scoff at this type of thing along with others, but I'm here to tell you that Divine Providence brought us together (there were many other coincidences too). We even said to each other, "where have you been all my life?" Yet...had we met earlier in life, we wouldn't have been prepared. We wouldn't have become the people we needed to be, in order to experience the love, joy, and happiness we do with each other. I didn't think this level of happiness was possible, and didn't know it existed until I met her.

When you change your core beliefs from negative to positive you begin to attract positive opportunities into your life, but you still have to take action. I could have passed up Brenda, and missed the opportunity to experience the next level of happiness...with her. Well, the inner voice told me she was special, and thank God I listened. She enhances my life; I'm so blessed to have such a wonderful woman in it.

## Chapter 28

### Happiness Comes from Within

After telling you how I met and fell in love with my beautiful wife, this brings me to another point. ***Your happiness cannot depend on others; it must come from within you!*** With my former wife, happiness was based too much on the relationship with her. Therefore, I wasn't really happy. This is one of the reasons I wasn't ready to meet Brenda, even though I had overcome the pain and depression of the divorce. After so many years, I should have gotten the clue, but we get comfortable, even when things aren't perfect.

This doesn't mean someone cannot enhance your happiness, or that you cannot be hurt by a loss as in a break up. Yet, when you have that well spring of happiness within you, then you will weather the storm much better when it comes around. This is because your happiness is not dependent on someone else.

In the former marriage a lot of time was spent thinking about how to improve myself. I thought if I just became better, at this or that, everything would be okay. If I could find ways to please her more, we would be happier; everything falling into place. What I didn't realize was the need to find the well spring of happiness within me. This was caused by being so focused on trying to find happiness through my relationship with her, I was blind to it.

Even after the break up I had to stop finding fault with myself and my former spouse; stop blaming me or her for everything that went wrong. Otherwise I would never get over it. When your happiness comes from within, then and only then can you reach that next level with a loved one, who also has it within. This is the direct result of a positive attitude, and thankfulness for all things. Well..that is my experience and humble testament!

Just a few more words about relationships; now is the time to start repairing them if they are in any trouble. To the men: if you want to be treated like a king then treat her like a queen. To the women: if you want him to treat you like a queen then treat him like a king. Just to qualify...this does not mean you allow the other one to walk all over you or be abusive.

In my opinion, the ultimate example of a King is Jesus. He treated his followers with love, kindness, patience, and long suffering. He said that to be the greatest in the kingdom was to be the servant to all. He didn't brow beat anyone to get his way. He didn't keep score, and he forgave those that wronged him; repentant or not...including his crucifiers. He also didn't judge, as so many think. He just did the right thing, expecting nothing in return.

As I've said, stop keeping score with one another. Just do nice things for them because you love them and expect nothing in return. Moreover, forgive them if you feel you have been wronged. Treat each other like Kings and Queens! This is the key to a happy marriage or any other relationship, along with the other principles shared in previous chapters.

## Chapter 29

### Negative Influences

While it's good to be aware of problems and corruption in the world, as well as other things, you must not become obsessed with them. ***If most of what you focus on is the negative in this world, then you will not be happy.*** As I said, I believe one of the reasons we're here is to be happy, and also enjoy life. There is still a lot of good in the world, despite what governments and political bodies do. We need to balance our lives with mostly the good and positive, while remaining aware of the other happenings.

At one time in my life, I was more focused on all the bad things in the world and in our government. It's easy to get caught up in this and want to try to change things. I became politically active, thinking I was going to help change the world. I quickly burned out, became discouraged, and even depressed because of all of the evil I saw, and my inability to change any of it. I realized I could not live like that and I couldn't change things overnight.

I decided to try the experiment. For three weeks I would just look for the good in people, whatever the situation, and no matter how bad. Quickly, I discovered there is still a lot of good in the world. Also, I learned that most people are basically good and just want to live their lives as they see fit, regardless of the country, religion, or culture. Only a minority of people were stirring up trouble, and getting into positions of power to cause problems. This was a revelation to me and changed my whole perspective.

As time went on, I began to try and enjoy life as best as I could, I knew what was going on, so I didn't need to obsess over it day in and day out. Try my experiment, you will not be disappointed. The internet is full of doom and gloom, but also of positive, uplifting, and motivational stories of triumph. If you focus on the positive 90% of the time, the other 10% will not hurt you. This is another good reason to turn off the TV, especially the news.

Still, I know folks who do not watch TV, but frequent internet sites that are focused entirely on the negative; doom and gloom. Again, this reinforces the negative mindset and taps into the negative energy stream. ***By focusing on the negative, what kind of energy and opportunities do you think you will attract into your life, negative or positive?***

It's easy to justify spending time in some of the negative pursuits as mentioned, especially knowing the need for change in these areas. However, it will take more than focusing on these areas and telling others about them to cause the necessary change. ***What will really cause a major change in this world is becoming positive, looking forward, and being an example of the desired change.***

This is also why it's important to be thankful for all things and realize all things work for our good. Many of the bad things will work out for good in the long run. Furthermore, as humanity learns what not to do, we will move forward to the day where we can have that thousand or more years of peace. By then we will know how to treat each other as brothers and sisters, and have the right kind of relationships, from individuals to countries.

## Chapter 30

### Now Go Live and Enjoy Life!

In conclusion my friends, I hope I have inspired you to move forward, to choose happiness, and to change your life and perspective by using the simple keys given in this book. It is possible to do, and there are many real world examples, some of which I recount here. Others are in books or online. I encourage you to seek them out as they will inspire and help you. Also, look for the good in all things. **Remember...your happiness still boils down to making decisions and regularly acting on those decisions.**

***Go live, laugh, love, fail, and succeed.*** Appreciate every moment and every lesson while on this beautiful earth. Enjoy the sunshine, loved ones, good friends and family, food, community, music, etc. Most of all... enjoy the journey! Don't put off things you have always wanted to do, just do it! Find a way. ***Believe all things, appreciate all things, and be thankful for all things.*** Love conquers all. Have love and forgiveness in your heart, and cultivate these things in ***the garden of your mind.*** You can do it! You are all good people, amazing beings, children of God and children of light... and of this amazing universe!

I am available to speak at your event, church, or group. Get in touch with me at [hawkye2@yahoo.com](mailto:hawkye2@yahoo.com) to make arrangements.

***Wait you're not finished yet there is one more chapter below...***



## **Addendum**

### **Becoming Happy and Creating a Greater Society**

#### **“A New Day is on The Way”**

I have often felt like my mission in life is to help humanity in some way whether small or big. One of the things I felt impressed to do was write some books on how to become happy, how to be inspired, motivated and successful at what ever you desire.

This is one of the reasons why I have written this book. And my desire to get it out to millions of people. You just do not know who you might touch with this kind of information. Different perspectives will help different people.

Another reason I have written this book is to help create the seeds of a greater society or new way of life. It is my desire to create a model or a demonstration site of what a greater society might look like.

#### **I Need Your Help**

I am asking for your help to get this book to as many people as you can. First and foremost share the link below with everyone you know, your Facebook friends, email lists, Twitter and Instagram friends etc. In other words make it go viral. As I said you never know who might come into possession of it that needs it. I think just about everyone can benefit from something in it. I am not a writer or publisher and it has been a steep learning curve on how to write a book and get it out to millions, I am still learning. So I am trying some unconventional alternative methods, and I am counting on you to help me out. Many hands make the work lighter!

The book will be free to anyone who donates, and on Kindle for a time and perhaps permanently because I want everyone to have access to it and the principles and keys contained therein. You can go to my website <http://becauseitstime.com> to donate and learn more about creating the seeds of a greater society. You can also go to paypal if you like and donate there to hawkiye2 @ yahoo.com (take the spaces out of the address)

#### **A Vision**

I have had a vision for a long time of a greater society. Others have had similar visions. A society that works together as a community, values peace, prosperity and the brotherhood of man. A more decentralized society, a more self sufficient society that cares for the environment yet embraces technology but is not dependent on centralized energy, factory farming, manufacturing, food distribution, monopolized medicine, and money etc.

At first I did not see exactly how the book and creating a better society were closely related. However I began to receive the impressions to build a a model or seed of a greater society, a

demonstration site, to help humanity, to set a light on a hill. I realized that for a better world to manifest without, it first had to manifest within the hearts and minds of the people. Hence teaching people how to become happy despite their circumstances is a big first step to a better world.

The proceeds from the book or donations will go to build this demonstration site, model or seed if you will, and both will help us fulfill our mission to do something for humanity and help move us forward. However it is not just about us, it is much bigger than us. All of us can do something. Many hands make the work lighter as I have said. You can help and be part of creating the seeds of a greater society by supporting this project. Will you help us? We are asking for your best donation. Thank you for your help and contribution! <http://becauseitstime.com>

**All the worlds problems can be solved in a garden – Geoff Lawton**

## **QUOTES & THOUGHTS (with page reference)**

As I said in the beginning of the book I hope you will read it several times and use it often as a reference or tool for uplifting. These quotes have been compiled here so you can go straight here to read some of them and be uplifted by tapping into that positive energy stream. Or print them out. Start your day reading a few of these quotes, I promise it will change the tone of the day for the better.

**“Happiness is a mental or emotional state of well-being characterized by positive or pleasant emotions ranging from contentment to intense joy.” Pg. 7**

**“People often say that motivation doesn't last. Well, neither does bathing, that's why we recommend it daily.” Zig Zigler Pg. 9**

**Decision + Planning + Action + Perseverance = Happiness (or success in any endeavor) Pg. 11**

**“Sometimes you have to fake it till you make it.” Pg. 13**

**“Prayer changes things.” Pg. 13**

**“Pray like it all depends on God, then go to work like it all depends on you.” Pg. 13**

**“God helps those who help themselves.” Pg.13**

**“You make your own luck...” Pg.13**

**Law of Karma: What you put out will return to you. Pg. 14**

**What you reap is what you sow. Pg. 14**

**“Never, Never, Ever Give Up!” Pg. 15**

**“Success is not final, failure is not fatal, it's the courage to continue that counts.” W. Churchill Pg. 15**

**“Life begins at the end of your comfort zone.” Art Roy Remy Pg.17**

**“The exact right moment will never appear. Now is the perfect time to live the life of your dreams. So get started and make the best use of every moment that you can.” ~ Maya Mendoza Pg.17**

**Make a decision, create a plan, take action, and don't give up. Pg. 17**

*“garbage in garbage out” Pg. 19*

*“Mind over matter” Pg. 19*

*If you keep your body relatively healthy and toxin free, YOU WILL FEEL BETTER. Pg.19*

*“As a man thinks, so he is. ” Pg. 21*

*Change the old programming by inserting new programming. Pg. 21*

*The 90/10 rule...if you fill your mind with 90% or more positive input and allow 10% or less negative, you’ll be a positive happy person. Pg. 22*

*“What you put out is what will return to you”. Pg. 22*

*What a man or woman thinks, so is he or she, and that is what comes back. Pg.22*

*“Whatever the mind can conceive and believe...it can achieve.” Napoleon Hill Pg. 23*

*“The man, who acquires the ability to take full possession of his own mind, may take possession of anything else to which he is justly entitled.” Andrew Carnegie Pg. 23*

*“I ask not of divine providence for more riches but for more wisdom with which to accept and use wisely the riches I received at birth in the form of the power to control and direct my mind to whatever ends I desire.” Pg. 24*

*“If you limit your choice only to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is a compromise.” Robert Fritz Pg. 25*

*Take possession of your own mind and direct its’ course to whatever ends and desires which you are justly entitled. Pg. 27*

*If you do not plant the garden of your mind...others will! Pg. 27*

*“Too many of us are not living our dreams because we are living our fears.” Les Brown Pg.29*

*Doing nothing, paralyzed with fear and indecision, keeps you right where you are and don't want to be. Pg. 30*

*“It’s amazing what you can accomplish if you do not care who gets the credit.” Harry Truman Pg. 31*

*"Holding on to anger [and resentment] is like taking poison and hoping the other person dies." Buddha Pg. 32*

*What you truly believe in your core...or heart, is what is programmed into your subconscious mind. Pg. 33*

*"A Kind Word Turns Away Wrath" Jesus Pg. 34*

*"Decide" to act and take control of your subconscious mind, pull the weeds from "the garden of your mind", and re-plant it. Pg. 36*

*Face the truth. Pg. 36*

*"The truth will set you free." Jesus Pg. 36*

*IT DOES NOT MATTER who or what's to blame, the way forward is the same. Pg. 38*

*Refuse to be a victim and get out of the victim mindset: EVEN IF YOU REALLY HAVE BEEN a VICTIM. Pg. 38*

*In Hard Times, Sometimes You Just Have to Laugh. Pg. 39*

*Remember after the darkness of every night there is always the glorious sunlight of another day! Pg. 40*

*The Sun is always shining, even if behind the clouds Pg. 40*

*"A smooth sea never made a skillful sailor Pg. 40*

*"Don't let the noise of others' opinions drown out your own inner voice." Steve Jobs Pg. 41*

*"The definition of insanity is to do the same thing over and over and expect different results". Einstein Pg. 42*

*Find some silent time. Pg. 43*

*Prayer is a form of meditation. Pg.43*

*Reflect, contemplate, and pray. Pg. 43*

*When you pray, asking for help in your new life and in moving forward is ok... Pg. 43*

*Judging and condemning others will keep you negative indefinitely. Pg. 44*

*"Let it go Indy", just let it go. Pg. 45*

*You can't change the past, but you can create the future. Pg. 45*

Living in the past is like trying to drive a car forward while only looking out the rear window, you'll end up in the ditch every time! Pg.45

Most of the things we get upset over are really insignificant, especially in the grand scheme of things. Pg. 45

"Our Ultimate freedom is the right to decide how anybody or anything outside of ourselves will affect us." Stephen Covey Pg. 45

One way to let go of the past, in large part, is to forgive those you feel have wronged or hurt you. Pg. 45

When you harbor anger, resentment, grudges, and vengeance etc., you are literally drinking poison and hoping the other person will die. Pg. 46

"The happiest people don't have the best of everything; they just make the best of everything." Pg. 48

You make your own happiness by making the best of everything, seeing the good in all things, and being thankful for all things. Pg. 48

"Don't pray for an easy life, pray for the strength to endure a difficult one" Bruce Lee Pg. 48

"Take Risks: If you win you will be happy; if you lose you will be wise." Unknown Pg. 49

It is only in remaining paralyzed with fear that you will never find the right path! Pg.49

"If you do what you've always done, you'll get what you've always gotten." Tony Robbins Pg.50

It is important to seek and be open to unconventional ideas and practices. Pg. 50

Conventional ideas and practices do not solve every problem, nor answer every question. Pg.50

We need to consider "alternative" ideas and practices to find "alternative" solutions and answers. Pg. 50

The most dangerous phrase in the language is: "we've always done it that way" Pg. 51

Your happiness cannot depend on others; it must come from within you! Pg. 54

If most of what you focus on is the negative in this world, then you will not be happy. Pg. 55

By focusing on the negative, what kind of energy and opportunities do you think you will attract into your life, negative or positive? Pg. 55

What will really cause a major change in this world is becoming positive, looking forward, and being an example of the desired change. Pg. 55

**Go live, laugh, love, fail, and succeed. Pg. 56**

**Believe all things, appreciate all things, and be thankful for all things. Pg. 56**

**Have love and forgiveness in your heart. Pg. 56**

**Most of all... enjoy the journey! Pg. 56**

***Recommended Reading:***

***Think and Grow Rich with Peace of Mind - Napoleon Hill***

***The Emotion Code - Dr. Bradley Nelson***

***Healing Life's Hurts Through Theophostic Prayer - Dr. Edward M. Smith***

***The Faraway Horses - Buck Brannaman With William Reynolds.***

***The Dream Giver - Bruce Wilkinson***

***The Immortal (Series) – JJ Dewey***

***Psycho-Cybernetics – Maxwell Maltz***

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