

# **Instructions for a NEW LIFE**

**True Freedom**



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# Instructions for a New Life

## True Freedom

by Markus Rothkranz

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This book came into your life because you need it.





# Introduction

When I originally started putting this book together, it was intended to help people in prison. I thought they need help more than anybody.

Then it dawned on me.

Almost everybody in the modern world is in some sort of prison. A job they don't like. An unfulfilled, frustrating relationship. Stuck in a boring life, doing boring things over and over, hanging out with boring people, eating boring food, frustrated with everything...

...while everyone else "out there" seems to be having all the fun, doing all the things we dream about, while we remain stuck in a rut of simply surviving, doing things we don't like, just to pay off debt (to society or a mortgage or a bank). Most people in the modern world aren't healthy, aren't happy and aren't successful. They're stuck in codependent relationships out of obligation, not love. Everything is compromise. That isn't living.

Well my friends, it's not too late. It's time to do it right. It's time to live your dream.

We go through life confused. Part of the reason we are so frustrated is because we don't really know why we are here or what all this is about.

Once you realize who you are and why you are here, it makes living easier and more stress-free.

So this book will once and for all answer the timeless questions that have been asked throughout history...

Who (or what) are we?

Why are we here?

What's it all about?

Why do bad things happen to good people and good things happen to bad people?

How can God just stand back and let bad things happen and let good people die?

Is there hope?

Can I do anything about it?

Yes!

The truth is so simple, it will blow your mind.

# Chapter 1

## Your New Life.

I wish they gave me this book when I was young. It would have saved me forty years of frustration and wasted time trying to figure things out. Sure all our problems are lessons to learn from. But what if they told us all the basics up front, so we didn't have to waste most of our lives learning the "basics". That way we could have started sooner doing what we are here to do. I don't want to spend all my life learning how to do things and learning the rules of "the game". I want to actually accomplish things and make a big difference in the world.

Don't you?

While we're learning the rules, we are kind of an annoying drain on the people and resources around us. The sooner we can start giving back instead of taking, the sooner we start making the world a better place.

The world needs more heroes and less zombies.

Everybody should learn the basic guidelines to living on planet Earth as soon as possible in life. These guidelines are the foundation for success in everything:

- ★ Health so strong we never get sick again
- ★ Relationships so magical, you'll believe in angels
- ★ True Success and Prosperity with no money worries
- ★ Happiness and the Freedom to be you
- ★ Total Peace, no matter what.

Do you think this is an unrealistic dream? It's not.

Many people figured out the secrets and went from crawling through hell on their hands and knees to soaring through the heavens with total freedom. Normal people like you and me. Once you figure out these secrets, and realize how simple they truly are, you'll wonder why you didn't live life this way from the beginning.

Actually you did. When we are born, we intuitively have the urges and tendencies to

follow our feelings, react instinctively, read people on a much deeper level, and do things naturally. But we are taught early on to not trust ourselves. To live in fear. To listen to others, not our inner voice. To follow what everyone else is doing like sheep... and then wonder why we're frustrated and why things aren't working right for us. Because we're not living the life we are supposed to.

You're not going to get far in life listening to people who themselves are lost, even if they seem to know what they are doing. Most of them are bluffing. They are simply following other people ... who are following others... and so on.

Everybody's running around in circles like a dog chasing it's own tail. Many people yell out loud that they know the answer and that you should follow them and do things their way. Run away from these people.

A true helper is not someone who tells you how to do things. They help you listen to your own instructions for once- not someone else.

That's what I'm here for, to help you listen to yourself and have the courage to follow your

own voice. No one else can hear it, so stop asking them what they think.

You were given everything you need in life the moment you were born. The sooner you realize this, the sooner you will get on with it.

Life is not about accumulating knowledge, money or things.

It's about having the courage to be you.

To follow your own voice.

Do what you are here to do.

The longer you do not do this, the longer you are a drain on society and the world.

The sooner you start being the true you, the sooner you will make a difference in the world like never before.

The world needs you. You have something special to give the world that no one else can. You are like a secret agent sent here for a very special mission. No other agent has the mission you were given. Only you. So stop asking others what your mission is. They don't know. They are too busy figuring out their own mission.

You're on your own. I can't help you. No one can.

All I can do is give you the basic rules and guidelines to follow. Most importantly, when you are lost for what to do next, you need to learn how to listen and hear the instructions being given to you. This quiet inner voice knows more than you do. You need to learn to trust it. I am not talking about your chattery annoying mind. I'm talking about that beautiful quiet shining voice coming from your heart. The one you've been ignoring because it didn't make a lot of sense, or was telling you to do new things you were uncomfortable with.

You must realize this first and foremost- all pioneers and people that changed the world had to follow a voice that made them do things that were never done before. Were they scared? You bet. But they felt a drive to do it anyway. They knew it was the only way. They knew it was what they were here for. They knew it was their destiny, and the longer they procrastinated, the more they were endangering the future of themselves and the world.

It is our duty to follow the voice of our heart. It is the voice of the Universe. It's our future calling.

Pioneers have certain traits and qualities. You have them too. You just need to recognize them, become comfortable with them and start using them. The sooner the better.

Every second that goes by, is another second wasted if you are not moving in the direction you are being guided.

This book is your compass.

This book can change your life.

Your key to freedom and power has finally arrived.

Are you ready to finally live?



## Chapter 2

# Your “Bible”

Some people will say- “wait a minute- Instructions for life? Sounds like a Bible”

Well it kind of is. Except this one makes sense haha. It’s not a rule book, just an explanation of how things work. It’s your free choice what to do with it. The truth is universal and belongs to no one. It’s not a religion. It’s simply the truth.

Deep down inside, you already know all this, because the truth is all there is. You just need a reassuring voice to tell you it’s ok to finally do what you’ve been feeling all your life but were too afraid to act on.

It is so simple, even an amoeba can understand it.

Children and animals understand the truth better than adults.

What I am here to do is help you understand the truth so easily, let me rephrase that- to remember the truth so easily, you will wonder

why you ever strayed and started listening to others. You already know the answers, you just need to clear the clutter and distractions in your head and start listening to what you've known all along.

And the sooner you get on with it, the better.

The real Bible is the truth.

It is so elegant, simple and beautiful, it's ingrained in all living things. You don't need to "learn" anything. All you need to do is allow yourself to listen. You had it once, but you doubted yourself when others started telling you how to live. It's time you stopped following others and started living the life you are destined to live. And when you do, all the great teachings from throughout history will all make sense to you. You will have your great "AHA!" moment.

Who am I?

What gives me the right to write this book? I almost died four times, each time avoidable if this book existed back then. Each person has their own unique challenges in life. I was born with a weak immune system and almost died as a child because no one knew back then what

proper nutrition was. Nobody made the connection between what goes in our mouths and how it determines our health and how long we live. To this day I never drank one drop of alcohol, never smoked one cigarette or did one recreational drug. I tried to do everything right, but by the time I was in my late twenties, my heart was collapsing, I was bleeding when I went to the bathroom, my lungs were so filled with mucus I whistled when I tried to breathe. I had to cough up every ten minutes or I'd choke to death. My vision was so bad I had to wear glasses thicker than the windshield of my car. I had serious health problems and was dying because I was eating the standard American diet (SAD). This could all have been avoided if I knew the information in this book. I no longer have any health problems, don't need glasses anymore (no surgery) , have the life-partner I've always dreamed of, and I am successful beyond my wildest dreams. But it took me forty years to figure out how to get there. I was unfulfilled in many areas of life and like most, didn't know how to get out of the rut. It was not "work harder and make more money".

In my quest for success and approval, I did everything society told me to do. I ended up working in Hollywood, got "the house", "the car", "the wife" and "the status". Yet I was

unhappy, unfulfilled and was dying. I worked hard. There was stress in my relationship, stress with bills and money, and stress with wondering why I was here and what my purpose was. I felt betrayed. I followed the “rules” but felt terrible and empty.

I couldn’t go on. So I gave up.

Completely.

## Chapter 3

# My 40 Days.

I told my wife I wasn't happy and needed to find a new way to live. It would require giving up everything and starting over. I needed to go deep within and find the true me. We had differences of opinion so I cried, said goodbye and wished her well. I let her have anything she wanted, sold the house and gave everything I had away. I drove into the desert near the Utah/Arizona border, walked away from the car, took my clothes off and wandered into the desert naked, not caring if I ever returned.

If I didn't know the truth, I didn't want to live.

The greatest moment of your life is the final moment ...the instant before you die, because that is the moment you give up. No more resisting, no more fighting, no more worrying. You just accept and let go. It's the most freeing moment in your life. It's the moment you are ok. with everything. Total peace. Heaven.

The trick is to feel this way your entire life.

Don't wait until your final moment to be this way.

It's when you are ok with dying that you become fully alive. No more worries, no more fears, because you have nothing to lose. This is total freedom. This is how the most powerful people on the planet live and have always lived. It has nothing to do with how much you own. It has everything to do with not needing ANYTHING, and to live in the truth.

When you live in the truth, you are not afraid to die for the truth, because you know it's the only real thing there is. When you are like this, you become immortal because not even death can stop you. This doesn't mean you have to die though, or not own anything. It merely means you aren't attached to any of that. The greatest people that changed history wore nothing but a loin cloth and were followed by millions. They had more power than the government. They didn't need to own or buy expensive things because they were all given to them. And they gave them away just as freely. Their power was unstoppable and their names live through history.

All they did was listen to, speak, and live in the truth.

The truth is so simple, anyone can do this.

Even you.

So why doesn't everyone do it? Because it's so simple, it scares people. We are taught that we will only be rewarded by "hard work", and that reality is complicated, therefore we believe that the bigger our problems, the more complicated the answer must be. Nothing could be further from the truth. In fact it's the opposite.

**The more you simplify,  
the closer you get to the truth.**

The more complicated something is, the more problems and frustration you are setting yourself up for.

Ok. So here I was lying naked on a rock in the desert. I gave it everything I had. No more house, no more telephone, no more clothes, no more drivers license, no more identity, no more bills, appointments, responsibilities, ...no one to answer to ...no one to have to explain myself to, or defend myself or patronize. I didn't have to do anything. Not even live.

I was free.





## Chapter 4

# The Two Voices Inside Us.

There are two voices speaking inside you. One is in your head (your brain, logic, mind). The other one is a quieter, more calm, voice whispering to you from a much deeper place. Some say it's the heart, conscience, gut or simply "inner voice".

The mind is always logical and makes the most sense. This is the voice most people in the modern world follow, because it's the "voice of reason". Often times the things we do are things that don't really feel right, but we do them anyway because we are basically following instructions programmed into our mind. Usually it's the same things everyone else is doing. *If they are doing it, then we should too, right?* They make the most "sense" and somehow following them gives us a false sense of security. We feel like we "fit in" when we follow the logic of our mind and what people tell us.

The other voice (in our gut or heart) says things that resonate more true, even though they may be sometimes more uncomfortable. They feel like the “right” thing to do, but could possibly put us into disfavor with our friends, partner, family, coworkers, boss or society in general. It might be something nobody’s ever done before. It may be risky, even scary. We could possibly lose everything- our money, home, car, job, marriage, friends and respect. We could be laughed at or hated by everyone who sees us on social media. But somehow it still feels like “the thing to do”. If we mention this to our friends, they might think we are crazy. They might not understand us. They might tell us we could lose everything and to stop this foolish thinking. They usually want us to do the “safe” thing, and do the same thing they did. They want us to be just like them, and stay within their comfort zone.

But you are not here to live *their* life. You are here to be *you*. To blaze new horizons and do things that have never been done before. They can’t see what you see because they don’t have the same life path and same instructions as you. They are here to do something different. They have their path and you have yours, so stop asking them if you should follow your heart/gut or not.

They will give you lots of logical-sounding reasons why you should stay where you are and continue doing what you are doing, and not make irrational decisions that could jeopardize your security. First of all -

## There is no such thing as security

That's an illusion. Secondly, they are basing their opinions on what they have been told by others. And those "others" usually base what they think on what *they* have been told by others. And on and on. It may make some kind of sense and everyone believes it. It may actually work for them, but maybe it isn't right for *you*.

Don't be fooled by impressive sales talk, including stats, facts, figures, historical data, impressive calculations, studies and official information. Most information, no matter how "official" is messed up and skewed in some way. This includes scientific tests. Results can be manipulated in the direction people want them to be. Don't trust things because they sound impressive and because everyone is doing it, or buying it, or using it. Just because someone sounds like they know what they are talking about, doesn't mean it's the truth. And even if it is for *them*, it may not be the right thing for *you*.

Do not blindly follow logical information. This is dangerous and has led millions of people into unhappiness, even death.

We spend our whole lives accumulating information that we use as instructions for life. The more complex the information, the more we believe it. If it's scientific, medical, industrial, technical, we automatically like to believe it, especially if they are big words that we don't quite understand. Men like to use this to manipulate and impress women. Impressive terminology is used to sell things. It's a form of power and control over others. Don't be fooled! This left-brained way of living is what's brought the world to the brink of destruction.

Most people in the hectic modern world base most of their life's decisions on logic and information told to them by others, by the media, "experts", the government, television, magazines, scientists, doctors, teachers, friends... even strangers on the street. The last person we ever listen to ...is ourselves. Especially if it's an important decision. We don't trust ourselves. But we trust people who use fancy words and spew "facts" and impressive sounding information. Then later on we regret listening to them. But they sounded like they knew what they were talking about! What went

wrong? We made the most logical decision, but yet things didn't turn out like expected. Why?

Because my friends...

the voice of truth is inside you- not "out there"

The things other people say may be right for THEM. But they are not *you* and you are not *them*. The more you listen to others, the further you stray from your own path, identity and purpose. You will feel lost, empty, unfulfilled and confused. Things don't work as well when you use the methods of others. You have your own unique way of doing things and the only way you are going to start flowing, growing, thriving and being a success at anything, is when you start doing things your own way that comes naturally. NOT the way your logic tells you.

This is a scary thing for many. Most people trust their head, not their heart. The reason for this is our head is logic-based and seems to make the most sense. Our heart seems to be based on emotional romantic gibberish that makes no sense. It's always telling us to do things that could undermine our stability and comfort zone. But that my friends, is where life begins. Do you really think life is lived in a safe box, or outside

in the wide open infinite world of experiences and possibilities waiting for you?

The first lesson is there is no such thing as security. It is an illusion. It doesn't exist.

Anything can happen at any time.  
The difference is how you react to it.

Are you going to go through life worrying about everything that could possibly happen or go wrong? That's not living.

Secondly- when something goes "wrong", it may not be the bad thing you think it is. Don't think it is "wrong" just because it's painful or not what you want. Things are not always what they seem. Often times the "bad" things that happen to us are the best things that could have ever happened. We needed to go through that to learn something, or prepare us for something coming up. Sometimes it's a wake up call to stop us from doing something that would have led us down a dead-end street.

Whatever happens in life- don't judge it.

Accept it. Welcome it. Be patient. Observe it.  
Digest it. Watch what happens. Learn to flow.  
You will be surprised what it turns into down the  
road!

So let's recap. There is no security, except your  
inner peace. You always have the answer in you.  
But it's not in your head.





## Chapter 5

# The Cosmic GPS.

This is your secret weapon. Your greatest power.

For those of you who don't know what a GPS is, it stands for *Global Positioning System*. Almost every new car and cell phone have them nowadays. They are devices that tell you what street you are on and give you directions how to get to your destination, based on satellite positioning from above. In other words—something way up high in the air can see you, knows where you are, and tells you how to get where you're going. Many don't know this, but we've had a GPS actually inside us from the moment we were born. It's the greatest guidance system imaginable. Most people don't even know they have it, let alone how to use it. They can hear it's faint whisper occasionally, but wonder where that mysterious voice is coming from. They shrug it off and ignore it, choosing instead to follow the logic in their head. (and regretting it later)

What is this magical voice inside us?

It's the voice of Truth, God, the Universe, whatever you want to call it. It is everywhere at all times. It speaks to you through your heart, your eyes, your ears, your fingertips and your body. The truth speaks through everything. It's your choice whether you want to hear it or not. It requires some trust to become comfortable with it because it is so light and relaxed, whereas your head is loud and yelling logic at you all the time. If you think about it, most of what your head is telling you is fear-based. It tells you all the worst-case scenarios that might happen if you don't follow what it says. Your heart doesn't do that.

Think about this for a minute. If you knew the truth, the answer to everything- you would be totally at peace, sitting back relaxed, amused at all the paranoid people running around in circles yelling and screaming. That's why we are attracted to quiet, confident people, because we feel they know something we don't. They don't have to try and sell us anything because they already have it. People who try to sell us something are usually loud and irritating. They try hard to convince us they are right. They try to impress us with facts, figures and evidence. People who've "made it" don't try to convince us of anything. They don't have to. They don't need us, so they allow us to be free to do what

we want. Desperate salesmen need us, and do everything they can to scare us into submission. How many men lured women into their lives with their salesman abilities? How many people ended up with houses, cars, clothes and jobs they really didn't want because their minds were tricked by the "hot" new thing, or it made logical sense or financial sense, ...but our hearts just weren't totally into it, ultimately leaving us with an empty feeling of unfulfillment.

Your mind is nothing but a hard drive of information you have been accumulating your whole life, told to you by your parents, television, magazines, friends, teachers, history books, "experts", billboards, blogs, government, movies, urban myths, gossip, rumors, assumptions and fears. Most of it is someone's opinion. Much of it is fear-based. It doesn't matter if a scientist said it, it's still observational theory. Quantum physics has proven that the thoughts of the person doing the test can affect the outcome of the test! So think about that. That means two people can have opposite results and both be "right". Therefore, *there is no right and wrong*. There are so many opinions and opposing viewpoints, that much of what's in your head conflicts. Making decisions based on what's in our mind and what people tell us can literally drive us crazy. The more people we ask,

the more conflicting viewpoints we get. It's insane. Yet we base most of our life's decisions on this insanity. Why? Because we want so badly to fit in. We want to be accepted. We want to be liked, loved, adored, admired and looked up to. That's why we do things that others say, even though our heart wants us to do something else. We are afraid that if we don't follow the trend and do what others say, or the "logical" thing, then we might lose our friends, their respect, our house, our job, our dignity. So we end up doing things out of fear. And end up regretting it later.

What we don't realize is that those things we might lose (friends, job, house etc)... were not really our true friends anyway, or the right house or job. Whatever isn't right for us will fall away. Whatever is meant for us will stay. The things that fall away make room for the new things to come in- the things that were really meant for us. Be thankful when things are taken away. It is the natural cycle. Things must die or break so they can recycle back to the earth so new life can grow. This is the cycle of LIFE.

So you see- losing your job, your house, your lover might seem like a "bad" thing at the moment... but it will all make sense later when the right job, house and lover show up. Never

assume. Never freak out. Just let it all go and see what sticks. You will be surprised. The less you hang on, the more you let go and let things move in your life... the more great amazing experiences will rush into your life that you never expected.

The more you let go, the more you get.

To let go you need to trust that you will be taken care of. It may be difficult to accept at first, but you will eventually realize that...

**You are always taken care of.  
No matter what.**

Always. Maybe not in the way you expect or want- but you will be. I will explain later why you should let go of wants and expectations. They only lead to emotional baggage that slows you down. Anyway, you need to trust you will always be taken care of. Even if you are penniless lying on the street, you will notice a dandelion growing through the sidewalk right next to you. After reading this book, you will know dandelions are edible and a great liver cleanser. You are always taken care of. Always.

Some people call this faith. All the great teachings throughout history speak of this. You must have trust that something greater than us knows and sees more than we do. Come on, it's not hard to believe there is something more intelligent and evolved than US out there !

Anyway, let's compare it to a satellite flying around way up there, looking down at everything below. It sees everything and beams down information about what it sees. It can see what's happening in the neighbor's yard. It can see what's happening across town and on the other side of the planet. It sees what we can't see. It can send back information like "Wow! I just found the perfect mate for you! They have the exact same taste in everything and wait till you see them! He/she lives in another city, but I will send them a subtle message to start moving in your direction. I suggest you start moving in his/her direction. To begin, sell your house and move west. Start eating healthy and working out because he/she will be attracted to you more."

Now, mysteriously someone offers to buy your house and you get a job offer out west. You don't know why any of this is happening, but it feels good. (the satellite doesn't tell you about the mate) You want to sell the house, but your friends tell you the housing market isn't good

for selling and that there is high levels of radiation out west and not to do anything stupid. In other words, “logic” tells you to stay, but your cosmic GPS is telling you to go.

Do you see how this works? See how that quiet voice is nudging you and how your mind tries to negate it with fear and logic? Let’s say you give in to your friends and stay. You meet another person that has somewhat similar qualities to you and out of loneliness you start a relationship. Meanwhile, your true match is out west waiting for you, but you don’t show up, so they start a relationship with someone else. Now both of you are in somewhat unfulfilling relationships, both feeling an indescribable hole in your lives, like something is missing. But you figure that nothing is perfect, so you compromise and try to make it work with what you have. The years go by and you become more frustrated, empty, lonely and unfulfilled. The person you’re with senses this and becomes withdrawn, lonely and frustrated themselves. Nobody wants to be unwanted. Your money situation isn’t that great and your job sucks, but you must pay the bills, so you just keep doing the same boring thing every day like a lifeless drone. You become more frustrated and resentful as you watch the months and years go by. You see other people “out there” having more fun

than you. You feel like you're missing the program. You wonder if you're whole life is going to be boring and then die.

Meanwhile, the satellite above sees all this. It sees you are unhappy. It sees everything else, including your true match. Oh wait! It looks like the other person is breaking up- hey- a window of opportunity is opening! Hurry up! Get it right this time- end your boring relationship and move west dammit! So there you sit at home, having yet another argument with your codependent partner, but this time it hits boiling point. He/she suggests you end the relationship. This time you say ok. You are amazed how easy it was to agree this time. Huh. Imagine that. Your second chance has arrived. This time you act. It's now or never. You graciously give your partner everything, wish them well, get in the car and head west. You don't know where. You don't know how you will survive, ...all you know is you need to start a new life.

The rest you can imagine. :-)

The cosmic GPS will guide you through every major decision in your life. The more you learn to tune into it, the cleaner the signal you will get. The more you will trust it. The faster your progress in life. It was when I started listening



to and trusting this inner guidance that my life took off like a rocket.

Is it real? Does it really exist? Does it really work? Look, the truth is the truth. There is only the truth. (love). Everything else is a temporary illusion (fear). The truth is everywhere. You can see it in people's eyes. You can hear it in their voice. You can sense it in the air. It resonates through every cell in your body. Star Wars called it "the Force". All you have to do is quiet down and feel it. You'll know it when you feel a deep sense of peace wash over you. You just know it's the right thing to do.

The more you let the Universe (God, Truth, whatever you want to call it) work through you- the faster you will move through life, accomplish things, meet the perfect people for you, and change the world in ways you never imagined. This force is so powerful, it can literally change everything in existence. The more you trust it and get out of the way, the more power you have flowing through you, like a wide open firehose. You have unlimited power now because the Universe is unlimited. It will roar through you at whatever volume you can handle. To others it will seem like you are a miracle worker. Things start coming to you naturally- people, things, respect, money, power,

help, whatever you need to accomplish your task. All your tools will be handed to you.

Some people will start to resent you because you are now successful and they are not. They will try to pull you back down to their level. Don't let them. Move out of their world or they will keep you down. It's not your job to change or "fix" them. Many don't want to be fixed. You have your own life to live. You have many important things to do. Show the world what good you can do. The world needs more magic and love.

I suggest you read my book "The Prosperity Secret" for a more detailed explanation of how it works. Prosperity is not money. It's the freedom to do what you are here to do. Money is merely a side effect. When you start living this way, you never have to worry about money ever again. This doesn't mean you won't have moments where money is tight. You just won't worry about it anymore. Donald Trump and other billionaires went broke a dozen times. They don't care, because they know they will be all right and things will always work out when you think and live the way they do. It has nothing to do with luck, or talent, or education or who you know. I made a documentary on some of the most successful people out there, some of which

have their own private jets. They all started with nothing. Many started as cashiers at a grocery store. They are no different than you or me. except one thing- they listened to and followed their cosmic GPS. They followed their truth and let nothing stop them, even if it meant losing everything.

A good way to start this process is to realize...

You don't own anything.

You never have, and never will.

Everything in your life is on loan to you. Including your life. It doesn't matter if you are the richest person in the world with the most beautiful wife/husband living in the nicest palace. It will all be taken away someday. It's all temporarily on loan to you. Appreciate it fully while it's with you. Show deep gratitude for every little tiny thing in your life or it will be taken away quicker. Everything in the Universe is energy and energy resonates best where it is welcome. If you are always complaining, you will attract more things into your life to complain about. If you are thankful, you will attract more things into your life to be thankful for. Ever notice people in "victim mode" never seem to get out of it?

It's usually a waste of time helping people in victim mode, because they actually love being in victim mode. One of the reasons is they learned at an early age this is the best way to get attention. When they were children, the hurt crying child always got the attention and pity of grownups "*Oh you pooooor thing!*" and they would hug you and give you extra love and attention. This programming goes deep and many people have this pattern until the day they die. They are always complaining and whining "poor me" and want you to feel sorry for them. If you give them money, something will "happen" to take that money away (car breaks down, refrigerator stops working, they need medical attention etc) and they are back to where they started, with even more fuel to whine about. It's a vicious cycle and these people can drain you empty emotionally and financially. They may look and sound like angels, but they suck your energy like vampires. They can be the most adorable people in the world, and our hearts go out to them. BUT you are no good to them or the world if you let them suck you dry. I have literally seen these people send their mates, pets and friends to the grave. If you really want to help them, you must do it from a distance. Do NOT live with them. Become successful, inspire them, show them how it's done. Send them things that help self-

empower them. In other words- don't keep sending them fish to eat- send them a fishing pole and instruction book. Meanwhile, get on with your own life and start kicking some serious ass. You only have a limited amount of time on Earth and the seconds are ticking by.

You'll never have these moments again. So make the best of each one- starting right now. Decide from this moment forward that you will start doing the right thing no matter what.

Remember- if you lose anything, it doesn't matter because you never owned anything in the first place. Also, it makes room for the next thing, which is usually better. Look at cars for example. Usually when you trade in the older one, no matter how broke you are, the newer car is usually better and newer than the old one, even if it's used. Why? Because time has passed since you got the older car and things have improved and updated all around the world. Things do not stay the same. You can never go back and relive the same thing again, so stop worrying. New stuff is usually more improved and efficient. This does not mean however your life will be easier or better, because if you didn't learn any lessons from the past, you will be having similar experiences but with a new partner or car or job etc.

The important thing though is to keep moving. Don't stay stuck. If you find yourself in a boring rut, the best thing you can do is get rid of everything and start over with new energy. If things are slowing down in your life, it means you have a blockage in your life. It could be your stubborn old way of looking at things, or maybe a negative person in your life, or you are no longer doing what you are supposed to. The more you are on the right path in life, the better things flow. If you notice little synchronicities in your life, that means the Universe is winking at you and telling you to keep going. The clues are everywhere.

Don't be fooled by what people tell you. Don't follow something blindly just because everyone else is doing it. Even if it works for others, doesn't mean it's right for you. What you must realize is the message being given to you by the cosmic GPS is only for you and no one else. These are unique instructions designed specifically for YOUR mission here on Earth. You are a secret agent and these are your instructions. Do not try to force someone else to follow your way of doing things, no matter how good your intentions. If the cosmic GPS wants you two to be together, it will give them instructions to do so. But never force it. You don't know what's best for you because you

can't see everything. You have no clue what's out there waiting for you, but the traffic helicopter can see what's ahead, so just tune in, sit back and enjoy the ride. All the research has already been done for you.

Your job is to be you.

Don't copy someone else. You are unique and no one else is here to do exactly what you do. They may be similar, but they don't do it the way YOU do it. That's why it's ok to have hundreds of authors writing books about the same subject, or musicians or speakers. They all have their own style. That's what people want- the truth- spoken in a unique style.

Before you can get started, you need to clear away the clutter in your mind and life so you can hear the signal.





## Chapter 6

# Let Go.

If you want to really go places in life, I mean REALLY move and live, then get rid of everything you possibly can. Every airline pilot and ship captain will tell you the same thing - if you want to move fast, dump all unwanted things overboard. The lighter you are, the more ground you cover. I am not talking about dumping the GOOD things, just the burdens. If your friends and mate are right for you, they will stick with you no matter what. One major rule in the book of life is this...

You will always be given what you need when you get there.

It might not be what you want or expect, but your necessities will always be within reach. All you have to do is let your expectations go and be open to anything.

Your future may not be what you expect it to be.

But you will always be given what you need. Again, this requires faith and trust. It gets easier with time. I know fear of the unknown is a big factor to overcome, but it's worth it. When you go through life without fear, you will have an excitement for the unknown adventures ahead. What's your worst fear? Dying? Ok, what's the most basic fear of death? Starvation? In my book "*The Free Food and Medicine Worldwide Edible Plant Guide*", I show how most of the world's wild plants (weeds) are not only edible but some of the best healing medicine you can get. There are people who LIVE off wild plants! As soon as you learn this, you realize you will never starve again. I live in the desert and even out here, there are plants you can live off. Ok, so we have the food thing covered. What's next ...clothing? Call anybody you know, their closets are full of unwanted clothes they would give you without thinking twice. What's next? Shelter. You will always have shelter somewhere. Even bums find shelter. What's next ...love ? Speak nothing but the truth and watch how quickly people respect and love you.

Most people tell others what they *think* the other person wants to hear, so we will be accepted and liked. Nobody wants to say uncomfortable things to others for fear of losing them as friends (or losing your job). But true friends, lovers and

employers respect the truth and will like you more in the long run, even if it hurts them in the beginning. It takes guts to tell the truth. But it's all really anybody wants to hear, no matter how painful, we all want to know the truth. It's also a good test to see who your true friends are. If they stick around, they are your friends for life. If they leave you, they weren't meant to be around anyway.

## Always tell the truth.

The more you do it, the easier it gets.

Anyway, back to the subject of this chapter. Letting go. Getting rid of stuff. Lightening your load. Look at all the stuff you own. Right now. Take accounting of everything you own. How much of it do you REALLY need? I mean really? Get rid of as much of it as you possibly can. Trust me. There are better, newer versions out there. You will be given everything you need in every situation. All you have to do is recognize the potential in everything. Remember the TV show "*MacGyver*"? He could save the town from blowing up with a rubber band, a hair pin and a piece of gum.

All we really need in life is a good mood.

I was naked in the desert with nothing. Within 90 days I was driving a Ferrari. My friends, anything is possible when you let go. When you go after things (people, relationships, things, money, success), you push them away. It's when you don't need them anymore, they are handed to you on a silver platter. Walk away from your prison and start a new life. I started with nothing. I was naked.

When you have nothing left to lose, the whole world is yours. When you don't even care anymore about dying, you are free to live. My friend's father was in the Vietnam war and didn't want to live. He fearlessly walked into battles but ended up becoming a hero because he didn't fear death. Think about it. When you get to a place inside yourself where you have given up and are SO at peace that death doesn't even scare you anymore, then nobody can ever take anything from you ever again. You are invincible. You are now a person walking the earth with no fear of death, no need for material possessions and speaking nothing but the truth. When you don't fear anymore and are at total peace, you also don't judge anymore. You accept people, things and situations for what they are. You don't become emotionally upset by anything. If it hasn't occurred to you yet, these are the qualities of a true leader, and

people everywhere recognize this the moment they encounter someone like that. In fact, it's nothing short of a Messiah. The greatest people to walk the earth had nothing but a loincloth and the strength to speak the truth. People would flock to hear their wisdom. Everybody wanted a piece of that strength. They were more powerful than the government because nothing could govern them but the truth. They feared nothing, not even death. And they didn't own anything. They had no money, no house, no anything. They didn't run multinational corporations, yet they had more power than presidents.

The truth will set you free.

It's already inside you.

And the more you get rid of, the easier it is to go places, get things done and do what you are here to do.

Getting rid of things does not just mean physical things though. It also means thoughts and emotional crap that's been holding you down. This is a little harder to get rid of than physical stuff, but it's even more important. The physical stuff you acquire and have around you is just a reflection of what's going on inside you. This

includes your health, because that's part of the outer you.

For example, if you are depressed, insecure or sad, you will eat comfort food and possibly drink alcohol etc to try and make yourself feel good. You will also buy things to try and make yourself feel good. This never really works that well. It may be a temporary fix for a few hours, but then the depression returns. But people keep trying. They eat-buy-eat-buy-eat-buy until they are fat and surrounded with all kinds of junk in their big homes, big cars and big egos. They get all kinds of health problems like diabetes, irritable bowel, arthritis and cancer. And after all that- they blame it on genetics! Can you believe that? They don't even take responsibility for their own predicament. They blame it on someone else. They are just a "poor victim". They have lost themselves in a sea of material junk, fat and self pity. Of course they are in denial, so they try to keep themselves distracted as much as possible with mind-numbing TV and stimulants so they don't have a quiet moment to reflect and have a good look at themselves, because they are afraid of what they will see. They are frustrated, sad, angry, and hate others who are better off than them. This cannot go on.

The only way to change is to STOP. Get rid of everything and start over. Change your car, clothes and anything that associates you with your bad, negative past and people. Change the way you eat and think.

Again, I am not saying to throw away your lover, friends, family and pets. Only if they burden you with negativity and drain you in some way. Look at every person and thing in your life and ask yourself- does this drain me or give me power? Get rid of and walk away from everything that drains you. Let me say this again...

Look at every person and thing in your life and ask yourself- does this drain me or give me power? Get rid of and walk away from everything that drains you.

Make sure that what gives you power *is not being drained by you*. True empowerment is a two way thing. In other words, if you make someone feel good and they make you feel good, and you both feel inspired and empowered when you do things together, then keep that one. But no one in the equation should be drained or weakened by by other. Both need to be strengthened. This is the sign of a good relationship.

Sometimes it's hard to tell what's really good for you because you are so messed up, confused, cluttered, overwhelmed and unhealthy that you just can't focus and make any kind of clear decision. This is hard to do when you are full of distractions in your life, your body is unhealthy and clogged up, and your world is too cluttered with crap, you don't know where to start.

So again- the first step is to get rid of anything and everything you don't absolutely need (and you don't need hardly anything). Once you've let go, you need to CLEAN OUT what's left because your body, mind and life are dirty from the crud you've accumulated.

To move forward, you must get rid of your burdens and debt. There is no way around it. You need to make peace with everything in your life that's weighting you down and holding you back. If you need to sell everything you have to pay off your debt, then do it. If you want to file bankruptcy, then look into that. Clear all the negativity in your life. Call all the people you know that you have gripes with or that have gripes with you and make peace.



Act like you only have one week to live.

Clear everything up. Giving your prized possessions away to your enemies is a great healer. Make them speechless . Do something so amazing they can say nothing bad in return. You'll be amazed how magical this stuff is.



## Chapter 7

# Clean Out.

Have you ever seen what the water and sewage pipes of a house look like after many years of use? They are the same as the “pipes” in your body (your arteries and digestive system). They have accumulated all kinds of nasty buildup on the inside, clogging up the pipes. Arteries have plaque and cholesterol, the digestive tract has mucoid plaque and hardened black crud from years of bad food. It builds up over time until one day hardly anything moves through there anymore. Even if you started eating right, none of the nutrition would even get into your bloodstream anymore because of the hard plaque buildup lining your intestinal walls. No wonder you don’t have any more energy. No wonder you feel down and depressed. The irony is that all this crud is from the comfort food you ate to try and make yourself feel good. It’s a vicious cycle.

Eating right is very important (we’ll get into that later). But it won’t do any good if your system isn’t clean and working right. Just like a rusty old car, simply putting good fuel into it isn’t

going to do any good if the fuel lines are rusted out and clogged. You need to CLEAN OUT the entire machine first, from front to back, inside and out. So how does a plumber clean out the pipes in your house? They get a high pressure water hose and jet-spray all that crap out. That black hard plaque in your intestinal tract is the same as the black hard crap that sticks to the bottom of your cooking pots when you burn food. (no wonder nutrition can't get through!) Ok, so how do you get that black stuff off of your pots? You soak it in water right?

Water is the universal solvent. Give it time and it will dissolve and loosen just about anything. Water is miracle stuff. Our bodies are three quarters water. Without it, you would be a little pile of dust on the floor. It's what cleans the air and gives life to the land. It keeps nuclear reactors from melting and it's what is going to save your life. You are going to run water through every part of your body until you are a new person. And I am not just talking about drinking it and showering.

All great teachings throughout history speak of this. Almost all religions and pretty much any natural healing book or internet site that isn't selling something will all say the same thing.

To help heal anything in your life- *FAST*.

Gandhi did it. Jesus did it. Bob down the street did it. It works.

What is “fasting”? Well in a nutshell, it means stop consuming. Stop stuffing your face with food. Stop buying stuff. Stop being a pig. Stop eating. Yes, stop eating. The only thing that should go in your mouth is water or green vegetable juice. That’s it. For as long as you can. This does not mean fruit juice because juicing fruits concentrates sugar too much and sugar feeds bacteria, viruses, disease, fungus, mold, yeast and parasites. The most powerful fasting is drinking nothing but water for as long as you can. For some people it’s three days, for others it’s several weeks. After the water fast, then only drink fresh green vegetable juices. Get a juicer and juice celery, spinach, parsley, any green leafy thing, and maybe a green apple and a carrot. The book “*Heal Yourself 101*” has more info on this.

O.k That’s what goes in your mouth. Now for the fun part.

Your plumbing needs cleaning out.

Time to call the plumber.

Ok. you may get a bit squeemish here, but remember, it's just water. Water is the best, safest, healthiest cleaning substance on Earth. You've spent a lifetime clogging up the inside of your vehicle (your body) with mucus-forming unnatural foods like bread, pasta, pizza, cereal, candy, cakes, cookies, anything made with flour or sugar, cheese, milk and cooked dead junk food, which has left your entire digestive tract coated with a black, hard mucoid plaque similar to the stuff that sticks to the bottom of your pots. This needs to be cleaned out for your body to function properly, so you can get your energy back, get rid of your depression and think clearly again. (Yes it clogs your brain too). SO, like the plumber and the kitchen pots, you need WATER to clean out your body's plumbing. So here we go.

Get a *rubber enema bag* and several gallons of good water (filtered spring water or distilled water). What is an enema bag? It's a flat, square rubber bag (traditional hot water bottle) about the size of your head (usually red in color) with a tube coming out of it that's a meter long, and a nozzle on the end. It holds about half a gallon of water. You can get them in most drug stores. Sometimes they are sold as a "hot water bottle / douche / enema kit and cost less than 10 dollars. Really cheap. If you can't find one in your local

drug store, just get one online. Stop being squeemish and just do it. You'll thank me.

The basic concept is simple. Fill the rubber bag with body-temperature water (same temperature as your finger), stick the end of the hose in your butt, let all the water run inside you, then let it out into a toilet. Repeat until you are clean. It's that simple. Sure go ahead. Say no way. Say "that's disgusting!" Really? Did you know the average person carries around 5 to 10 pounds of old hard fecal matter in their body that's been there for YEARS?

You don't think THAT'S disgusting? Did you know that a clean, healthy person does not smell when they go to the bathroom? If your poop smells, that means something's dead and rotting inside you and if you don't clean out your insides, they will continue to rot until you get a horrible disease spreading through your body. NOW tell me what's disgusting!

It's your choice.

Do you want to be healthy, clean, alive, happy and free? Then listen up and do this. It's only water. Geeez. Get a grip. This is the easiest, cheapest, fastest and most effective way to heal yourself of almost anything. If you have a

headache, try it and be amazed how fast it gets rid of a migraine. If your head is congested, watch how fast it unclogs you. Yes! I know. How can something “down there” unclog something “upstairs”? It’s actually basic plumbing physics. Think of a gumball machine. Pull out the bottom gumball and all the ones above it fall down lower. You might say “but it’s an exit, not an entry”. Sigh. Yes but you have ten pounds of old smelly crud that’s not exiting! You have been eating unnatural foods and crap most of your life, so you need to do something a little out of the ordinary to get rid of it. Look, accept it- until you do this, you are full of shit ! This hard crusty crap is what’s stopping you from having the energy you need, it’s what’s making you sick, it’s what’s robbing you of your youth, your good looks, your hormones, your memory, your vitality, and your future. You are driving around in a vehicle that’s barely functioning because the fuel lines are clogged. Your car is probably cleaner than your own freakin body !

And no, simply taking laxatives or bowel herbs isn’t going to clean you out like this. Fiber and psyllium only “sweeps” but it doesn’t dissolve like water does. In my book “Heal Yourself 101” I have instructions how to do an enema. It’s real simple. Get on the bathroom floor with your butt



higher than your head. Hang the enema bag on a towel rack or cupboard handle higher than your butt. Lube the nozzle at end of the hose with olive oil or coconut oil, stick the tip in your butt (about 2 inches) and let the lukewarm water run in. If it gets too freaky or overwhelming, pinch the hose for a moment until the sensation subsides. If you're really full of crap, then you may not be able to get a whole bag in at first. Go to the toilet and keep doing it until you get a whole bag of water in. You will be amazed how full of shit you really are! Once you get a whole bagful of water inside (about half a gallon), you will be sitting on the toilet for half an hour and have about 6 good dumps. You will be astounded what was inside you!

If you're really sick, do this several times a day. If you are fasting and cleansing, do it once a day. If you think you're fine, do it several times a month for regular maintenance, no matter how healthy you think you are. The world is toxic nowadays. The air, water and entire food supply is contaminated with jet fuel, car exhaust, heavy metals, pesticides, chemicals, preservatives, plastics etc. You must clean regularly.

If it isn't possible for you to do this right now, then do it when you can. Do NOT avoid this. It is super important.

Now to clean your head and sinuses. Get a NETI POT. It's a little teapot-shaped thing you can get at a health store or online. Fill it with lukewarm, clean, safe water with a tiny bit of salt dissolved in it. Stick the spout in one nostril, tilt your head sideways over a sink and let the water run through your sinuses and head until the water runs out the open nostril on the bottom. Switch nostrils and do it the other way. Do this several times until your head feels so clean you will wonder why you didn't do this all your life.

So let's recap. Water in your mouth, butt and sinuses.

Got it?

I have videos on Youtube describing all of this. You can access my free videos and articles at [MarkusNews.com](http://MarkusNews.com).

OK, so now that you have flushed out your body with fasting, water and green juices, it's time to flush out your mind, emotions and beliefs. Remember, it's all connected. If you're eating comfort foods it's probably because you want to comfort yourself emotionally. It's time you had a good look at what you need comforting from. Do you take stimulants (coffee, energy drinks etc) because you are otherwise too tired? Why?

Why are you tired? What's sucking your energy and draining you? Why are you lacking motivation? Whatever it is needs to be dealt with.

One thing that affects your energy levels is an unclean body that's gummed up from eating junk food, cooked food, bread, pasta, cereal, cheese, milk and other unnatural things. This clogs your liver and colon. The liver is where your energy supply is produced (glucose/glycogen), so if you eat comfort foods, it may make you feel good for a moment, but really bring you down in the long run. The liver is your body's filter (like a car's oil and fuel filter) and when it gets clogged, you will feel sluggish, weighted down and depressed. So pay close attention to how you feel physically, it may indicate what's going on inside your body. When you clean out your body, all kinds of emotions can get stirred up because you're clearing out old energy that's been gummed up inside.

The next thing to clear out is your old thought patterns. I go more in depth on this in the book "The Prosperity Secret", but the general thrust of this important subject is that everyone has a complex belief system, most of which we should get rid of. Ninety five percent of people are not

prosperous or free to do what they want. This means that ninety five percent of what we believe is garbage. Most of what we've been told by others is folklore that's been handed down for generations. It's fear-based and holds us back from being who we really want to be. We want to do things, but our thoughts, fears and "logic" tells us not to. Are you going to spend your whole life listening to people who are living boring lives? Do you want to be like them or do you want to be a pioneer in a new world? Do you want to be a hero?

Heroes don't follow others,  
They lead.

They do things no one has ever done before. They follow their hearts. They blaze new trails. They listen to the cosmic GPS. Heroes don't care what other people think. They are open to accepting that common belief and knowledge is flawed.

If you want to be limitless, you  
must throw away limitations.

Stop listening to what you cannot do. Heroes see that as a challenge and say "*Oh yeah? Watch*

*me!”* I am not talking about breaking the law or hurting others. I am talking about finding ways to HELP others in ways that have never been done before. People used to think it was impossible to fly. To go to the moon. To heal cancer. To find the perfect mate. To never have to work again. To be able to travel the world, do anything, anytime. The impossible is possible my friends. People are proving it daily. And it all starts with you saying *“I don’t care what others say ...I’m doing it anyway!”* The more you pull the arrow back, the further it flies. How far are you being pulled back? Use this energy to launch yourself into a new way of living.

In order to do this- you MUST let go of all your limiting beliefs. The arrow flies when you let go.

## **Examples of Limiting Beliefs Holding You Back:**

- Money is evil
- Money corrupts and makes good people turn bad
- Rich people are bad people that live off the poor
- You need to work really hard to make money

- You need a college degree to make it and get a real job
- Everything takes time
- You need to know the right people
- It takes money to make money
- You need to be super intelligent to “make it”
- You need special skills, talents or abilities to “make it”
- There’s only so much to go around
- I can’t afford it
- I’ll do it later when I make more money
- I have to do everything by myself
- Any kind of resentment

## Chapter 8

# Shift Your Perspective.

If you see rich people as something different than you, you will never become rich or successful. If you think money is bad and rich people are evil, you will subconsciously never let yourself become rich. Sure there are bad rich people. But there are just as many bad *poor* people. If you don't think so, go to a ghetto sometime and check out all the pimps and drug dealers. I've been all over the world, from the worst ghettos in India to the most luxurious palaces. I've met some of the richest people in the world and heads of government. I interviewed them and featured a number of them in my Prosperity Secret DVD set documentary.

Not only are many of the wealthiest people also some of the nicest people, but when you listen to them, you will notice several things. First, they are normal people like you and me. They don't look, think or act any different. They started as grocery store bag boys, foster children and even homeless people living in chicken coops. Yet

they all rose to live their dreams. Some have their own private jets. They can do anything they want, anytime, anywhere.

One major thing they all did was realize money is not something you go after. They simply did what they loved doing, and they did it in a way that came naturally to them, in their own unique style, and they did it well. It was something that people wanted. Something that helped others. Success comes to you when you start giving people something of value. Something that helps them, even if it simply makes them feel good.

Success comes when you come from your heart.

Money is just a side effect. A reward for following your heart.

Remember, if you go after something, you chase it away. Create a loving world that people will want to be a part of, and they will come.

Create beauty and beauty will come to you.

If you only learn one thing from this book, make it that last paragraph. I will repeat it...



Remember, if you go after something, you chase it away. Create a loving world that people will want to be a part of and they will come. Create beauty and beauty will come to you.

It's not about money. Money does not mean success. Success is the freedom to be you and live your dreams. Rich people often do not pay for anything, it's given to them. In other words, they didn't need money. But what they DID need was the perspective of a fearless successful person. THIS is what people invest in. It is what draws things to you. Perspective (how you see things) is what helps rich people become rich again, even after they've lost everything and went bankrupt. It's also what keeps poor people poor. One example is poor people who win the lottery, and then two years later are broke again.

I can't say this enough...

## How you think and see things is what determines your future.

If you are a frustrated, negative person that's resentful of others who are better off than you, you will NOT become free and successful. You MUST see the good in everything. Only then will life see the good in you and allow good

things to come to you. If you are a negative person and go after something good, you will only corrupt it and kill it with your negative energy. If you are a positive person, you can take a nothing situation and turn it into something great.

Do you think people want to be around negativity? Nobody wants to hang around someone whining “poor me”. Remember, most people are in some kind of prison of their own. Even if there is no guarantee, they will flock to anyone who says “*I think I know a way out*”. Those words will perk anyone’s interest. No soldier is guaranteed they will return alive, but they will risk their life if given something to believe in. What people need is a battle cry. A call from the heart. Something that rings true. Something that stirs our soul, wakes us up and makes us take a stand. We want to make a difference. We want to know we did something of value with our life, that our time on this Earth was worth it. This my friends is what it’s all about. It’s not money. It’s not a big house. It’s knowing we turned the tides of history and brightened the world in some way.

It doesn’t matter how small or how big. We will never know how much influence we made, we just know we did the right thing. It could be

something as simple as saying something nice to a homeless person on the street. Maybe they were about to end their life, and maybe your one kind gesture saved their life. Maybe they went on to become someone that changed the world.

Every word you say, every thought, every little thing you do

...sets into action a chain reaction so infinitely profound it would blow your mind. This is quantum physics. The moment you have a thought... any thought... you have already changed everything in the Universe forever.

Be careful what you think.

It doesn't matter how poor you are. It doesn't matter if you are naked and dying in the gutter... if you are having a thought, it is changing everything everywhere. You are just as powerful as the most powerful being that ever was. You are changing history right now. Stop looking for the answer. You *are* the answer. Stop waiting for someone to save you. Only you can save you. Stop waiting for anything, because time does not really exist. The moment you have an idea, everything changes.

Inspiration is all you need.

Do whatever it takes to be inspired. Do whatever it takes to change your perspective from victim to hero. The world has too many victims and not enough heroes. Be the first one in your circle to have the courage to step out. That's all it takes to set into motion a new world ...one person willing to step out. Be that person.

You don't need to know  
“the answer”.

All you need to know is that someone has to step out and it might as well be you. Stepping stones will appear as you start walking. Just put the first foot out and start walking. The cosmic GPS will show you the way. You might not even be the one who goes all the way. Maybe your job was just to inspire someone else to also step forward. We are all part of a team. Someone has to go first. Then someone with more special skills will take over ...and so on. This world was built by a community. It's a great feeling being part of something much bigger than us.

We can't possibly see where the road leads, we can only see the piece of road we are on. It's like driving at night with the headlights on. You can only see 200 feet in front of you but yet you

are roaring down the road at 70 miles per hour because you have FAITH the road will continue. There is no guarantee the road won't suddenly end, but we are driven to continue. This is the road of life.

Imagine walking in the dark with a flashlight. You can only see a few feet in front, but you keep walking and slowly the path appears as you walk. This is the road of life. You might go a bit to the right or left to avoid obstacles, but you keep going.

My friends. Start walking. Start driving. The path will appear.

The truth is your flashlight. It will illuminate the darkness and show you the way, one step at a time. Follow it. Yes there will be obstacles along the way. The road will be bumpy in places. It will be uphill in some areas. But the way will continue. You will pick up friends along the way who will support you, and you will probably also stir up some resentment from others along the way. These are people who sit on the side of the road feeling sorry for themselves. They are hoping to hitch a ride on the back of someone, ultimately weighting down and slowing whoever tries to help them. They will resent you for moving forward in life while they sit there in

self pity. They have to learn someday that the only way they are going to get anywhere in life is to get off their ass and start walking the road just like you did. It's not your job to wait for them. Your job is to make them aware of the cosmic GPS and show them how legs are used to walk. Their road will be different than yours. Wish them well, no matter how angry and miserable they are. They need love more than anyone.

Do not be one of those unhappy people. Misery loves company. Stop being a victim.

## YOU ARE NOT POWERLESS

You are more powerful than you could ever imagine. What you do with that power is up to you. There are always people who abuse this power and go a little crazy and kill millions. Be aware, truth always wins. Always. It may take a moment for the allies to band together and save the day, but they will. My suggestion is to be one of the good guys. It makes for a more happy ending. Anyway, the point is that whatever you are thinking determines the type of movie you will be acting in. If you are a grumpy miserable unhappy slug, then you will be in a world of miserable slug people. If you don't like this scenario, then I suggest you immediately stop

hating, judging and resenting others. Don't waste your time with negativity. Get on with the good stuff.

You may say *"but I'm a nice person, and bad stuff keeps happening to me"*. That means you are still in victim mode. The issue isn't if you are a nice person or not. It means you are in victim mode, which has been created by your belief system, which has been programmed into your head by your friends, family, the media, folklore and public hysteria. You need to change the way you see things. It's not something "bad" happening to you. It's an opportunity to launch you into a new way of living. If something broke, find a way to fix it so others won't have the same problem you did. This is how famous inventions are made. Someone invented the "Snuggie"- a simple blanket with sleeves for people laying on a couch at night watching TV so they can stay warm. What a simple idea! It made multi-millions. A friend of mine was dying of boredom, so he had the silly idea of gluing a strip of fur onto a rock and calling it a "punk rock". He sold millions.

Another person lost his legs in an accident. Instead of feeling sorry for himself, he invented revolutionary artificial legs that allow him to

walk and run faster and better than people with normal legs.

Did you have a unique bad experience you would like to warn others about? Write a book about it. The worse the experience, no matter how horrific, the bigger the chance of you getting on TV and becoming an activist that can save other people from having a similar experience, possibly saving the lives of thousands of innocent people, animals etc.

Are you upset with something? Do something about it and share it with the world. This is how you make your mark. Even if you don't know how to fix it, create a website blog. Become "the place to go" for other people with the same problem. The internet has changed frustrated housewives and unemployed weirdos into successful entrepreneurs with huge followings.

A victim sees nothing but problems. Do you want to live or die? Start seeing opportunities.

**The way out is to see everything as an opportunity.**

Whatever sucky situation you are in, there are probably thousands or millions of other people



going through the same thing. So open a forum with ads on the sides that make you money when people click on them.

Hitch a ride on the garbage truck as it leaves the ghetto. Don't live in a world of excuses. Create opportunity. If you are swimming in manure, bag it and sell it as fertilizer. It's called recycling and it's the future. All great ideas once came from something else. Things die, they recycle and grow new life. You need to see this in everything. Stop seeing something as "dying", and start seeing what it can be turned into. Be a survivor. It's all perspective. Some people live in a ghetto, spending 500 dollars a month on a slum apartment. My friend Matt took that 500 bucks, got a plane ticket to Hawaii, went into the jungle and lived off coconuts, mangos and papayas while sleeping on the beach under palm trees. You can live in paradise my friends. Nobody is forcing you to live in the ghetto.

We are never given a problem without the answer being nearby or contained within the problem itself.

Problems are great opportunities.  
Start changing the way you see  
things.

No more whining. Start shining.

## Chapter 9

# Clean Up, Organize.

It doesn't matter how little you own, you need to do this. If you lack motivation, feel stuck and are having a hard time moving forward, then you have a blockage in your life. As mentioned earlier, a good start is with your body. I'll bet most of you skipped the body cleansing part and jumped ahead looking for something easier and more fun to do. Sorry, you can't skip that part. If you are clogged up inside, your body and brain will not have any energy, you will be depressed, negative and lack motivation. OK, let's say you actually cleaned out your body. (I'm trying not to snicker in disbelief) ok, whatever. I'll even assume you got rid of most of the material crap in your life that you never use. Chances are you still have too much stuff and don't even know it. Let's start with your computer. Do you have any idea how much crap is in your computer? How about those emails from 2 years ago? How about those boring pictures of your family's barbeque three years ago? Or those three hundred "selfies" you snapped with your cellphone in the bathroom that nobody really cares about. How

about those songs you downloaded but never listen to? Do I need to go on?

How about your desk? Are there papers all over it? Are there stickie-notes all over the wall? What crap do you have in the drawers you've had for years but never use?

How many clothes do you really wear? I'll bet two thirds of your wardrobe is collecting dust and never gets worn.

Let's go have a look at your garage, (evil laugh). What's that? *No*? Don't go in the garage? Why? Ooooooh, I see... that's where you put all the crap you said you got rid of from the house. Ahh. You just put it somewhere else. You didn't really get rid of it. You just hid it out of sight and are in denial of it. Do you actually think you are fooling yourself? You know you still have it. Come on. Putting stuff in storage is NOT the same as getting rid of it! Forget the garage sale. Give it all to your friends or donate it to the cat and dog shelter. Giving away stuff is more empowering than selling it.

I will say this one more time. Get rid of everything you don't absolutely need. I mean it. Do you want to get on with your life or not? Stop with the sentimental keepsakes. Ok, keep a

couple, but not enough to fill an entire room.  
Geesh.

Now let's go through the kitchen and pantry.  
OMG- look at all the utensils you never use and  
the boxes of cereal, flour, chips, macaroni and  
cheese, old cookies, snacks and what is this?  
You call this food?

**CLEAN UP !!!!!!!**

Unclutter your desk, kitchen, workspace,  
closets, garage, storage spaces, car, attic,  
basement, schedule and mind.

Get rid of everything you don't absolutely need.  
Pretend you are being evacuated and have to  
move out next week and can't take a lot with  
you. Because you ARE being evacuated (to a  
new life) and there is no time or use for any of  
these sentimental trinkets and old energy you are  
hanging on to.

You have high-powered important guests  
coming over and you better clean up big time.  
These guests can see everything. They can see  
through walls. They can read your mind. They  
can tell if you are genuinely ready to take the  
journey to your new life. The cosmic GPS is  
watching you right now. You can't hide the

truth. Clean up your act like your life depends on it. Because it does.

I will say this again. You cannot hide the truth. And you cannot hide *from* the truth. The truth is simple. It's very elegant. And it's the most powerful force in the Universe. You can't cheat it.

You can't stop the inevitable.  
Only postpone it.

The truth is simple, elegant and clean, so to be in line with the truth, you must also be simple, elegant and clean. You must be transparent like the truth. Nothing to hide. You must be ready to act on a moment's notice without hesitation. You must be willing to give up what you know and act on "what feels right". You cannot live in fear. Security does not exist. Be the truth, live the truth and give the truth. The truth is simple, so you need to be simple. Consolidate. This means take twenty things and whittle them down to one. Take everything you know and have, and always break it down to it's simplest form. The simpler, the better. This is a basic rule of success. If it's too complicated, no matter what it is, it's going to be a hassle and asking for trouble. Simplify, simplify, simplify.

Always look for the simplest way to do something and throw the rest away.

Fat people don't live long. The same goes for any category in your life that has too much "fat". Lose the weight. Lose your stuff, your mind clutter, your agendas, your fears, your expectations, your regrets, your thirty pairs of shoes, your hats, your clothes, all the negative people in your life and everything else... until your head is empty and clean and ready to receive a new life. If you make space, new things will come into your life to fill those spaces. Guaranteed. Absolutely.





## Chapter 10

# Relationships.

Everything is a relationship. Not just with someone of the opposite sex. It all starts with the relationship with yourself. How you deal with yourself affects everything everywhere. It affects how you see and treat others, and therefore how they see and treat you. How you feel about yourself affects how you make others feel. It affects all your choices. It creates the relationship you have with everything - the relationship with the food you eat, your clothes, your job, your friends, your house, your car, the people you meet on the street, your relationship with the waitress at the restaurant and the guy at the car repair shop. It affects your relationship with the person sitting next to you on the airplane and the potential client on the phone. How you feel inside yourself affects everything everywhere. It affects the next person, which then affects the people they meet which affects the people they meet and the choices they make. You have no idea the power you have to influence everything everywhere. It ultimately affects the entire Universe so much that the echoes of your thoughts and decisions shape the

world in which you live. This means it all comes back to you. You are ultimately living in the garden you planted the seeds in, or swimming in the sewer of your own shit. You decide. You helped create it.

Where did all this come from? What formed your thoughts, emotions, decisions and viewpoints anyway? Remember, you have two voices- the one in your head and the cosmic GPS in your heart. Most people listen to the voices in their head. This is the voice they believe the most because it seems to make the most logical sense. It's what they've been told by other people all their life. It's backed up by facts and figures from books, the internet and the six o'clock news. Scientists and doctors said it, so it must be true. We base our decisions on what the popular trend is. If others are doing it, then we should do it too. They must know what they are doing, right? I mean, someone must have researched it first, right? We base our relationships and decisions on what society has been doing for hundreds or thousands of years.

No wonder the world is so messed up.

We are trained to follow instructions and not question things too much. Don't question your parents, they know best. Go to School. Sit in

straight lines. Don't question the teacher, they know everything. Get a job. Don't question the boss. Get married. Treat your husband/wife like you have been taught. Have kids. The process repeats.

It's only now that we are realizing that our parents didn't really know much at all about parenting. Most people's parents were in their twenties or thirties when they had us. We didn't think much about it when we were kids, because we were just kids. But when WE grew up to be twenty or thirty, we were just getting started in life. We were just guessing what to do. Then when we were in our forties and fifties, we look back to the twenties and thirties and realize how immature we really were and how little we really knew about anything. And THIS is when we had kids, and they learned from us?! Kids are being taught by immature kids. And this is where the patterns start that determine the choices we make later in life and how we treat people.

Do you see what your mind is based on? It's nothing but a messy collection of other people's opinions and guesswork. That's right, your parents had no clue what to believe or not believe, so a lot of their life and what they taught you was based on guesswork. Now years

later, you are gambling your life, your job, your relationship and your future on what your parents, friends and the news has been telling you.

Years later you find out that most of that was not even true, or at least royally messed up. What if you live in one of those countries where women are treated as secondary lesser beings that have no say in anything. Imagine being a child raised in that culture. Imagine what relationships are like in that situation, and how unsatisfied everyone is. How can anyone be fulfilled and treated right when they are with someone who isn't free to be themselves? Yes that sounds terrible. Whew. Glad we aren't living THERE, right?

Well think again. Even in the modern world, most people are all in some kind of personal prison. Women are prisoners to men and their desires and money. Men are prisoners to the money system, their job, the creditors, banks, government, police and most of all ...men are prisoners to their egos.

Many women are put into uncomfortable positions of having to "please" their man even when she doesn't want to. If you're not with the perfect person, it becomes a real sore spot for

the woman to have to always make food, dress and act a certain way, perform sexually on a regular basis, and of course keep the house clean and take care of the kids and groceries. And the man wonders why she's not in "the mood". This frustrates him, so he becomes cranky and withdrawn. This makes her more distant and slowly they drift apart. The stress and pressure of the man having to make money and the wife having to be sexy despite all her duties is a recipe for unhappiness and disaster. So now we have a woman stuck in an uncomfortable position and a frustrated man going to work. Everyone they both talk to can hear the frustration and tension in their voices. This makes the people around them uncomfortable, affecting their ability to make clear choices. The company starts losing business because it's no longer being driven by passion and love, only making money. Your situation may be different, but do you see how everything affects everything? The relationship better be awesome from the start, or frustration is inevitable. Do NOT enter a relationship expecting someone to change! Do NOT see the potential, see what you have and never expect it to change. Always ask yourself from the beginning "*If this person never changes, will I want to be with them for the rest of my life?*"

People do change, but they change on their own. You can't make them change. In fact if you try to force them, they may rebel and purposely stay the way they are just to spite you. People want freedom and they will do whatever they can to prove it. Maybe it's YOU that changes, not them. Everything eventually changes, but at different speeds.

No matter what though, respect everyone. It's very important that you are in a good, positive energy, at least a place of peace.

Remember what it's like to be in love? When you first meet someone and you have those butterflies and everything is magical? Somehow everything in your life is magical and going great during that time. On the other hand, did you notice when you're in a funky mood, that all kinds of funky stuff starts happening to you? You try to snap out of it, but more and more "bad" things just dump on you all at once.

Well a good start is to get back into that place of love and stay there. Sure challenges will always pop up, but if you are always coming from a place of peace and love, the challenges won't hit as hard, and you may actually see them as creative opportunities. How exciting it is to be with someone who sees everything as an

opportunity, not a problem. Some people actually get EXCITED when a problem arises. They are like kids. To them, it's like a secret agent getting an assignment. They know there is always an answer to everything. Some couples are so close, they are willing to jump into fire together. Nothing can separate them. They love each other so much, they never want to be apart. They hope they die together. Is this you? If not, you have some decisions to make.

Do you want to go through life simply existing? Is your answer to simply "settle"? Were you programmed with the belief that nothing is perfect and we must always compromise? People get together and stay together for the wrong reasons. For some women it may be a sense of security (there is no such thing), for men it may be something to come home to when all else fails (come home to what? Someone who's only half into it?) Do you have the attitude of *"It's better to have something than nothing at all, even if that something is dysfunctional"*? Do you have the fear that you might not find anything better? Are you going to sit around moping for the rest of your life wondering if this is as good as it gets?

You are not here to simply exist.

If you want to set the world on fire, you yourself must be on fire. You must be like an eager racehorse, kicking to be set free, a rocket with enough explosive power to launch into space, a rock star with the power to ignite millions around the world. To get this, you must be willing to let go of everything holding you back. Defeat is not an option. You look around at the other soldiers and say “who’s with me!”. Those who are meant to be with you in life will stand up and follow you into battle. Those who aren’t will fall away. The only way you’ll know is to simply charge into battle and see what happens. There is no turning back. Once you charge, you are committed. And the greatest adventure of your life has begun.

Those that do things *despite their fears* are the ones that change the world.

You might be surprised. The person you think you are going to lose after standing up for what you believe in, may actually support you. You never know until you step forward and claim your power. This is where your true allies will join you. New ones will show up out of nowhere when you least expect. Your friends and lovers may leave you, and after thinking about it for a



while, may have a change of heart and rejoin you and your cause. Remember- it's all just a test. The cosmic GPS is watching, and will bring together whatever is needed to complete the task. You will never be abandoned.

**Yes you will be alone, but you will never be powerless.**

You are here to make a difference. But you must stand up first and claim your space. You are special and unique. No one else can do what you are here to do, the way you do it. Those who don't support you are only holding you back. If you don't have anyone supporting you, they WILL show up once you step forward into the unknown. I guarantee it. It's a big test. You need to show and prove to the Universe you are ready. When the student is ready, the master will appear.

Some of you will say *"That sounds all great and peachy, but we have kids. We can't just give everything up."* Once again, you are using someone or something else as an excuse. You're using your kids as a means of security so you stay in the same house, with the same husband/wife, the same job, the same school, the same everything. This is called FEAR. You think it's

better to have something dysfunctional than nothing at all. Well first of all, you can never have NOTHING. You will not be on the street penniless, and even if you were, it would be for a tiny moment before the next big thing. It's always darkest and coldest before the dawn. Freedom is life, suffocation is death. What are you teaching your kids? To give in, surrender, bow your head in defeat and let others suck your energy, your life and your purpose for living? That having a relationship means not being happy, arguing all the time, being stressed all the time, doing things you don't enjoy to pay for stuff you really don't want just so you can survive another day in unhappy emptiness?

Or are you going to teach them what it's like to actually communicate, open your heart and voice your dreams? Don't you want to be an example of standing strong despite any hardship? Don't you want to show them they can survive, even if they have nothing? That it's ok to walk away from what doesn't feel right? To never be a prisoner to anyone or anything. To follow your dream and never give up.

You are creating the future right now.

Create strength. Create Beauty. Create Love.  
Live in Truth. No matter what.

Be a hero. Create heroes.

Stand up for your own freedom, and you will give others the strength to stand up for themselves also.

Someone has to be the first.  
It might as well be you who has  
the balls.

Go for it.

Make the Universe proud.

It's all a test.

If you are not happy, you are killing yourself and everyone around you. By setting yourself and them free, you are allowing THEM to also live. We all need to be in full power so we can make a difference in the world. Life is short, so the sooner we get on with it, the sooner things can get better for everyone.

And guess what? By setting someone free, they will love and respect you even more than holding on to them like a prisoner. If you allow them to spread their wings, they will gain more power and can ultimately help you more in the

long run. I'm not necessarily talking about financial support here- remember- money is just a side effect of success. No, what I'm talking about is something much greater. If you give someone freedom, they will help you in ways you could never have imagined.

## Chapter 11

# The Importance of Freedom.

Freedom is inevitable.

For everything, everywhere.

You cannot stop the inevitable, only postpone it. The sooner you let go and let it happen, the sooner you will be rewarded with your own freedom. The basic rule of freedom is if you want freedom (to be yourself and do anything), you must give others freedom. This means totally. NO JUDGEMENT. No expectations. No resentment. Just step back and let them be. Everyone. Your lover, your kids, your friends, and especially -yourself.

You've heard the statement "Set it free, if it returns, it is yours". There is truth in this, but some clarification is necessary.

## You don't own anything.

You never have and never will. You don't own your lover, and they don't own you. You don't own your kids. You don't own your car, your house, your things, ...not even your own body or life.

It's all on loan to you.

Everything.

If you think you own something, you need to change your perspective fast if you want peace in your life, because if you don't, you will feel serious pain when things get taken away or leave you. Sure it's sad to see things go, but you must understand that life is movement, stagnation is death. Everything needs to go through it's cycles and you must let it. You do not own anything, and you cannot put things in a box or try to control anything, because you'll kill it. Butterflies are beautiful, but if you keep it in a jar, it will die quickly. Is that what you want? It's much better to allow the butterfly to fly around happily, and if it comes back and lands on you again, it makes the moment a thousand times more special than if you captured it and forced it to be with you. You cannot "own" a flower. It will die. Beautiful

things are meant to be free. If you want to watch someone age quickly, set a bunch of rules. If you want to watch someone shine with happiness and gratitude, set them free. If they genuinely want to be with you, they will be.

It's your fears that keep you prisoner. You think that if you don't control everything, that it will all run away and be out of control. Usually the opposite is true. The more you say "*no, you can't do that*", the more they want to do it. The more of a grip you hold on someone, the more they will want to run away. Don't you want to know that the people in your life are there because they want to be, not because they feel obligated, or even worse, you are holding them prisoner in one way or another?

All anybody really wants, is to be free. Free to be themselves, and express themselves in a way that feels natural to them and makes them feel good. If you supply a nurturing, loving, supportive, inspirational environment, they will likely stay. If you set rules and have expectations, they will feel pressured, uncomfortable and lose their spark. Depression will set in and you'll probably not even know why, because the "rules" may be unspoken. Most have expectations and assumptions of how the other will behave or should behave. If they

don't meet these expectations, we become upset and they sense this, making them uncomfortable also, leading to both sides treading on eggshells and ultimately the relationship deteriorates to where both are unproductive and depressed. Communication is everything. Never assume. Freedom of self-expression is SO important, it will make or break any relationship.

Stop thinking that giving someone freedom will result in uncontrollable crazy behavior. Usually the opposite happens. It's the controlled ones that go crazy, (office workers that go crazy and shoot people). Even if the person THINKS they are being controlled, they will go crazy, even if they aren't actually being controlled. (like hippies who think everything is a government conspiracy). No. True freedom is just that. True freedom to be yourself and not worry. Never having to look over your shoulder or have any kind of paranoid thoughts.

Peace and freedom comes from sitting back and appreciating beauty, not controlling it or trying to own it. You are wasting your time if you try to own something. It will deteriorate at some point. All the things in your life should come naturally to you, stay with you as long as they want, and then leave when the time is right and natural. This may be next week, next year, or the



next lifetime. Giving someone or something freedom does not mean they will leave you in this lifetime. As a matter of fact, separation is an illusion. Nothing can ever really leave you, because energy doesn't die, it just changes form. Even if you physically are apart from someone, there is still a relationship. You can be intimately closer to someone a thousand miles away than someone in the same room as you. Don't be fooled by the concept of separation or death or the "end" of something. The love will continue. Only the fear and uptight energy will fall away over time. But love and respect will always remain. Why? Because it's the truth, and truth lasts forever.

I will say this again, because I know how fearful people are and how they think. Nobody wants to be alone. I am not saying that giving someone freedom will mean they will leave you. It means they are free to do as they please, and if they choose to, they can spend the rest of their lifetime with you (and maybe many more after that)... and if you want to look at the really big picture- eternity. Because you see, we will never be apart. Ever. There is great peace in knowing we will ultimately never be abandoned or alone, although it may seem that way from our little human perspective.

We can't see or know everything as a human being. If you think you are an expert and a know-it-all, I seriously suggest you give that a break also, because that in itself is a prison. Don't waste your life thinking you are better than someone else because you know more than them. You don't. If there's one thing you need to learn from this book, it's that the stuff in your head isn't going to be worth much in a little while. Nobody will care. But the stuff in your heart will last forever. So which one are you going to start listening to and making your decisions from? Stop living in your head. It's suffocating you and everyone around you. Set yourself free and everything else in your life. Now you made room for the miracles to start happening.

I just got back yesterday from an "unschooling" convention, a gathering of families where parents let their kids do what they want. The kids do not go to school. Life is their school. They learn by having real-life experiences in the real world. They learn things like math and currency at a very young age by having an allowance and buying their own things at the store with their parents. They get to learn what they are interested in, not what they don't like. And the results are nothing short of amazing and surprising. You may think these kids are stupid

and do nothing but lie around all day watching TV, eating junk food and playing video games. Nothing could be further from the truth. If they watch TV at all, it's less than one hour per day (that's four times less than the normal average). Most of the kids at the convention were thinner than normal kids. For some reason the "free" kids chose not to eat as much junk food. They made healthier food choices.

All living things on this planet are naturally free. When we allow people to be free, magical things start to happen. The unschooled children for example start to become young entrepreneurs at a very young age. They are not being trained to sit in rows with other kids and listen to a "superior" that lectures them all day long about boring stuff they really don't care about. Instead, they are considered equals in unschooling families- they are talked to like adults and allowed to make their own decisions, make their own mistakes (and learn from them), and start life as an individual as early as they want. They figure out pretty quick the areas that interest them, and they start pursuing these areas much sooner than other kids. They automatically immerse themselves in learning about these areas of interest (engineering, arts, music, construction, trades etc) many many years before "normal" kids even have a clue what they

want in life. Seeing this new breed of people is an interesting eye-opening experience. And then you realize- that's how every other life form on the planet lives. It's how most tribal cultures are.

Freedom is our birthright. We function best when we are free to think and act on our own, taking responsibility for our own actions. No adult wants to be treated like a child. No wonder so many relationships are doomed. People are so afraid of losing who they are with, that they suffocate the life out of the other.

Life cannot exist without freedom. Let's take breathing as an example. Breath is life. We breath it in, and it gives us life. But holding onto things and people in our life for fear of losing it, is like holding our breath for fear of losing life. But one breath can only last so long. If you hold on too long, you die. It is meant to be released again. It needs to be free to come and go. Again-movement is life, stagnation is death. We need to allow each breath to enter, do it's thing, and then leave when it's ready. It's so natural, we don't even think about it. Who worries about running out of breath? It continues our whole life without even thinking about it. This is the secret of living life - *don't think about it, just let it flow in and out naturally*. Stop worrying about it ending. There will always be new breaths.

Don't hold it. Let the "out" happen as much as the "in". Do not give preference to the "in" because the "out" is just as important. Everything must be in balance. If you want more stuff to come "in", you need to let just as much "out".

One of the main things that gets in the way of breathing is our thoughts. We get stressed or scared and our breathing becomes uptight. Or our thoughts stress us out so much we need to smoke to calm our nerves... which in turn hurts our breathing. It's not the smoke that caused it, it's the NEED to smoke, and where does that come from? Our mind! Stress ! Thinking! Other people! Bills! Worries! Do you see how this works? Your paranoid mind is your worst enemy.

Back to the need for freedom, which is a form of movement. Let's use another example. Mmmmm, that cheesecake you had yesterday sure was good. But it's done it's thing and today you need to let it out. If you don't, you get constipated and it starts to rot inside you causing disease and illness. You need to let things flow. You can't stop and hang on to them, or even the good stuff will poison you.

The same with the people, thoughts, things and experiences in your life. You need to let them enter, do their thing and leave when they want. Let them do what they do best.

Every moment is a blessing, especially when you can witness another being freely being themselves and being happy. If the person is not happy and they just lie on the couch all day doing nothing, then something is not moving in their life. It could be their stubborn thoughts (refusal to let go of old thought patterns that don't work anymore), or their body is toxic and not flowing (from eating the wrong foods and not doing body cleansing), or they are not happy with their job (they are a prisoner and not free) or they are not sexually satisfied (sexual energy not flowing) or the relationship is not allowing them the freedom to flow freely like they want or need.

By the way, do not take that bit about not being sexually satisfied as the sole reason for being in a slump. Sure it's a huge reason, but what's causing it? It's a two way thing. Nobody gets turned on by a lazy couch potato. No wonder they're not getting any! Being "turned on" is quite a complex list of needs, but the biggest one is usually the need for personal freedom (feeling good about yourself). If someone isn't giving

someone else enough sex, then that someone is probably feeling stuck in some kind of personal prison. They do not feel free. We must stop blaming others for our problems and see problems as symptoms, not causes. Always look deeper at the root reason.

Without freedom, we cannot function properly, and neither can our relationships. In order to achieve freedom, we must give and allow freedom. It's only truly effective when it flows both ways. In order to allow freedom, we need to feel peace. In order to feel peace, we need to let go. In order to let go, we need to either give up or allow trust (have faith it will all work out). Higher forces may be at work, but they still allow us freedom to make our own choices. This is the nature of love and a true sign of higher consciousness. Fear breeds the need for control and having to know everything. Faith in the truth gives us freedom.

Imagine just for a moment how beautiful and easy life would be if you didn't have to worry about anything. Everything is taken care of. All you have to do is speak the truth, follow your heart and be respectful and loving to others. Just imagine. Even if something "bad" happened to you, it didn't bother you much because you knew it either happened for a reason which

would all make sense later on down the road, or at least it was just temporary because everything ends at some point. Just imagine. The negative people in your life falling away and new positive ones coming in. Imagine giving up the job you hate and being able to pursue what you love. Imagine getting paid for it. Imagine getting so healthy, you never get sick again. Imagine actually getting younger. Imagine being able to travel and whatever you need is made available for you when you get there. Imagine stress being a thing of the past. and life becoming beautiful and magical.

Just imagine!

Guess what. Lots of people are learning to live this way. It's not difficult. And you can start right now. This second.

You don't need to go to the desert naked like I did. You don't need to go anywhere or do anything. You don't even have to get up from the chair you are in. It all happens inside you, instantaneously, like a "reset switch" is flipped, you are hit by cosmic lightning and you finally "get it". You realize that nothing is the same anymore and your life has changed in the blink of an eye. This can happen right now. This instant. All you have to do is let it happen.



## Chapter 12

# It's Never Too Late.

As long as you still have one breath left in you, it's not too late to be fully alive. Freedom isn't something "out there". It starts inside you. Everything starts inside you. Whatever kind of prison you are in is the result of feeling imprisoned in the first place. Imprisoned people do things (or did things) because they felt they had no other choice. We often feel our choices are limited, so we end up doing things out of desperation, depression, frustration, obligation, anger, sadness, self pity or just plain insanity because we felt pushed into a corner. Some people get themselves in trouble because they are so fed up with life they just don't care anymore. Others care *too* much and lose themselves in obsession over someone else and end up losing everything they have- their sanity, money, time and the ability to trust.

Feeling trapped is a perspective. There are people out there with lots of money and freedom yet they are unhappy and feel trapped. There are some people physically in prisons, yet they are freer than anyone on the outside. The

difference is how you FEEL inside. It's an inner peace that no one can touch.

Stop waiting for people or things to change. The world and people around you will keep doing what they do. They will only change when they want to or when they are ready. You can't change them or force them. It's a waste of energy or time. It just causes resentment on both sides. Trying to change someone or something outside of yourself will often make them want to change even less. If you push, they will push back. This is how arguments and wars get started. If you go after something or someone, you just push it away. It's when you give up and walk away that they change and start calling you.

Let me rephrase that- it's only when you give them FREEDOM that they lighten up and things start happening. You didn't really do anything to change them, but give them the space to change. The only thing that changed was their perspective- they don't feel trapped anymore. When we feel like we have to live in someone's shadow, or have to do things to live up to the expectations of others, we feel trapped. It's only when we are free to do what we want, that things start naturally moving on their own. Only then are we able to help others (and ourselves).

Again, the only thing that really changed was the perspective ...the feeling inside. And that is the **ONLY** thing you have control over in your life.

The only thing you have control over in your life, is the only thing that can change your life. And that's your feeling inside.

They can do what they want to your house, car, job, reputation, even your body... but if you don't let it bother you, you are free. This shift in perspective can happen in a flash - a switch is flipped inside you and suddenly your entire life changes. Nothing is ever the same again. You have become invincible. Nothing they do to you can take away this inner strength. They can strip you naked and even kill you. It won't matter. It's an inner peace that nothing or nobody can touch. Things come and go. People come and go. Situations will test you. They can try and discredit you, make a fool of you, take away your dignity, even your very life. But they can't get into your place of peace. Nothing can touch it. Because it is the truth. And the truth lasts forever.

The greatest moment of your life is the moment before you die, because that's where you give up and let go. No more fighting, holding back or resisting. You simply accept what is. It's very similar to falling asleep at night. You lie there in bed with a thousand thoughts running through your head driving you crazy. After a while they start to make no sense, they become silly. And then finally, you just let go. BAM! You are asleep. You crossed into the other side of total peace. All it takes is to allow freedom- freedom to simply be. You just let go and let what happens, happen.

We can't control everything. The more we try, the more frustrated we become and the less we achieve. Dying is the ultimate moment of letting go of control. And what happens? We leave the world of stress and problems and float into heaven and peace. All we need to do to achieve this feeling is to LET GO. So why do we spend our lives trying to stay in the world of stress and problems? The trick is to feel this feeling we have the moment before our death- and feel it our entire lives!

So walk the path of peace. That's it. Sure you will be knocked off now and then, but like a rubber band, you will be pulled back to the path of peace almost immediately. Remember...

## Everything is just a test.

Don't take anything too seriously. No matter what happens or what anyone tries to do to you, just stay in your safe place where nothing can touch you. Be an observer. The real you isn't in your body, your body is just the camera, not the one taking the pictures. The camera may get damaged to the point that it can't see things right anymore. Everything looks distorted. But you are not the camera. You are the camera-person looking through the camera. Keep in mind that what you see through the camera (experience with your body - see, hear, think, feel, taste, smell, remember, etc) is all through the lens of the camera, which might be distorted from abuse. So don't get too caught up in what you experience, because reality is usually NOT what the camera sees. Remember also that the camera can only see so much. Take your eye off the camera and look with your "real" eyes, and you see infinitely more than the camera can ever see.

Did you also notice how real life always looks better than what the camera captures? Our eyes are so much more sensitive than a camera. We see so much more depth, color, light and beauty than a camera ever could. Well, step back another notch and know that your *eyes are just a camera*. Reality is infinitely more amazing than

what you can see, hear, smell, touch, think and remember. Do not get caught up in what your eyes, body, ears and mind are experiencing. That's just a tiny slice of reality, seen through a distorted lens that's been through many years of abuse. Those "pictures" you've been taking all your life will fade with time. You will forget those experiences. Some day you might not look at your pictures anymore at all, and just start enjoying real life and being in the moment.

Sure moments are beautiful and we like to capture them and hold on to them. But the beautiful moments never end. They will keep coming forever, to infinity. No need to try to hang on to them and live in the past. Appreciate them fully. As you are going through the experiences in your life, taste them, feel them, smell them, inhale them and savor every second of it fully, no matter what it is, because you know it is only temporary. Those moments will never happen again. Even if you are in the pits of hell, there are beautiful moments. It can be the last words of a dying soldier, the look in someone's eyes, the sound of distant music, the sunset, the taste of a fresh peach, the sound of a soothing voice, the touch of someone's skin, a memory, or the peace you feel inside. Beauty is everywhere. You just have to tune into it and see it. It is your doorway out. It is the Universe

reminding you of the world outside that the camera can see.

It's never too late. Even if you get a taste of it in your last moments. Start living right now. Freedom is inside you, not "out there". No matter what kind of a prison you are in, sit back, relax and find peace. A smile will form on your face when people come up to you. They will wonder what's different about you. They will want to know what your secret is because obviously now you have something they don't. You have now become their teacher. You are now free.





## Chapter 13

# Food and Diet.

Yes you are what you eat. You can't put syrup in your car and expect it to run right. Same with your body. If you want to be fully alive, you need to have the proper fuel. The problem with most people is they have never been taught what proper fuel is. And even if they knew, they still don't use it because they think it tastes boring, costs too much, is inconvenient and just plain not fun. People are also so stressed and in a hurry all the time, they just want something quick and available that instantly gives them a feeling of satisfaction, no matter what it does to them in the long run, because, hey ...what difference can this one pizza make? Or this one soft drink? Or this one candy bar? Or this one beer? Or this one bag of chips? Or this sandwich? People want instant gratification without thinking about tomorrow. They also want it cheap and fast. Sure they may save a few bucks on getting a cheap microwave burrito or bag of fries, but they don't want to think about the hundred thousand dollar dialysis treatments they'll have to pay for when their kidneys stop functioning, or the colostomy bag

they'll have to wear when their colon has been removed. Now how can you have a fulfilling life living like that?

Most people have no clue what real health is. They think as you get older, that getting extra weight is normal. They think getting a wrinkly face, grey hair or losing hair is normal. They think losing hormones and sex drive at age 40 or 50 is normal. They think that spending the last 40 years of your life slowing down, shriveling up and fading away is normal. My friends, what we call "aging" is not normal! If you go into the wild, you don't see fat, bald, grey haired deer wandering in the woods. Stop blaming genetics. That's a cop out. Genetics can be changed. The only reason people are slowly falling apart is because they are following what everyone else around them is doing and has been doing as far back as people can remember. And they don't question it. They think it's just part of life. So they try to hide these symptoms with drugs, plastic surgery and visits to the doctor. But this isn't healing. It's not living. I look younger now in my fifties than when I was in my late twenties. I do not look young for "my age". This is how people are *supposed* to look in their fifties. Everyone else is just not living healthy. That's all.

## There are no shortcuts.

Don't think you can sneak under the radar. Every decision you make in life leaves it's mark and affects you somehow. Almost everyone I meet thinks they are immune to dietary concerns. They think they can eat anything they want and nothing bad will happen to them. Those things you hear about only happens to other people. Even grossly overweight people think they are fine. It's amazing how much in denial everyone is. All because of fear again. They are afraid that if they eat right, a big part of the fun of life will be taken away from them. Food is just as much of an addiction as cocaine, cigarettes and alcohol. You can tell you are addicted to something if you just can't live without it. If you don't think you are addicted to certain foods, try going 2 weeks without cheese or bread or sugar. Just try !

It's funny how vegetarians and vegans think they are healthier than meat eaters. They feel and act superior. Yet some of the unhealthiest people I've ever met are vegetarian or vegan. Don't get me wrong. I myself don't eat anything that has a face and legs, it just doesn't mean "healthy". I always wanted to do the right thing. To this day, I have never smoked a cigarette, drank a drop of alcohol or done a recreational

drug. I was never a big meat eater. Yet by the time I was in my late twenties, I was dying. My heart was collapsing, I was bleeding when I went to the bathroom, I had glasses thicker than the windshield of my car and my lungs were so filled with mucus I had to cough up every few minutes or I would choke to death. I went totally vegetarian, then totally vegan, and didn't really get any better. It wasn't until I gave up living like everyone else that I realized why.

It's kind of silly. Vegetarians and vegans think simply not eating meat means they are healthy. But they eat all kinds of bread, sugar, pasta, pizza, cookies, pies, cakes, imitation meat made from textured soy protein, soy "cheese", soy burgers, soy "chicken", all kinds of deserts, pastries, heavily cooked Thai food, Indian food, and more cooked starches than you can imagine. None of this is found in nature. Bread, pasta and cheese does NOT grow on trees. It is NOT found in nature and is NOT good for you. It doesn't matter if it's "organic" and says the word "natural" on the package.

Put simply- if you cook your food, you're killing it. And dead food slowly leads you to your own death. We are the only creature on the planet that cooks, boils, heats, fries, microwaves , bakes, roasts, sautees and toasts

it's food. And we are the only animal that consistently gets cancer, diabetes, arthritis, leukemia, irritable bowel, heart disease and a million other diseases. The only animals that get these diseases are animals fed by man or eat garbage left over by man.

If you plant an apple in the ground, you'll get an apple tree. But if you *bake* the apple and then plant it in the ground, nothing happens. Why? What happened? You killed it. That's what. Anything heated over 118 degrees Fahrenheit (47 degrees Celcius) kills the life force in our food. It can no longer bring forth new life. Some call it enzymes. Whatever you want to call it, just know that burning something kills it. In nature, if fruit falls to the ground, the inside of the fruit (which contains the seeds) never gets over 115 degrees Fahrenheit (46 degrees Celcius). It dehydrates and shrivels up, but the seeds are still good. Yes you can heat your food, just don't go over 118 degrees. This can be achieved with kitchen dehydrators. They don't cost much and are easy to use. Just know it takes longer to warm food in a dehydrator than an oven. No you can't make "normal" bread in a dehydrator. Bread is not found in nature.

Eating food found in nature without cooking it is called “raw food” or “Living food”. It is not advisable to eat meat, especially raw.

It wasn't until I started eating this way that my whole life changed. It was unbelievable. Not only did all my health problems go away, but I actually started getting younger! My energy skyrocketed, I have more hormones than an 18 year old, I don't need glasses anymore, my greying hair started going away, my face got younger, I barely needed sleep, I could hear things 4 rooms away, my mind got super sharp and I could hear the cosmic GPS so clearly, my path in life was fully illuminated.

I wrote a book about this called “Heal Yourself 101” and it became a worldwide bestseller. I get emails every day from places I've never heard of on every corner of the globe saying how this book changed their life. It's amazing to me because all I did was simplify things back to the way nature intended.

There are those who follow the “Paleo” caveman diet, which includes meat. People are SO brainwashed with the whole meat thing. Just because man has been doing it for ages does not mean it is right. Sure, in a survival situation, it may be an option, but almost nobody in today's

world is in a survival situation anymore- especially now that you know that most weeds and wild plants are edible, you should never starve and have to kill innocent animals. Have you ever tried to kill an animal? Anyone who eats meat should consider what it's like to have the eyes of an animal look at you as it dies. Ok. many of you don't care and don't want to think about that. It's all about protein, right? You need to kill and eat animals for protein, right? More stupid brainwashing. First of all, protein is made of amino acids and every living thing on Earth is made of amino acids, including plants, fruit, vegetables, nuts, seeds, legumes etc, otherwise three quarters of the animals on this planet wouldn't be alive. In fact, the biggest, most powerful animals on the planet don't eat meat. Elephants, rhinoceros, gorillas, hippos, horse, cows, etc... all eat grass, leaves and plants and have more muscle and body mass than any meat eater on Earth, so obviously plants have what it takes to make muscle and protein. One of my best-selling products is a plant-based raw vegan protein powder made from pine nuts, durian, quinoa, alfalfa, nettle leaf, sprouted rice, pumpkin seed, cactus and many other amazing power plant foods. Many commercial protein powders use soy or whey. Soy is an estrogenic (not good for you) and whey is a dairy product

and acts like an inflammatory glue inside your body, causing mucus formation and congestion.

Anyway, back to the issue of eating meat. Let me point out a few things that you **SHOULD** consider and many people are in denial of. Have you ever watched a carnivore (like a crocodile, shark, snake, tiger, etc) eat another animal? They don't chew their food very much. They pretty much swallow their prey whole. *Gulp gulp*, down it goes. Their stomach acid is so strong it can digest feathers, fur, bones and meat. If you think you're a carnivore, try that sometime. See if your stomach can digest feather, fur, bones and meat. You can't. A carnivores stomach acid is ten times stronger than ours. Native cultures had to chew their meat at least fifty times into a liquid paste before swallowing. Nobody does that nowadays anymore. Meat was an occasional survival food in the past. Now it's the main course. Nobody even thinks twice about what they are really eating.

Ok, so now you are thinking *“what? you not only want me to not eat meat, but only raw, uncooked fruits and vegetables? Are you crazy? You want me to just eat stupid carrot sticks and celery? No way! That's gotta be the most bland,*



*boring diet ever!?”* No. I’m not telling you to eat carrot sticks and celery.

I eat chocolate, cheesecake, ravioli, thai food, ice cream, macaroni and cheese, pizza, lasagna and creme brulee. -but it’s all raw food! WHAT? Huh? How can that be ? Yes, that’s right, it’s all raw and uncooked. You can make healthy uncooked versions of your favorite foods. No flour or wheat is used. No dairy, no ovens and no unnatural ingredients. For example, the cheesecake is made from cashews, dates and water. The ice cream is made from frozen bananas, vanilla and chocolate bean powder. The macaroni is made from coconut meat and the pizza crust is made from onion, chia and flax seeds. The internet is full of raw food recipes. I have many of them in my “Heal Yourself 101” book. There is no excuse for not eating healthy. The raw food versions taste so much better than the junk versions, and they leave you feeling refreshed and energized afterwards, not tired, bloated and heavy.

My raw chocolate is so amazing, once you try it, you’ll never go back to eating normal chocolate again. Yes it’s real chocolate, made from real chocolate beans, which you can get online or at most health food stores. The recipe is in my book and also on Youtube. The difference

between healthy chocolate and normal commercial chocolate, is that the store-bought kind has to stay hard and last a long time on the shelf, so it uses hydrogenated fats and oils, which stay hard at room temperature. This is how the chocolate keeps its square shape. Hydrogenated fats are bad for you though, and they stay hard inside you, clogging up your arteries and everything else. Healthy oils and fats, like the raw coconut oil used in my chocolate recipe, is hard below 70 degrees Fahrenheit (21 Celcius), but turns into a clear liquid at room temperature, which means it stays liquid inside your body. It's also really good for you for many reasons. Believe it or not, healthy fats and oils help get rid of unhealthy fats and oils in your body. Farmers used to feed coconut oil to cows to try and fatten them up but found the cows lost weight and looked really lean and healthy.

There are so many super delicious things you can easily and quickly make when eating a raw, living food diet. I made a recipe book with raw food chef Carol Brotman that is full of amazing treats like apple raviolis, creme brulee, crepes, cookies and travel foods like spiced cashews.

There is also the benefit of not having to soak all those pots in the sink with hard black stuff

baked onto the bottom. Dishes just wash off in seconds with nothing but water. Not cooking saves so much time.

But the easiest quickest thing of all to do are blender drinks. Simply grab anything edible lying around and throw it in a powerful high speed blender like a Vitamix or the Markus blender, and within seconds, you have an awesome smoothie that's already pre-digested for you (no chewing needed!) For people on the go who are always in a hurry, this is the best way to whip something up and take it with you in a glass jar so you can drink it in the car or at work. The basic concept of a healthy raw food smoothie is to mix half leafy greens with half fruit and some liquid (like water or coconut water or orange juice). Don't use milk. Dairy is a no no. Use almond milk or hempseed milk. You can also add some powdered herbs if you want to help certain specific health conditions.

For example, one "green smoothie" could be

- 2 cups Spinach
- 1-2 sticks Celery
- 1 Green Apple
- 1 cup frozen berries
- 1 frozen banana

You can add things like seaweed for minerals and chunks of pineapple to balance out the seaweed, bee pollen, herb powders like ginseng, burdock, licorice root etc. Your greens can be anything like arugula, dandelion, red leaf lettuce, kale, parsley, cilantro, romaine etc. Again, the basic recipe is half greens, half fruit and some kind of liquid. That's it. You can live off green smoothies indefinitely. Many people go for weeks on them as a cleansing program.

Raw food is a simple concept. Eat things you find in nature, in the form that you find it in nature. (but no meat) No other animal on Earth cooks it's food, or alters it in any way. They simply walk up to a bush and eat the fruit or munch on the greens. It's that simple. All we're doing is mixing several of them together creatively so it's more interesting and fun to eat. Of course the best, healthiest "fast food" is to simply eat an apple or banana. Done. But for a treat, you can freeze the banana, then put it in a blender with some raw chocolate bean powder, honey and vanilla and BAM- instant soft ice cream! Liquifying your food as juice or blender drinks is easier on your body because 70 percent of your body's energy goes to digesting food. So if you liquify your food, you've already done a lot of the work so now you have more energy in your body to do other things rather than digest.

(that's why most people feel tired after eating). I'm not saying to live completely on a liquid diet, but it helps to incorporate more of it into your daily intake.

If you have health conditions you want to get rid of, or simply cleanse your body and life so you have more energy, more hormones and think clearer with a more positive attitude, then my suggestion is to do the following once a year...

1. Start with a 3 day water fast (nothing but water and lemon juice) and an enema every day
2. 1 week nothing but fresh made green juices (not smoothies- just juices of green stuff like celery, parsley, spinach, kale, green apple, and maybe 1 or 2 carrots) do enema every 2nd day
3. 1-2 weeks nothing but green smoothies.  
Enemas once a week
4. Raw Food, for as long as you can- go for a month.

Keep going with the raw food, but once every two weeks you can go out and have some fun at a restaurant- just don't go crazy. No bread or

pasta- nothing made with flour. Try to stay as healthy and close to nature as possible.

If you do, you will feel a difference like you've never felt before in your life. You'll feel so alive it will blow your mind. You will feel so clear, have so much energy, need very little sleep, you're health conditions will probably disappear, your mood will be amazingly high and positive. Yes that's right- you never have to experience depression or annoying health problems again. I don't even remember what it's like to get sick. I don't need glasses anymore. I look thirty years younger now and better than when I was in my twenties. I get emails from all over the world saying how this way of living saved people's lives, relationships and sanity. Everything from cancer and diabetes to Crohn's disease, lupus, multiple sclerosis, impotence, irritable bowel, vision, memory, you name it. Some say it's miraculous. I just say it's simply living the way nature intended and the way we are designed. If we honor that design, we have a magical life.

Be aware that anytime you clean up your life, as in this case with your body, there will be some detoxing going on. Think about it- thirty, forty or fifty years of unhealthy living and food choices have made your body toxic. When you

start to cleanse, sixty trillion cells will start dumping a lifetime of accumulated toxic waste into your system. Your blood, lymph and digestive system will be overwhelmed with crud that your elimination system can't get rid of fast enough (unless you do lots of enemas etc).

When your blood becomes toxic, you will feel like crap. You'll feel tired, run down, smell bad and maybe get sick. People will tell you that you look like crap and your new diet isn't working and to go back to eating hamburgers. Actually your new diet *\*IS\** working ...so well in fact, that it's doing some serious house-cleaning.

When you do spring cleaning where you live, your place is a mess. Your cupboards are full of stuff you never even knew you had. You might find mold growing in the dark corners. All garbage cans are overflowing. You don't want anybody coming over during spring cleaning while the place is a mess. The same goes for "spring cleaning" your body - you don't want anybody to see you while you're doing it.

Not only will lots of old physical crap be coming out, but old emotions, beliefs and unresolved issues will surface. This all must be cleared out for the "place" to be truly cleaned. Just know what's going on. You are not falling apart. Old stuff is just coming to the surface during the cleansing process. Keep the water

flowing- drink lots and lots of water and green juices, do lots of water enemas (not coffee enemas!), run water through your head with a Neti pot, take lots and lots of showers. Let water wash you clean.

Another great water therapy is *hot and cold therapy*. This is where you get in hot water (like a hot shower or hot tub), get all nice and hot, then jump into cold water (turn shower water ice cold or jump into cold swimming pool or snow), get as cold as you can until you absolutely can't take it anymore (try for 30 seconds), then go back to HOT water, get all nice and hot (30 seconds), then COLD (30 seconds) then HOT (30 seconds)... do this seven times. You will feel amazing afterwards- like a new person. Sure you will scream and freak out during the process, but the final result will be totally worth it. This is a classic healing therapy used in some of the world's top healing spas. What happens is this - the hot water makes your blood come to the surface of your skin so the heat can dissipate away from your body. Cold makes the blood rush inwards to protect your vital organs and keep them warm. (your skin gets white and cold). This process is automatic and can't be stopped. So when you go hot-cold-hot-cold, you are forcing your blood to rush outwards-inwards-outwards-inwards. Blood is a nourisher



AND cleanser. The red blood cells carry oxygen to all your body parts and the white blood cells take care of pathogens and disease. This body-wide in-out-in-out pumping forces circulation throughout your body, thus pushing things through areas that normally don't get any circulation. This helps clean out areas where old stale stuff is accumulating and starting to go bad or stiff. It helps push waste products through and nutrients in. It helps get fighting-power to all areas of your body.

This is extremely valuable for people who don't move a lot, like those who sit all day or are bed-ridden or in a wheelchair. It helps people with disease, even those with "the blues" who are feeling blah and unmotivated. The hot-cold treatment not only wakes you up, but also totally relaxes you at the same time. Afterwards, you'll feel like you just had sex for hours. You'll feel like a piece of limp rubber but you'll be in heaven going Wooowwww! If you have stress or tension in your life, and your mind is a runaway train wreck, do an enema and then a hot-cold 7x session, and you will no longer be able to worry about anything. Your head will be in heaven. You will be able to think and see things so clearly, that the answers will come to you and you'll know how to handle anything in life.

Amazing things happen when you are totally clean inside and out. Energy flows, No more blockages. Your mind works so well, you can see everything from a cleaner, higher perspective. You're more relaxed and energized at the same time. Things don't bother you anymore and you can take on anything with a cool, sharp demeanor. You feel good about yourself, your life and what lies ahead. You are excited at all the possibilities.

Let the following list be a good way of knowing if you need cleansing or not...

HAVE BLOCKAGE: NEED CLEANSING & DIET CHANGE:

- Tired, run down, low energy, feel like a slug
- Depressed, not motivated for anything
- Not excited about anything
- Low sex drive
- You look older
- Feel Resentment, Anger or Negative
- Things all around you seem to be falling apart

- Sad, Lonely, Self Pity, “Poor Me”
- You want people to help you
- Overweight
- Can’t make decisions, too overwhelmed
- Life feels too cluttered
- Hopeless
- No Direction or Goals in Life
- Addicted to bread, pasta, cereal or anything made with Flour
- Addicted to sugar and sweet stuff
- You need more sleep than normal
- Need Stimulants (coffee, energy drinks)
- Need support of other people to feel good
- Always looking for Distractions so real issues aren’t dealt with
- Unhappy

BLOCKAGES CLEARED: ENERGY IS MOVING:

- Feel Great, Upbeat, feel like singing, dancing
- Lots of Energy
- You feel like helping people (instead of them helping you)
- Nothing worries you, even if you have nothing
- Feel like taking on all challenges and issues
- Things around you seem to be magically coming together
- You are in the moment, the past or tomorrow doesn't matter
- You make people feel good, just by being near them
- Things are moving in your life
- You feel elated and energized after going to the bathroom
- You feel elated & energized after sex, not tired

- Ideas flow freely
- Answers come easily to problems
- You see things as creative challenges, not problems
- You are sexually charged and turned on by life
- You look younger
- You want to move, run, “get out there” and see the world
- You need less sleep
- You see the exciting potential in everything
- You are thinner, easy to lose weight
- Able to get things done fast, travel fast, accomplish more
- Not addicted anymore to bread, sugar and flour foods
- Don’t need to eat much anymore
- Energy comes easily, seems to come out of nowhere

- You are happy and at peace, even for no particular reason

This is a good checklist. Keep checking it regularly to see if you need cleansing and diet change to get back on track. Don't take this lightly. It affects every part of your life, including your success and relationships. It doesn't matter how healthy and clean you think you are, we ALL need cleansing regularly. The air is toxic, the water is toxic and people around us are toxic. We absorb this every day and should cleanse ourselves regularly. Do an enema once a week, or at least every two weeks. Fast one day a week if you can (nothing but water from Sunday after lunch to Monday after lunch). Get your body moving regularly. This shouldn't be put off. If you feel yourself slipping into a slump, you feel run down, not very motivated, kind of depressed and things in your life are not moving like you'd like, then you need to do some cleansing and diet improvements. Again-do NOT take this lightly. Most people do, and they pay the price for it, wondering why they are falling behind while other people are moving ahead in life.

When I say "cleansing" and "diet", I do not just mean your body and what goes into your mouth. Cleansing is an overall thing you do in your life.

You should always be clean and light in everything- your house, car, workplace, body, mind and relationships. If you feel cluttered, bogged down and carrying a burden in ANY of those areas, you need to clean up, let go and lighten the load as soon as possible, because every area affects every other. You cannot have great relationships if your body is run down and not feeling well. You cannot work efficiently if your workplace or home is a mess. You cannot be productive and successful if your mind is emotionally weighted down with relationship issues, or cluttered with too many things on your “to do” list. If any area of your life is not clean and optimal, it will start costing you in the long run, which will in turn affect all the other areas.

The best thing is to always get rid of as much stuff as you can, so you own as little as possible and can travel light and fast. Sure you can have a nice house, car, clothes etc, but keep them clean and light. Don't let junk start cluttering them up. Respect what you have and life will respect you back. Successful people don't have messy cluttered junk-filled homes filled with all kinds of useless trinkets and crap. Their cars and offices are spotless. They respect cleanliness and order. You need to know where everything is and be able to get to it within seconds. If you throw stuff in a corner and forget about it, you

are setting yourself up for delays and blockages in your life. ANY kind of frustration or stress will show up in your body somehow. If there is some kind of underlying tension in your life, there will be a subconscious tension in the back of your mind all the time, which will in turn always keep some part of your body tense all the time, which will in turn starve that part of your body from vital life-force, which will make it get weak and sick. This is how body parts become diseased. If you have low-resistance in anything, opportunistic energies will start taking over (yeast, fungus, bacteria, cancer and people that will take advantage of you etc) You cannot be weak in any area or something or someone will take advantage of that. You must be balanced in all areas, and the best way to do that is to clean away all your burdens, debts, unnecessary stuff, negative people, clutter, confusing thoughts, doubts and fears). In short - simplify your life to where you have everything easily under control, you know exactly what you have and you don't owe anything.

“Food” is not just what goes in your mouth. You are the result of everything you have ever eaten, drank, seen, heard, touched, inhaled and absorbed. Your body is an outward manifestation of everything going on inside. Of course if you ate pizza and donuts your whole



life, your body isn't going to be optimal. But even if you ate properly, your body can still become ill and your face can age rapidly if you are constantly around negative people or are always living in fear, doubt, sadness, depression or confusion. Nothing ages faster than stress and negativity. There are people who eat perfectly but still get cancer, because they are so uptight all the time. They are too afraid to live. They adhere too rigidly to living a certain way, it becomes a prison to them. They are uptight obsessed perfectionists. For example, many vegans or vegetarians are so obsessed with their lifestyle, they are militaristic about it. They become combatant when they see others not living their way. Anyone who thinks they are "better" than anyone else needs therapy. This is not healthy. It doesn't matter if they eat better or have better habits, if you have negative thoughts of ANY KIND over someone else, you are voiding anything you are doing right. Many people rigidly living a certain way resent others who are not living that way and having more fun. We need to smile and wish them well, not resent them.

**Judgement is self-poison. Period.**

Your food is everything you see, hear, eat, drink, smell, touch, breathe, think, remember and

absorb. Are you thinking “junk”? Are you seeing “junk”? The News is nothing but negativity and every moment you hear it and see it, you are making yourself more negative, unhappy and unsuccessful. This is quantum physics. Every bit of energy in the universe affects everything everywhere. Do not try to ignore this. If you want to be moving forward in life, happy, healthy and successful, you need to get unstuck from the mud that holds most people down. You must break free from the “normal” way others around you are living. The successful people of the world got that way because they were not afraid to do things that most people weren’t doing. They didn’t follow the “normal” path. They weren’t afraid to take the “bumpy” dirt road instead of the paved highway. They did things the cosmic GPS told them instead of what others said. If people said it couldn’t be done, the successful ones said “*oh yeah? Watch me!*”

Normal people aren’t happy and successful. So don’t be normal.

Don’t listen to the news. You’ll be fine without it. You won’t be “out of touch” because the news is NOT reality. There is a lot more good stuff happening in the world than you think. Sure there is lots of bad stuff happening out there. There always has been throughout all of history.

If you don't focus on the bad stuff though, you won't energize it as much. Whatever you put energy into, you get more of that. That's why it's not wise to have arguments, even if you are "right", because it just brings on more arguments. Any kind of resistance or challenge will only escalate into bigger arguments and challenges. Look, people will figure out who's right in the long run anyway, so don't waste your time trying to prove you're right, or that you know more, or that you are better. Get on with your own life. Some people are so stubborn, they just won't get it no matter what you do, because they will only see what they want to see. Same with you. You will only see what you want to see, or what you will allow yourself to understand or see. So might as well see the good in life.

This is not being in denial of bad things. It's keeping the fire burning for the good things, which is what the world needs more of than anything. If you want to stop others from fighting, make them lose interest in fighting and gain interest in good things. What if there was a war and no soldiers showed up? You are no good to the world if you're depressed and down. You need to be inspired to make a difference.

People who live in fear and watch the news all the time build war machines.

People who live in wonder, peace and love make the war machines obsolete.

Clean your life of all negativity, clutter and burdens. Walk away from everything and completely start over if you have to. Surround yourself with beauty. Fill your mind with beauty. Only look at beautiful things. Only listen to beautiful music that lifts your spirit and fires you up. Start from the inside. Hear that “Rocky” theme playing inside. Hear the trumpets. Feel the goosebumps. Feel your mission in life coming true. You are going to make it happen no matter what. be focussed like never before. You are on fire. It’s time to rock.

## Chapter 14

# Movement and Exercise.

This is more important than you may think. “*Use it or lose it*” is true. One thing you’ll notice when you start moving your body, is other things in your life start moving too. One reason for this is when you start moving, walking, running, swimming, jumping, exercising etc, then things inside your body start moving, and old stale crud starts getting pushed out. Oxygen starts flooding your body and brain, and you start to think more clearly, and you’ll feel better (more positive) which in turn leads to new ideas, which in turn, starts things moving in your life. It’s all connected. The small affects the big. One tiny spark can start a forest fire.

Your body IS your life. Moving your body moves everything else in your life. If you sit all day, your life starts to stagnate. Only when you start moving and doing things will other things start happening. Never sit around and wait.

Never wait for others to save you or help you or come through for you.

Never wait for others to finance or fund your dreams. They are too busy financing their own dreams. People need to realize this, because most people sit around waiting for others to come through for them. Waiting is not moving. Not moving is stagnation. Stagnation is death. Start moving. Even if it's just one tiny step. Then do another one. The road to success starts with one step. Nobody simply jumps to the end. Along the way you will learn new things needed to make the final result even better. You don't even need to know how to do it, or even what the end result is. All you need to know is that you need to start moving in a certain direction. The cosmic GPS will tell you which direction. Don't ask why, just do it. Trust me. You'll be happy you did.

So ready yourself for movement. Loosen up the joints and prepare the muscles. The stronger and more agile you are physically, the stronger and more agile you will be in everything else in life. Go outside and jog around the block. Do it. Now. Watch how you feel afterwards. If you whine and don't feel like it, then life will not

feel like moving anything else for you. You need to show the universe you are not waiting anymore - that you are motivated and starting to move. This is exciting.

ANYTHING on the move creates excitement.

Life creates life. Watch how even the smallest movement makes everything else in your life move.

Go to the gym three times a week if you can for an hour. Get a friend to meet you there, or even better, a trainer to kick your ass. You need motivation. If you want success, freedom and happiness, you need to get off your ass. It doesn't matter if you don't know why you're here or where you're headed in life. All you have to do is put on your shoes and start walking, or even better- jogging! The more you get out there, you'll be amazed how many people will want to join you. Mark my words. Movement attracts. Stagnation repels.





## Chapter 15

# The Butterfly.

On the cover is a picture of a butterfly. I think this is the perfect symbol and metaphor for freedom, happiness and success. Success is not money, it is freedom to be ourselves with nothing holding us back. Happiness is the side effect of beauty, peace and freedom.

When we start off on our own in life, we are like a caterpillar... clumsy, slow, ugly, crawling on our bellies, eating everything in sight, munching holes in things and destroying the environment. Nobody really cares about us at this point, we are just a typical consumer, easy to step on. This becomes depressing, so at some point, we can't stand ourselves and the world anymore, so we cocoon ourselves in a shell. We stop consuming, eating, destroying and hide from the world because we are just fed up. So we create this hard shell around us to shut the world out and we just go to sleep. We go inwards and give up everything we know. We no longer want to be what we were. We let go and allow what we think is "us" to die.

When we re-awake, we find ourselves in an old hard, crusty shell. Where did this come from? We must break free of this suffocating nasty thing. It may be a bit painful and difficult, but we break through this “barrier” in life and suddenly see bright light - wow! Sunlight! Fresh air ! We slide out and- WOW ! Look at that ! How beautiful! We have wings! And they are BEAUTIFUL !!!! It may take a moment to learn how to use them, but we learn that if we lose the fear of falling, and learn to LET GO, and let the invisible air lift us (something we can’t see), we find ourselves airborne and soaring through the air. Another interesting observation - we aren’t really hungry! We don’t need to really eat much, which gives us a light body, which allows us to lift into the air, which allows us to go anywhere and do anything we want. We are free!

So you see- by not eating, consuming or owning much, we are light and free.

The only food a butterfly needs is nectar from flowers. What are flowers? The beautiful things of life. A butterfly does not own any flowers. It is thankful and happy to see them and appreciate them. It flies from flower to flower, drinking a tiny bit of nectar from each one, and gracing the flower in return with it’s beauty and sharing the

flower's pollen with the next flower, thus pollinating the flowers so they can continue. Without the butterflies freedom, this would never happen. We do not need to OWN the beautiful things in life. We just need to appreciate them and share them with others. In return, those beautiful things grace us with life so we can continue. Women are like flowers. They grace us with beauty and life if we give them freedom to just be. They won't run away, but by giving them freedom, they will live longer and continue to beautify our lives.

The butterfly does not stay at just one flower it's whole life. It doesn't claim to "own" the pollen of any flower. It shares it. Just like pollen from the flowers, life hands us valuable gifts that should be shared with others. Each of us has divine gifts. They are not ours to own. A poet needs to put his thoughts out into the world. They are his gift. A musician needs to share his music with the world. A speaker needs to speak. A sculptor needs to sculpt. A chef needs to create beautiful food. We all have something to offer that makes the world more beautiful. It's our duty to share it with the world. In return, the world pays us. This is our freedom.

The lighter we are and the more we share, the greater our life. We will be accepted more places

if we are beautiful inside and out. People want butterflies, not unhappy, complaining moths. (which eat holes in our beautiful clothes).

Welcome beauty. Embrace it. Love it and appreciate it. There are people who think beauty is superficial. They are judgmental. Beauty inspires us. If you paint on canvas or paint on your face (makeup), or color your hair or wear amazing clothes, it shouldn't matter. It is not superficial, it's art. It's a form of beauty, at least for that person, and you need to honor that. Everyone's taste is different and the world would be boring if everyone had the exact same taste and style you did. Variety is the spice of life.

Butterflies exist to beautify life. They require almost no food at all and in return, they are granted freedom to fly freely from beautiful experience to beautiful experience. We cannot cage or own butterflies, or they will die. They can only exist in freedom. We are no different. Those who are not free will slowly die. Those who are free, make the world a better place.

When I say free, I mean free from ego, negativity, clutter, bills, health problems, conformity, corporate structure, fear, pain, resentment, judgment and addictions. Letting

go, cleansing, and living light with no regrets  
allow you to be free to express yourself.

Honor the laws of nature. Eat only fresh, raw  
vegan foods, get sunlight, exercise, don't  
accumulate lots of stuff and love.

You are fueled by everything you absorb. So if  
you absorb negativity, then that's what fuels  
you. Be careful what you listen to, who you  
hang around with, what you see, touch, breathe,  
smell and taste. "You are what you eat" is more  
profound than you might think. Surround  
yourself with nourishing, life-affirming feel-  
good, bright, positive things, people, sounds,  
music, images, and natural juicy beautiful plant  
foods found in nature. Keep yourself clean -  
especially your body, mind and spirit, so you  
will always be shiny and new. This is how you  
make things last, including yourself. You are no  
good to others if you are clogged up,  
unmotivated and negative.



## Chapter 16

# Give Value to Others.

You are here for a reason. You are not just here to consume things and use up the planet's resources. The definition of something that takes more than it gives back and ultimately consumes itself... is a virus. Is that what you want to be? A parasite? I sure hope not. To be honest, I don't think anybody alive really feels good unless they are serving some kind of purpose and contributing to the game in some way.

Everybody wants to be worth something. Think about it. Even people that get into fights and start wars are doing it because of ego. Nobody wants to be seen as weak. Why? Because we all want respect. We want to be looked up to and seen as valuable in some way. Nobody wants to be a loser. Almost everything people do is because ultimately they want to be worth something to somebody. That's why people often times do things they don't want to - because they want "to come through" for someone, and they do it in the only way they know how. It may be to support a wife or children. It may be to win the heart of a girlfriend, or the respect of parents, friends or

coworkers. It all catches up to us though eventually if we aren't doing what we are really here to do, and we aren't doing what we love. We'll get to that in a minute, but let's start with our purpose.

We are here to give value to others. We are here to help the world in some way. Before you start moaning and feeling like this is some kind of boring duty or punishment, nothing could be further from the truth. There is nothing more rewarding in life than knowing we helped someone or something else, and they are now better off because of it. It could be rescuing an animal from starvation or harm. It could be helping someone with anything, when no one else will. Even the slightest, seemingly insignificant gesture can change someone's life. Many people are on the verge of losing hope, and even something as simple as a smile can turn things around. Teach a child how to fly a kite. Visit an old age home and brighten up some lives of people who's families have abandoned them. Teach girls how to defend themselves. Teach people proper nutrition. Help clean up community garbage. Plant some edible plants. Go up to the lonely person in the corner who everyone thinks is unattractive and just hang out with them for a few minutes just to be nice. Give someone your last dollar. The list is



endless. The Universe is watching and taking notes.

Start with the small, easy stuff and work your way up. It doesn't matter where you start, just do something. Anything. Every day. Stop obsessing with the big, long-term goals and just start being a nice person right now. I guarantee the feeling you get back from that person, that animal or even plant will be magic to your soul. Your crabbiness and negativity will start to melt like old Scrooge in Christmas Carol or the Grinch in "How the Grinch Stole Christmas". This is how it starts. There is always an opportunity to brighten someone's life.

Remember- you can't go broke or starve doing this, even if you donate and give away everything you have. You will always be taken care of somehow. The more you give, the more taken care of you will be.

Starting with the small things around you is how it begins. It's like a muscle. The more you use it, the stronger you get. The "giving" muscle will grow. You will be handed more things to give. Remember, the universe is watching. Once you have proven that you can be trusted, you will be given bigger and bigger tasks. You will be given bigger better things to give. It's not your job to

hold on to them out of selfishness or fear of loss. You must trust that there is always more. When you give something away, you are creating a hole in your life. This is a vacuum, and vacuums suck new things in to fill the void. The Universe doesn't like empty spaces. It will always fill it with something. The faster you can give away, the faster you will be given more stuff.

Remember, this stuff isn't always for you- it's to SHARE with the world! Everything in your life is a gift. Don't hoard it. Share it somehow. The less selfish you are, the less will be held from you and the more you will attract.

Successful people know this. We see them living the good life, having beautiful homes, cars, clothes, flying first class etc... but what we don't see is that they don't have to pay for a lot of it. They also don't have to even OWN most of it. There is an art to being successful, and it starts with showing that you can be trusted with the good stuff in life. This is why trashy people that win the lottery end up being trashy broke people again a few years later. Successful people on the other hand can lose everything, and still be living the good life no matter what. Somehow they are always handed luxury no matter how well off or bad off they are. They are given the goods because of something they all have in common- they somehow give value to others. It

may be as simple as they have a charismatic energy that makes people feel good, and people pay to have that in their lives. People want heroes, and they are willing to pay for it. Heroes will always be supported, because they have something to offer, like hope. They are a symbol of strength.

Negative people on the other hand will always be unsupported because nobody wants a downer around. This makes the unhappy people even more miserable and left feeling unwanted, giving them even more of a “poor me” attitude, so they attract even more bad luck in an attempt to get attention. This can spiral out of control. If you sense this happening, immediately start simplifying and cleaning your life and body, fall back to juices and salads, and start doing good deeds and being nice to people. If you can't be nice to people, at least start doing good deeds- even if it means giving away your valuables to help them. Do not do it with the expectation of getting rewarded- that voids the contract! You must do things with no expectations of getting anything back. This may be tricky at first, but once you get in the habit of doing it, it becomes easier. Remember...

## Life is watching. There are no shortcuts and you can't cheat.

Everything you do must be genuine. All religions and teachings say you must give at least 10 percent of your earnings to help others. It is a universal law. You must give back. Consider it "taxes", whatever. Give but don't expect tax returns. You may be giving begrudgingly at first because you have a selfish poverty consciousness and fear not having anything, but once you start seeing the good you are doing for others, your stone cold heart will start to melt a bit. And then a bit more, until finally, you actually look forward to giving.

The ten percent rule is a universal law and religions know this- but THEY also cheat and selfishly want you to give it to them, thus voiding their own credibility. Give your ten percent to wherever your heart feels it will do the most good within your own circle. You are the shepherd of your own little area. It's not your responsibility to take care of everyone in the world- just your own group. If everyone took care of their own area, the world would be totally taken care of. Don't bite off more than you can chew. Just be yourself and do the most good with what you are comfortable with. Don't

do or give anything out of obligation- it must come from your heart.

If all kinds of bad things are happening to you and you are stuck in “poor me” victim mode, you are probably not giving enough. This means your energy is in “take” mode- in other words, you are simply taking from others, living off the Universe like a parasite, and the Universe doesn’t like that. It likes balance, and will start shaking up your life, forcing you to do things differently. No need to get upset by me saying this, just try to understand it. Things aren’t breaking or being taken away just to piss you off, or because the Universe hates you or it’s karma, ...it means your old life isn’t working and you are being forced to step away into something new and different, and all the things that were holding you back in your old patterns are being taken away. You are being forced to move, to change, and try something different. You can resist and cry and complain and kick and scream, but it’s only going to scare people away. They want positive energy. So do you.

## Don’t whine, shine!

Energy goes in a direction- positive (encourages life) or negative (drains life). Which energy are you in? The first thing you must realize is you

are NOT stuck in there! You can change your energy instantly just by the way you think. Science has actually proven it. Several Nobel prizes have been won in the field of epigenetics, where they have proven you can change your very DNA, that's right, your genetics- within SECONDS ...just by the way you think! Your mind is more powerful than you have ever imagined. Herein lies a profound realization...

Remember, true love means giving what you love the total freedom to do what it wants ...letting it decide for itself, even if it might hurt them. The Universe/God, whatever you want to call it, loves us so much- that it gave us TOTAL FREEDOM to do what we want. How? By giving us a tool that allows us to literally create our own reality. The statement *"Be careful what you wish for, because it just may come true"* is more true than you thought. In fact, it is the way things work. From now on, watch what you say and think. Watch that sarcasm. This is vitally important to understand. The cells in your body follow orders, and those orders come from your mind, which processes what it sees, hears, feels, smells and remembers. (Remember, most of this is distorted reality). So the "captain" in your head makes decisions and sends orders to your body's cells that then carry out those orders without questioning. Soldiers

do not question orders. So when you say stupid sarcastic things like *"I wish I could die"*, your cells start dying. This has been proven. Sure, your head goes *"but I didn't mean it"*. You're cells don't know that. They are just following orders. Or another sarcastic statement like- *"watch this- the government's going to take all my money, I won't have a penny left haha"*. Yeah. Ha ha. Watch it come true. Your "body" is not just your physical cells, but the "body" of a consciousness that follows orders. This is the "body" that religions speak about- not a man with arms and legs. Whatever messages you send your "body", will be carried out over time. You say something and it responds *"and so it is"*. So be really careful what you allow people to tell you. Even if you don't totally believe it, some unconscious part of you will still play with the possibility and wonder if it may in fact be true or not. The second this happens, it becomes part of your reality. This is quantum physics and it's the most mind-blowing reality you can imagine. Einstein even proved it.

Another example is a man whose blood was tested in a lab and found to be fine. He was told something negative and within seconds, his blood showed he had diabetes. Then he was told something positive and reassuring, and his blood tested normal again. This is the power of

epigenetics. You control your life, your body, and the events happening to you. If you wonder why certain things are happening to you, have a good look at how you have been thinking.

Sometimes it takes a while to happen (like it takes 9 months to have a baby after having sex) So many of the things happening to you are the result of what you were thinking, saying or doing months or even years ago. The bigger and more complex the event, the more time it takes to put it together for you, like a baby (good) or a tumor (bad).

I always dreamed of having a partner in life with certain qualities. Over the years, I'd meet people who had *some* of these qualities, but not all of them. I thought this was simply the way it is - that you'll never have it all ...that there is always compromise ...that you have to make the best of what you've been given and deal with it. Little did I realize that my expectation of only getting bits and pieces did exactly that- I only got bits and pieces of what I wanted, leaving me frustrated. This is how most people live - they expect to get a "taste" of something, but never really have it all. Only "rich" people have the good life, and oh, how we end up hating those rich people because of it! Right? We see them as a different breed of people, and as a result, that's



exactly what we become - a different type of person that never becomes rich, happy and successful. If you see it as an “us and them” situation, then your “wish” becomes true. Watch it. Be careful. Stop seeing good things as separate from you. Stop seeing them as hard to get. Stop seeing the good things as something you have to work really hard for, or that they cost lots of money, or that only a different class of people are allowed to have them.

No. YOU are allowed to have them RIGHT NOW. But you must change your way of seeing things to make this possible. If you have negative things happening to you, you are saying or thinking negative, sarcastic things. Remember, even if you mean it as a joke, your “body” doesn’t know any better. It doesn’t understand sarcasm, only the truth. Your body exists to make things happen and experience life. So what kind of life are you creating and experiencing?

**Positive or negative. The choice is yours.**

You can’t just force yourself, or try and trick yourself into being positive. That doesn’t work, because deep inside, you are still doubting.

There is still something saying “*watch this- I’ll try and do something good, but watch, it will probably all fall apart at the last second*”.

Guess what happens? You can’t fake it. Anyone who fakes an orgasm during sex is not genuine and as a result, the relationship eventually crumbles because it’s not based on truth. You can’t fool nature. You can’t trick your body. It knows. It’s in tune with reality. So how do you get out of this negativity rut?

Simple. You need to start thinking and being a successful, happy, fulfilled person. How do you do this? You start doing what successful, happy fulfilled people do. What do they do? They help others. They give something to the world that has value. You may say “*but many of the rich people are bad people*”. First of all, you just said something negative. You are still wanting to find the dark side of things. That will keep you poor. (poor health, poor finances and poor relationships). You MUST get rid of this automatic “*yeah but...*” negativity crap. It’s keeping you in the poorhouse. But to answer your question, yes of course there are “bad” rich people. There are also “bad” people in the ghettos. It doesn’t matter if you are wealthy or not, and stop using money as a gage for success, happiness and fulfillment. But since you are so focussed on money, then fine. Let’s address that.

Money is just a side effect. That's all. It's just something that comes to you when you feel you deserve it. It doesn't matter if you are good or bad. It doesn't matter if you are working hard or not. It doesn't matter who you know or how talented you are. Sure you will say "Oh I definitely *deserve* money". But deep down inside, do you really? Remember, the reality you are living in is not based on what you know, but what you believe deep down inside.

Stop wasting your time obsessing and worrying about money. Many "rich" people don't pay for things. They are handed the goods on a silver platter. They gladly accept it and are ok with that. You on the other hand would probably feel strange if someone handed you something expensive and beautiful. Your first thought would be "*there must be a catch*" and BAM- now there is. See? Again - that stupid negative mind got in the way and ruined what could have been a good thing. If someone or something comes into your life that seems like a dream come true, DO NOT say "this is too good to be true", because then BAM- it crumbles and becomes not true, as per your wish. Be careful! Stop thinking like you don't deserve stuff.

How can you start accepting the good stuff into your life? Remember, you don't own anything

and never will. Rich people know this. They are not into owning. They are into experiencing. That's why they lease things, they know everything is temporary. They are not attached to anything. Poor people are always clingy and attached to everything... their things, their beliefs and their relationships. Rich people are open-minded, always willing to grow, expand and try new things. They know that the Universe is infinite and that the experiences we can have are limitless. I'll keep saying it until you get it...

**If you want to be limitless, throw away your limitations.**

Successful people know there is no limit to what's "out there" and what's possible, so they give freely and don't worry about never having enough. Poor people skimp and worry that when they tip someone, they might not have anything left. Rich people tip a lot, knowing there will always be more coming. Even if they go bankrupt, they know there is more coming. They don't worry. Ooh. did you hear that? That one simple statement can sum up this whole book in two words.

**Don't worry.**

Oh my God. Let's take a moment and really absorb this.

Could it really be that simple?

Yes.

Successful happy, fulfilled people don't worry much. They happily go forth in life not wasting their time worrying about what might happen. They are too busy living and feeling good. This "feeling good" is a positive energy. Positive energy makes other people feel good. We want this positive energy in our lives so we support the people with positive energy (and let the negative people die a lonely horrible death) This is natural selection. It ensures that positive things continue. Life is positive, death is negative. In other words...

**Positive people get support from others, negative people don't.**

You'd think it would be the other way around, and that the negative "poor" people should get support. But what we don't realize is that those people are bottomless pits. You can give them all the money and support in the world, but as long as they are stuck in their belief system and

thought patterns, all help will be worthless in the long run... just like the poor people that win the lottery and then blow it all and end up poor again.

What needs to change is attitude. How does this happen? They need to start doing positive things in their life. How do they do this? They get rid of as much of their life as possible and start over, because the life they were in just wasn't working. They need to clean out their body, their mind and their relationships with food, people and beliefs. And most of all- they need to start doing POSITIVE things that help the world in some way. If you are taking more than you are giving, that's negative. If you are giving as much as or more than you are taking, then that's positive. You may say "*but I don't have anything, I'm broke*". Are you telling me you can't afford a smile? You can't say something nice to someone? You need to go to a third world country sometime and see how kids take old tin cans and turn them into beautiful jewelry that they sell at the market. Or how they take tall grass and weave it into hats for tourists. Notice the genuine smiles on their faces. They barely have any clothes and they live in a shack, but they are happy. Now look at all the miserable unhappy faces of the people in your neighborhood as they drive around in their big

gas guzzling SUVs complaining about the pizza delivery being two minutes late.

When I go online and read the forums, there is inevitably always the odd hater, leaving resentful angry comments in an otherwise pleasant assortment of comments. I know right away this person is not successful, happy or fulfilled, and they will never be as long as they look for things to complain about. Negative or positive. How you choose to see things in life determines the life you live.

So let's get back to the successful, happy and fulfilled people, because that's where you want to be, right? Ok. What do they all have in common? I already told you. I'll wait a minute while you think about it.

Well?

What do they have in common?

No it's not that they have lots of money or are lucky bastards with rich parents. Come on. I know I was being humorous, but really, use this as an example. If you catch yourself EVER EVER answering anything with an automatic sarcastic answer, you need to stop this habit RIGHT NOW if you ever want to get out of

your rut and become successful, happy and fulfilled. OK, here's the answer to what "rich" people have in common- *they have something of value to give to the world*. Something that people want or need. Something probably that people are willing to pay for. It could be anything from shoelaces to toilet paper to a silly gag gift that makes people smile, to a book that helps people in some area. It could be something as simple as they make people laugh (successful comedian).

Whatever it is, it is almost always something that comes easily to them and they love doing it. And therein lies our next lesson.



## Chapter 17

# Do What You Love.

This is a tough one for many because they believe that in order to become successful they have to work hard and do things they really don't want. They do things "*because someone else did it and became successful, so I guess I should do that too if I want to be successful.*" Sorry. That only works for them. You can't copy. You must be unique. Nobody cares about number two. People always honor the first one.

Almost all successful people do what they love. Often times they didn't expect to end up where they did, it just happened that way. But they did one thing- they followed their natural instincts. They did what felt right. They did what came naturally to them. It may have made no sense to others watching. Their friends may have said "*Why are you wasting your time doing that? You'll never make money doing that. Get a real job!*" Almost every pioneer has been told this. But the successful person still followed their heart. You may say "*But I don't have anything special to offer the world, I'm just a homemaker*". Well who is one of the wealthiest

women in the world? Martha Stewart. What does she do? She has a show about homemaking. Do what you love. Don't go after the money. Money is just a side effect. If you go after it, you will push it away. Just do something you do easily that makes others feel good. Even if it's just making some great cookies. Or telling jokes. Or giving good massages. Or you write poems. How do you make people feel good? What is it about YOU that people like? What is the one thing people keep pointing out about you?

Even if you have a bizarre ugly face- you can become a character actor in movies. Some of the hardest-working people in the movie business are NOT the pretty people. It's the strange looking ones with interesting faces, personalities or voices. Even people who are missing an arm or a leg get used in movies a lot, in war movies etc.

**Use whatever is unique about you to your advantage.**

There is no excuse. Start being creative and having fun. your challenge is to start having fun and using what you have to your advantage.

## Use your disadvantages to your advantage.

Most of all- enjoy doing it, because if you are going to become successful at it, you might be spending the rest of your life doing it.

*So what would you LOVE doing for the rest of your life?*

You love eating out? Become a food critic. You love traveling? Become a travel critic and start your own column, blog, website, TV show and book series. You love pets? Same thing. You have Crohn's disease? Heal yourself by following my healing routine and write your own book to tell people about it! You love doing nothing? Write a book "*The Art of Doing Nothing*". I absolutely guarantee you people will buy it !

Are you getting excited? I hope so!

Do you feel a tingly feeling spreading from your heart throughout your body? Is it healing you? Do you finally feel the magic?

My friends- you may have thought you were in a prison, but the door was always open.

Write a book about your experience in “prison” and how to get out. Show people the way. Make it fun and entertaining. Do what you are best at. Become a motivational speaker. Whatever it is you do - make sure it’s something that fires you up and also those around you. You can tell you’re on the right track when you feel energized doing it, and it helps people and makes them feel good.

Whatever it is, it’s something that comes easily. Something you have been given naturally. Something that excites you. Just thinking about it gives you a buzz. The reason for this is -

**Your “purpose” has been  
programmed into your heart.**

That’s right- you have been programmed to do what you love, so that way you’ll do it. It’s genius! How do we make someone do \_\_\_\_\_? We program it into their heart as something they LOVE doing! Absolutely genius.

So why aren’t you doing what you love? Why are you doing something else? One word. Fear.

That stupid negative mind is getting in the way again. You have been programmed by the fearful losers around you to not believe anything good... that only bad things should be believable *or at least given priority*. If it sounds too good to be true, it probably is. Right? It can't be that easy. Right? Dammit-

IT IS THAT EASY!!!!!!!!!!!!!!

Do you want to be like the millions of unhappy unhealthy drones out there who do nothing but complain about life while they read magazines about celebrities, or do you want to become a celebrity and start traveling the world and finally living life? and doing good for the world?

Forget about the losers. Start hanging out with the winners.

Winners get excited about things. Losers whine and complain about everything. Look, the days are speeding by. I seriously suggest you hop on the train of life while you can and start making a difference. Throw helpful flyers out the window of the train with suggestions how people can help themselves. That's what I'm doing. I'm sitting back on the train of life, being served tea

as I enjoy the landscape going by, while I toss helpful flyers out the window for people along the way to read. It's their choice if they want to read it or not, and if they want to actually do what it says. I am not making them do anything. They are free to make their own choices. I am not hopping off the train to try and force people to do what I think they should be doing. The train would leave without me if I did that. It's not my job to force people to do anything. So you see,

**I am enjoying my own ride while helping others.**

We do not have to be martyrs. All we have to do is show people that a good life is possible. They need proof. They need heroes. All you have to do is show them the way. If they choose to take it or not is their choice.

The main thing is that you are feeling good. You are no good to others if you are killing yourself trying to help them so you can win their approval and be liked. That's not why you should do something. That's coming from a place of lack. Do not do things to win the approval of others. That is one of the biggest

motivating factors of many people's actions and relationships. It only ends in resentment.

Everything you do should come naturally from your heart with no expectation of anything in return. Whatever it is you do, make sure it's from your heart and you LOVE doing it! You will know you are doing the right thing when it doesn't feel like work anymore. It feels like you are getting paid to have fun and do what you do best. Again- do NOT go after the money. Do it for free at first, just to get people interested. Get the word out. Hand out free samples. Get people hooked. If it's good and high quality and people like it, it will catch on automatically.

## Start enjoying life and getting paid for it :-)

It doesn't have to cost money. My friend Matt lived on a beach in a Hawaiian jungle for free. If he wrote an ebook about it and sold it on the internet, people would buy it.

This is interesting- use time as a gage. When you're doing something that you're heart's not into, *time matters*. People like to say that they work well under pressure when there is a deadline, so they wait until the last minute and

work like crazy like it was some sort of challenge. They procrastinate and goof off until the last minute, then they see what they can get away with. This is kind of a cheap thrill. Like cheating in school. Living this way is a sign that you are doing something you have to, or don't really want to. In other words, this is not your life's purpose.

On the other hand, if you do something you love, you don't wait to the last minute. You can't wait to start doing it. You don't procrastinate. *Time doesn't matter.* When we have no pressure, we are totally free and at peace. Did you ever notice your best ideas come to you when on vacation, or relaxing at a restaurant or on a road trip? It's when the pressure is off that the good stuff starts flowing and you feel in your true element. Again- if you want someone to flourish, thrive and be happy, set them free and let them do what they want. They will love you more because of it. That's all anyone wants, is freedom. Well life gave YOU freedom, you just need to claim it. Even if you are in a real prison, you have lots of time on your hands- and time is freedom to reflect on life. This is a luxury many people in the modern world don't have. They have to pay bills and no free time. Use your situation to your advantage. There is always a



way to turn what you think is a weakness into a strength.

Do whatever you must to feel peace. Walk away from everything that stresses you out or burdens you... until you feel peace. Yes you might lose everything and be penniless. But this is only temporary. The main thing is- you are free, and when you are free, the new ideas will start coming to you. Ideas that excite you and change your life. Time doesn't matter now because you are free and your heart will sing. People around you will notice and feel this bright aura of positive energy and be attracted to you. There are no deadlines anymore, because now YOU are in charge and those around you will ask how they can help. Your new life has begun.



## Chapter 18

# Your Unique Purpose.

Ok, so now you're thinking "*what do I love to do? Gee, hmmm.... and how can it possibly make money?*" I know. The pressure is on. You better pick something good because the rest of your life depends on it. Haha! First of all, STOP with the freakin money thing. NEVER EVER start something because of money. I know, you need it. I know I know. Stop making excuses. Like I said- If you have to do things you don't like because you have bills to pay, then get rid of the things that are creating bills. You need to simplify your life if you are distracted from your life purpose. Yeah, I can hear some of you saying "*but I have kids*". (Notice nobody cares about the wife or husband- it's always about the kids). We discussed this earlier.

### There is ALWAYS a way.

Your kids will not starve to death. Do not feel stuck because they have to go to a certain school or bla bla bla. They will survive. It's not hard to live. Show them courage to step into the unknown. Show them to not give in to fear or

complacency. Show them what it's like to follow your dream and that risks must be taken. Show them you can lose everything and still survive. If you don't teach them survival, who will? It's what they do in the military. They teach the worst case scenario, not the best case scenario. It's what strengthens and readies for the battles ahead. Well, then look at life as a battle and your dreams are what you are fighting for.

You might say *"I love so many things, but I don't know where to start. How will I know if I'm making the right decision?"* You'll just know. It will feel right. Remember...

**It has nothing to do with logic or making sense.**

You can't see the future, so many things won't make sense. In fact, you don't even need to know where you're headed or what your goal is. All you need to know is what feels right ...right now, this moment. Don't worry about tomorrow or next week or next month. Remember, the cosmic GPS sees more than you. You don't need to see the entire road, just the next few hundred feet. Start walking in the direction that feels right. NOT which one makes the most sense, but the one that feels right. I know this might be

scary at first, but after a while you will get used to it like anything you do for the first time.

Put your foot forward, and a stepping stone will appear where you are supposed to step.

Then put the next foot forward and the next stepping stone will appear. You won't know how many stepping stones it will take, *or how much they will cost*. It doesn't matter. What matters is that you are moving in the direction you need to be. Let me say this again- don't worry about all the details, like how many it will take and what it will cost.

What you need will be given to you as you go.

If you aren't getting what you need, you are either not following the right path (your heart, not your head), or you are simply not recognizing the tools needed. Remember the story of the guy trapped in flood waters. A log floated by but he didn't use it. Then a guy in a rowboat came by offering help, but the man sitting on his roof said "*no thanks, God will save me*" Then a helicopter came by and again the

man said “*No thanks, God will save me*”. Of course he drowned, goes to heaven and asks God why he didn’t save him, to which God replies “*I sent you a log, a rowboat and helicopter, I did what I could*”. Many people have pre-conceived ideas of how they want to be “rescued” or helped. Many are spoiled and would rather wait for an ocean liner when a rowboat is all that’s available at the time. Don’t let this be you.

There is ALWAYS a way out.

You are never given a problem without the answer being somewhere nearby.

Many challenges in life force you to use your creativity and resourcefulness, which is how many great inventions are made that make people super successful. It would never have happened if they weren’t forced into some type of hardship and forced to figure a way out.

For example, in World War II, England was running out of resources to make airplanes with, to defend themselves from the Germans. Using the resources it had available, it made a warplane almost entirely out of wood - the De Havilland Mosquito, which ended up being one of the most successful and versatile aircraft of

World War Two, outperforming almost every other aircraft of the time. Yes wood. The fuselage was made of balsa wood pressed between two layers of cedar plywood. The rest of the airframe was made of spruce, with plywood covering. This is one example of what can happen if pushed to the wall. It forces us to think outside the box, use what we have available and do unconventional things that we never would have normally done. This can change history.

Whatever you are going through, chances are millions of other people are going through something similar, so if you have a solution to a problem, any problem, you now have millions of potential customers. If nothing else, you will at least have countless members in a worldwide forum or support group network.

Yes we are here to fulfill a purpose, and in so doing, become fulfilled ourselves. Fulfill (others) and you will be fulfilled yourselves. Everybody has an important unique purpose that nobody else has. Whatever you are here to do, no one else on the planet is doing it the way you do it. For example, you may love raw food and want to make a raw food recipe book, but worry that many others have already done so, and why would anybody want yours? Well it's true, there

are now countless raw food recipe books out there. But if someone is into raw food, they will buy as many interesting raw food cookbooks as they can. You are different and people want to hear and see variety. Let's say you want to make an interesting shirt. There are so many different styles of shirts being sold in the world, you can't possibly count them all. But people still buy them if they are interesting.

No one will do something just like YOU. Join the club and jump in. Do not see others as competition, but as club members. High five each other and cheer each other on. Again, the more positive and less negative you are, the further you will get. So stop worrying about competition and not being the first. Don't copy someone else's success. Do it YOUR way. What worked for them doesn't mean it will work for you.

If you copy the methods of others, you will once again be in a prison, following the ways of others.

That's the mind getting in the way again- "*well it worked for them...*" The mind is always trying to analyze. What a waste of time. For all the reasoning power we give it, the mind is actually



quite stupid. It can only base things on basic concepts and man-made logic. But things happen all the time that defy logic. Things that blow our mind. So we should listen to something much more powerful- something infinitely more in tune with the Universe. The Cosmic GPS - sending signals to our heart.

## Why do you think it's sending signals to our heart and not our mind?

Because things in our mind are usually annoying things we *don't* want to do. Most people are prisoners of their mind, whereas the heart tells us things we *dream* of doing and would *love* to do. Most people that end up following logic, reason, other people and their mind, usually end up regretting it. People that follow their heart almost never end up regretting it, even if they lose everything.

We never regret doing things we love.

OK, so what is your purpose?

- It's something you love.

- It doesn't matter if others are already doing it, because nobody's done it your way.
- It has to be something that gives value to others. How can it enrich their lives?
- It's something that comes easy to you. It's not really *work* to you because you love it so much
- You don't need to know all the details
- You don't even need to know what it is! Just start moving in the direction that feels right and the clues will present themselves along the way
- It doesn't matter what it takes or how much it costs
- It doesn't matter what other people think
- It doesn't matter what YOU think, just what you feel inside
- It doesn't matter if you lose everything or have to give up everything. That was your past. You are moving into a new future that doesn't need those old things holding you back.
- Follow positive energy, not negative fear-based thoughts

- Trust the Cosmic GPS (whispering to your heart)

Remember...

If no one else has done it yet, and everyone's telling you you're crazy, you're probably on the right track.

That's how normal people throughout the ages changed history.

Remember also, failure doesn't mean anything. Many of those famous people throughout the ages failed many times before they got it right. Thomas Edison had to go through thousands of different materials before he found something that could be used as a filament for his new idea called the "light bulb". The rest is history.

Failures are usually lessons to teach you how to do it different and better next time. It's just life fine-tuning you. It doesn't mean you are headed in the wrong direction if your heart is still pushing you strongly to keep going. Just check your heart. It will tell you if you are not where you are supposed to be or if it was just a lesson in fine tuning your approach.

Don't stress the details. Remember, it doesn't matter if you have no clue how to do something.

**If you feel strongly about something, the details will show up.**

All you have to do is start moving in the direction that feels right. It might make no sense to you. Let me make this clear- do not go *"I am now going to do something to formulate a career or way to make money"*. No! You'll be racking your brain trying to figure out ways to make money based on how other people have done it in the past. No. no. no! Do not try to force yourself to figure out ways to make money. Stop thinking about, worrying about and obsessing about money. Start doing things you love.

**Pretend you are retired.**

What would you do? Geez, it's so hard for people to relax and do something enjoyable without worrying about the future. Arrrrgh. Dammit, just RELAX! Listen to me! Pretend you are retired. What would you do? Study wild plants? Rescue stray animals? Go traveling? Motivate people to not make the same mistakes you did? Become a sculptor? Paint? Write? All

of these things can earn you a living! But you don't do them for the money, you do them because you love doing them. Money is just a side effect. Do you see the difference?

Maybe you have no clue what you love doing. Maybe you are so miserable and unhappy and broke and cranky, you can't think straight. The word "love" is a silly impractical mushy concept that makes you want to throw up. Haha. Yes, even YOU have hope. All you have to do is give up. Go ahead, hate yourself into a corner to where you can go no further, and then give up. Take a deep sigh, close your eyes and let go. Get to a point where nothing matters anymore. Totally clear your mind to where you don't feel anymore resentment, anger, frustration, depression, or negativity. Even those are a burden. Clear out everything that's in you until you are empty and collapse.

When you become empty, like a house whose old cranky owner died or left, you'll be amazed how quickly new people move in. And this time, there will be a new energy with excitement of new beginnings. New hope. The place gets cleaned up. Garbage gets thrown out, cracks get fixed, new paint, new carpet, new curtains, new furniture and a new way of living and thinking.

You are that house. Let the old unhappy owner die, and let the new young couple move in.

Don't kill yourself trying to figure out what your mission or purpose is. It will organically create itself right before your eyes once you start clearing away the old crud from your life.

Getting rid of the old makes way for the new, and in so doing, you will discover new ways of doing things. You know how your best ideas come when on vacation or road trips because you are relaxed and free and not worrying?

We'll start seeing your whole life as a road trip!

**Relax buddy. This is a vacation.**

You need to get away. Get in the that "car" of life and just start driving. It doesn't matter where. Just get in the car and start driving.

Anywhere. The more "out there" the better.

Drive into the unknown. Creative ideas will start flooding in like never before. Take a note pad because your new life will start downloading.

Don't ask your friends what they think about you doing anything, because they probably won't "get it" like you do. Why? Because your "instructions" are only for YOU. Your friends are busy getting their own instructions, which are different from yours. Your job is to do your

thing, their job is to do their thing. So asking for advice can end up being a mess because nobody will be as excited as you are about it, in fact, they might try to discourage you from doing it. Their fear-based mentality will tell you all the things that may go wrong if you try your idea, which may ruin your enthusiasm. Secondly, they will tell you how they would do it, but that's not how you are supposed to do it. Remember, you are free. You are not here to copy others or do things the way they would do it.

You are the only one getting your instructions, no one else is. Your mission is your own. Others may help you, but make sure you stay true to your voice. But be open to the input of others. It's very possible the cosmic GPS is speaking through them also. You will know if what they say resonates with what you feel, and your whole body vibrates more with excitement. Whenever anyone says anything, always listen to your body (which is your antenna) ...do you feel your energy going down or up when you hear someone say something? If you feel slightly drained, then it's time to get out of there. If you feel energized, powered-up and excited by what they are saying, then stick around and develop it further.

**Always listen to your body.**

This is why it's so important to have a clean perfect body, because your body is your antenna. It sends and receives signals. When it's working perfectly, you can easily hear the cosmic GPS speaking to you. You'll know right away what feels right and what doesn't. You'll be able to move through life with speed, power and accuracy. Your body is your greatest gift. Treat it like royalty. It is your ticket to freedom. The better you treat it, the better your life will be. If your body is clogged up and rusty, it can't receive signals very well (like an old radio). Your body is the most amazing vehicle with a built-in GPS. This vehicle is such an amazing machine, it can actually fix itself if given the right materials! And all it needs is stuff found in nature. Imagine ...a vehicle that can run on spring water and plants. Wow.

You'll know it's running right when you feel peaceful and excited at the same time. If you start to overheat (emotionally or physically), then something needs cleaning in your body and your life situation. The gages are all there. All you need to do is learn how to use them. That's why I wrote the book "*Heal Your Face*" so you can read the signs your body is giving you. You can tell just by looking at your face if you are healthy, how your liver is doing, your kidneys, your colon, your reproductive system, etc. All



those wrinkles, dents, lines, blemishes, zits and moles are the result of something. They are not random. Learn to read them and why they showed up in that particular part of your face (or body) because they are all connected to other body parts. The Chinese have known this for thousands of years. Yes wrinkles, hair loss and greying are reversible. Eyes can heal so you don't need glasses anymore. Even eye color can change with diet and cleansing. It's amazing how magical the body is.

Do whatever it takes to keep your machine clean so you can hear the GPS signal loud and clear, so you know at all times where to go and where to turn. Keep it fueled with the best, all-natural fuel so it can go all day long indefinitely for at least a hundred years.

Keep your "interior"(personality) clean so you can take a passenger (life partner) along to enjoy the ride. Keep the "windows" clean so you see things clearly for what they are and not see things distorted. And the best part of having a smooth-running clean vehicle is you can enjoy traveling the countryside from the luxury and climate-controlled comfort of your vehicle. (emotional stability and peace) Life is a journey. Enjoy every part of it as much as you can.

Know you are just passing through. Everything you are seeing and experiencing will pass by and be in your rear view mirror in a moment, fading away until you can't see it anymore. Savor every experience like a scene from a movie. The movie will be over and long forgotten soon, so don't take it too seriously, sit back and enjoy the entertainment.

You are the lead actor in your own movie. Have fun. Make the most of it, the whole Universe is watching you. It thinks you are great entertainment. Enjoy the ride. It's just a movie.

Remember this. Everything, no matter what it is, will be long forgotten some day. It doesn't matter if you are emperor of the world and conquered nations. In a short while, nobody will care. People are too busy being caught up in their own lives and little silly dramas. Nobody remembers emails from yesterday. Who was the president a hundred years ago? How many women did that macho guy next door conquer in his never ending attempt to prove his virility? Who the hell cares? I sure don't. The silly things people do their whole lives to try and prove they are "somebody". They invade other nations and kill millions. They erect giant monuments to themselves. They want to be number one on the pop charts. They want to be

on the cover of magazines. They want to be the best looking people at the party. They want to be better, richer, younger, more powerful, have bigger pickup trucks and adored by their classmates and friends.

Don't waste your time trying to prove anything. Life is too short and nobody cares anyway, even if you are right. Making people, animals, plants and all living things feel good is much more satisfying and healing.



## Chapter 19

# Why?

Why are we doing all of this?

All those people out there- scurrying around like crazy. For what? People are pushing themselves to their very limits, stressing themselves out. They have all these things they think they need. They have all kinds of demands, bills, obligations, responsibilities and every minute of every day is filled trying to meet all these needs. It's a crazy world of hamsters running in little wheels just so they can exist another day. Look around at the faces of people around you walking on the street, sitting at traffic lights, at work in front of their computers, in stores, at the grocery store. Do any of them look really happy? Or do they look like they are just going through the motions like a machine, having to wake up, eat, go to work, eat, go to the store, eat, sit in car at traffic lights, go home, eat, read emails, watch mindless crap on TV or computer social sites, and then go to sleep wondering why there is no magic in their lives and why their boyfriend/girlfriend/husband/wife isn't making their life magical for them.

Oh- it's someone else's responsibility to make your life better? I thought slavery went out of fashion years ago. The last thing you should ever do is wait for someone else to save you, or help you, or fund you, or take care of you, or make your life better in any way. People might help you once in a while if they feel like it, but don't bet on it or expect it. The other person is not there to do the dirty work for you. Learn to take care of yourself and allow them the freedom to choose if they want to be with you or not. If they do, do not expect anything from them... not even to stay. Freedom must work in both directions. Both people must know that the other is in their life by choice, not because they have to be for financial reasons or "the children" or whatever.

So why do people do what they do? Would you say because society told them to? They are simply following what everyone else is doing? Think about how silly that is. *"Oh, everyone else is unhappy and bored, so I guess I should be too."* Haha, yeah I know you are saying "not me!" Yeah. Uh huh. What a rebel you are. Woo hoo. Why are you reading this book then? If you claim to not be like everyone else, then why are you doing things every day that you really don't want to? Are you free to do anything you want in life? Are you in your dream house? Are

you driving your dream car? Haha, I can hear some of you saying you are not into material things, trying to validate why you're not living your dream life. If I gave you a luxury villa on the beach in Hawaii, would you say no? Uh huh. Are you in a dream relationship where the person you are with is everything you've ever dreamed of? Once again, I hear many of you saying "*that's not realistic. Everyone needs to learn to compromise bla bla bla*". Sigh. Well I hate to burst your bubble, but there ARE dream relationships where both people are so in sync and in love and have all the same tastes and act like kids, excited about life, make love three times a day every day, dress up, run around having wild fun, spend what seems like endless nights just cuddling and making out... I know because I have that. It took fifty years to find this person, but THEY EXIST and THEY ARE OUT THERE !!!

Stop selling yourself short. I believe we need to go through what we *don't* want in life, to recognize and truly appreciate what is right for us when we finally get it. The Universe knows it's not wise to hand the keys to a Ferrari to a child.

People need to stop and ask why they are doing the things they are doing, especially if they are

not happy and fulfilled in life. Every second that goes by will never happen again. You will never have this life again. This is not a dress rehearsal. This is the real thing. Do you seriously think you are here to simply work like a slave to pay bills, raise kids so the pattern can continue, get old and die? What the hell is that? That is NOT living! That is torture. Do you want to watch the days go by as you sit there watching other people have fun, go on vacation, have great lives, great sex, great fun, travel the world, take as much time off as they want, without a care in the world ? Stop wasting your time hating and resenting those people having more fun than you. The more you do that, the more you are blocking yourself from being able to experience the same freedom and fun.

This book is called “Instructions for a New Life”, not “How to Stay Bored and Unhappy”

If you want things to change, stop waiting for other people to change... it's YOU that needs to change. The good news is it doesn't require a lot of effort and it has nothing to do with money, even though you think it does. Remember- what needs to change is your PERSPECTIVE ...the way you see things. If you see things as challenges and problems, you will be constantly fighting. If you see the same things as creative



potential, everything changes. You suddenly see the whole world as a giant funhouse of potential. You may see a chunk of ugly rock or a beautiful sculpture hiding in the rock, waiting to be released. You don't even have to know how to sculpt. Go find a sculptor. See? You didn't even have to do the work yourself. All you had to do was see things differently.

The richest people in the world don't actually do much work. They have people do the work for them. And they set it up so the work pays for itself, so the guy upstairs doesn't even have to pay for the workers. He/she just collects the profit. All they had to do was have the vision. Steve Jobs for example (the guy who ran Apple computer) didn't personally know too much about computers, he just had a feeling that people needed a simple device that idiots could understand, and it had to be elegant and reliable. So he had people figure out for him how to make that happen. It wasn't easy. No one had done it before. But they did it. Again, you don't need to know HOW, you don't need to know what it's going to look like, or what it will cost, or anything.

## You just need to know what feels right and what doesn't, and follow the clues.

One stepping stone at a time. Start walking. The stones will appear, along with the people to help make it happen. Stop worrying about money. Start being creative with what you have. There is always a way to do it, even without money.

The question “Why” is very important. Many people do things just because they can. Because they think they have to. Because other people are doing it. Because they feel it's the only way to get what they need to “get there”. Because it's the law. Because society programmed us to do it. Because we don't know any other way. Because it gives us security or money.

But not many people say “*Because in my heart, it's all I ever want to do*”.

Figuring out *how* to do something is easy. It's the *what* and *why* that is difficult for people. Let's say for example you are good at fixing or building computers. The typical person will end up being a computer repair guy or working for some IT company as a worker drone. This person leads a life of obscurity and nobody

cares. They're only doing it because they are good at it. Sure they got into it in the first place because they like computers, but they hate working for other people and hearing their whining. Not a fun life.

If only they studied the needs of others though. They would notice that most people don't know the first thing about computers. Nobody really cares HOW a computer works or HOW a car engine works. They just want to press the "on" button and go. That's it. The easier and simpler something is to use, the more desirable it becomes. So the person who knows how to build and fix computers shouldn't be simply fixing computers, he should be wondering WHY people use computers in the first place and WHAT would be the best one for them? Well, it would probably be a simple white box with one button- the "on" button. That's it. Everything else is automatic. The best computer for normal people would be so simple, it would do all the work for you. It would understand your needs and do things easily instantly. It would be so well built, it would never break down. It would be virtually bulletproof and impossible to hack. This is how Apple computer was born. The hardware inside the computer is no different than other normal computers. It just took a little extra thinking how to make it as

easy to use for people who don't know anything about computers. A good computer person could probably design a computer that meets these needs. But they don't think about what other people need. They just know they are good at fixing computers and don't go beyond that. Steve Jobs knew a bit about computers, but for the real design work, he used other people he knew to put it together for him. All he needed to know was WHY people would buy computers and WHAT it would be like (as simple and elegant as possible). They started as a bunch of guys in a garage. There were lots of computer companies in existence at the time. IBM was the computer giant. But you needed to go to school to learn how to use a computer back then. Apple made one that anyone could use.

There are many companies that make the best quality product, but still aren't successful. Why? Because they didn't take into consideration WHY people would use it. You can't just offer a service or product unless you understand human nature. Why would anyone want your service or product? You can't just say "because it's good." or "it's the best". HOW to make a product is easy. To really be successful, you need to understand WHY people want it and WHAT they are looking for. Usually it's the simplest, lowest answer. People are lazy. They want it

fast, cheap and don't want to spend one second learning how to use it. They want it ready to go right out of the box. They don't even want to charge the batteries- they better be charged when they buy it! People are so busy and distracted nowadays, they don't want to have to think any more than they already are. They want their lives made easier, not harder. They want to feel good. They want something that takes care of their problems for as little cost as possible. They want a magic pill for everything. Nobody wants to actually work for anything, they want everything done for them. They want to be on vacation all the time. Yes, people are lazy. They want instant food, instant money, instant everything ...for as close to free as possible. Haha. Yeah. *"I want it now, and I want it for free"*. Bastards.

So you're going *"Geez. How can I compete with that?"* You don't. As long as you acknowledge that you understand their needs, wants and desires, you are three quarters of the way there. Nobody likes a salesman. They want a friend. They want someone to tell them they are desirable and special. Nobody wants to be just a number with a wallet. People want respect. Give them the respect they want and you are through the door. The rest is easy. It's not about "the sale" or "the product" or the service you have to

offer. No. It's about being human. It's about understanding basic needs. Nobody wants to work. Nobody wants to spend money. Well, share that feeling. Maybe you have an idea, product or service that can help people spend only half the money they are now. (like a product that never breaks down or uses half the fuel). Maybe you have something that gives people respect (a luxury item that makes them look rich and successful, but doesn't cost much). Maybe you have something that simply makes them feel good in their off-time. (a relaxing luxury spa experience at half the cost).

## People just want to feel good.

Make them feel good and they will make you feel good in return. They will pay you money to feel good.

The “why” factor is a powerful one. People do things they know are bad for them. They know cigarettes, alcohol, and junk food are bad for them. So why do they do it? It's not always because of convenience. Many people go way out of their way and drive across town to buy something they know is bad for them because they are addicted to it. What is the real reason why? *Because it makes them feel good.* It gives them instant gratification when they need it

most. They are so stressed or wound up tight, they just want to escape and feel good right now, so they can make it the next few hours, and they hope it won't hurt them too much in the long run. They reason it off as "*aw come on, this one pizza isn't going to kill me. This one cigarette won't make any difference.*" Right. But if you take it every day...

We need to get to the core cause of why people do things. They want some level of comfort and familiarity in their lives... that cozy feeling they can escape to when things get rough. When we are young, we assume a fetal position and suck our thumbs. When we get older, we reach for drugs, alcohol, donuts, candy, bread, cheese, sugar and anything else that's addictive.

OK. so why are we so stressed? Because we are not doing what we really want to be doing in life, and we ended up being a slave to someone or a company or a society, having to dress and act a certain way, and do things every day we really don't want. Ok. Why? Because we need money. Because we want to be needed. We want to fit in. We want to be liked. Do you see something in common with all those things?

They are all a form of insecurity.

Ok. good. We are digging deeper. Let's keep going. Why are we so insecure? What are we afraid of?

I'll give you a moment to think about this if you want.

Why are we so insecure?

What are we afraid of?

What's holding you back from being the real you?

Do NOT give me the "*I have children*" excuse. Quit blaming your problems and insecurities on someone else or anything outside of yourself. You had this problem before you even had kids, and it needs to be addressed now.

What are we really afraid of?

We may think it's poverty, homelessness and starvation, but I know lots of people that lost everything and came out better because of it. And YES that includes single mothers! In fact one of them just left town last week with her seven year old son in a truck loaned them by a friend for the move, with the few belongings



they had to start a new life. I know they will be fine.

The person I am with now was also a single mother who lost everything. After she broke up with her boyfriend of 15 years, she lived out of the back of her car for a while before she got back on her feet. She didn't mind because she had her freedom. And she doesn't care if it happens again, even if she is 80 years old. I am amazed at her confidence, faith, inner strength and positive attitude. She is one of the most special people I have ever met, and as a result of her not worrying about being homeless, she probably never will be ever again. I will help make sure of that. We are always taken care of. There is always a way. It's all perspective. Many people enjoy going camping... you know - that's where you live out of a tent, eat food out of tin cans and live like a bum. *And people ENJOY that!* On the other hand, there are rich people living in mansions that are unhappy, yelling at each other, slowly dying miserable lonely deaths. It's all perspective.

If you are a pleasant, positive, upbeat person who loves to help others, I guarantee you will always be smiled upon by the higher forces. You will always be loved and taken care of. If you are not a pleasant, positive, upbeat loving

person, and you want a better life, I seriously suggest you change your attitude and perspective now. Complaining and feeling sorry for yourself won't help.

So my friends- to be successful, you must get really in touch with the truth, and understand WHY people do what they do, and the best place to start is with yourself, because you are after all, one of those people :-)

This book isn't about "how to be successful at making money", although that is often a side effect of finding your place in the world. But that's not what life on Earth is about. Many people don't need money and have better lives than you or I.

The big question isn't "Why" do people do what they do, it's really "*Why are we here*". And the answer to that should be the core for a book called "Instructions for a New Life", because without knowing why you are here, you're going to just be aimlessly wandering around like a lost animal looking for it's mother. Once you know why you are here, everything else just falls into place. So to help answer why we are here, it would first help to understand what we really are.

## Chapter 20

# The Meaning of Life

What you are holding in your hands and what you are about to read may change your life forever. This chapter may be the most important chapter of any book ever written. Sit back and get ready to have you mind blown. You are about to get the answers to some of the most timeless questions people have ever asked.

- ★ What are we?
- ★ Why are we here?
- ★ Why do bad things happen to good people, and good things happen to bad people?
- ★ How can God just stand back and let bad things happen and let good people die?
- ★ What is all this for?

Remember- the truth is so simple, it will blow your mind.

Ready?

We now live in a time where explaining this is easier to understand. As I begin to explain, the truth will unfold before you, and you will say "*Oh My God!*". And you will be correct :-)

Now that we have space satellites that can see almost anything, remote controlled military scout drones, remote controlled Mars rovers, remote controlled deep sea submersible drones, even tiny nano cameras that can be swallowed to send back video and signals of what's going on inside the body, we are now better able to understand the concept of what we ourselves are.

God sent into the universe trillions and trillions of the most sophisticated advanced exploration drones ever imagined - ones that can see, touch, smell, taste, feel, think for themselves, even able to heal themselves! Part of the experience even allows drones to interact with each other at free will... to taste, touch, smell, feel, join with, even reproduce or destroy each other if they want. This is all part of the experience, like a big video game. There are beautiful drones, ugly drones, ones that fly, ones that crawl under the ground, ones that can't be seen, ones that eat other drones, ones that live inside other drones, ones that heal other drones... the list is endless.

We are like deep space exploration satellites, sent out there into the unknown to send back signals and video and smell and taste... to help know what it's like "out there". And "out there" is all of the Universe and everything that could possibly be experienced in it

We are not remote controlled mindless "robots". We are free thinking, full of emotion, free to wander and do what we want, but the basic programming signal is always there if we want to get back on track. This randomness factor that allows us to do what we want and go where we want allows for more exploration of possibilities and therefore more experience.

We are sensation devices, out there to experience everything that could possibly be experienced. The drone body may die, but the signal it sent will always be there, being soaked into the vast cauldron of experience that makes up the experience of being God. God wants to know what it's like to experience love, hate, courage, fear, sadness, ecstasy, mourning, death, cookies, pizza, cancer, cherries, peaches, weakness, disease, and the healing of disease... what it's like to communicate with, feel and make love with another human being. What it's like to lose what we love, to be jealous, hate, kill, or save someone from dying, and even to

give birth... what it's like to build amazing things and then destroy them again... to try something else... to feel skin, fur, silk, cotton, steel, stone and wood... what it's like to not be able to walk... and what it's like to win a race. Even what it's like to splice our bodies with other beings and see what happens. It's all an experiment to see what happens. What's it like to jump, to swim, to fly through the air and what it's like to fall to our death.

It ultimately is ok because God knows the body will be recycled into something else. The one sensing all those experiences is ultimately... God... and God is not going to get hurt by what's going on in the game. Just like a movie, there are "good guys" and "bad guys". But we know they are ultimately just actors playing those roles, so it doesn't bother us that much when something "bad" happens. We LOOOVE a good bad guy! It's entertaining.

So, yes to the cosmic viewer experiencing all of this, it's quite an entertaining experience down here. But we are not the identity we think we are. Our vehicle is simply a 1962 Bob Smith or 2002 Linda Simpson. They will only last about 100 years. But the remote control player is having one heck of a ride with those models... especially when the tether is removed and they

are free to wander on their own and do what they want. "Lets see what happens if I throw THIS unexpected thing into the mix". Get ready to expect anything to happen, because the game will always throw in some random new unexpected twists to make the game more interesting.

That's why it's a waste to be a control freak and try and keep everything under control. You can't. That's an illusion. That's why it's a waste of time living in fear of something happening. It might. So what? It's not the end... because your body is not the end. It is simply a sensation device to feel what it's like to live. But the one inside looking through your eyes... is God. And God is everything, everywhere and cannot be hurt. So stop worrying. You are backed by the most powerful force in the Universe. God loves you. He loves the experience you are having. He loves your pain, your anguish and your exhilaration. It's all part of the experience. You are in the ultimate romance novel, the greatest adventure, called life. God loves a good movie !

Everybody has a secret fascination with something, often times morbid. Even "nice" church people. Many people, especially men are fascinated by war. They would never personally kill anyone, but they find war fascinating...the

machines, the airplanes, the tanks, the submarines, maybe they are fascinated with the world of espionage, the hundreds of miles of secret tunnels being built, the nuclear missiles and what they are capable of... the mind games between the superpowers during the cold war... what it was like to be in Napoleon's army, or the Roman army or the German army. It's fascinating. I in fact find it fascinating. Of course I would never kill someone because of some stupid war, but the subject of these powerful machines is so insane it's fascinating. There is a woman who wrote a book about a teenage girl who has a traumatic car accident that kills her boyfriend. The writer explained "*I wanted to explore what it would feel like to kill someone you loved*". Lots of writers do that. In fact, I think all people secretly think "*I wonder what it would be like if...*" (the scenarios are endless). We are fascinated with the possibilities.

Of course we dream of being rich, famous, stunningly beautiful and living the good life, but we also might wonder what it's like to be a person dying in the ghetto with leprosy or venereal disease. So does God. My last girlfriend was fascinated with murder investigation shows. It grossed me out and I'd always have to leave the room when they talked



about how the murder happened. My girlfriend would never harm a flea, but for some reason, this subject fascinated her. People who are loving and kind are often fascinated by the "dark side" because it is so foreign to them.

Everybody has some strange secret fascination they often don't tell anyone. It may be a man wondering what it's like to dress in a woman's clothes, or a quiet housewife curious about a strange sexual experience. The possibilities are endless. And the reason we are all so fascinated with all of this stuff is because God is also. He wants to know what it's like to be in those situations, so he created us.

Again, realize this is just a temporary video game, it's not really a matter of life or death... it's a matter of experiencing a movie.

You may say "*but God is a loving God. How can he do that?*" First of all, God is not a "he". God is *a consciousness that wants to experience life*. All of it. A movie would be boring if there was no challenge and everyone was happy the whole time. Life is more fulfilling when we have challenges and overcome them. The more intense the challenge, the more fulfilling it is to overcome it. In Hollywood, there is a formula for the basic success of a movie, and almost all hit movies follow this formula. This life as we

know it, is a movie. There will always be "bad guys" and "good guys". Life cannot exist without balance. In nature, a wolf kills a deer. Does that make the wolf "bad" because it kills? It's part of nature. It's all how you look at it. I personally don't like seeing anything get killed or die. I like sweet, cute flowery, romantic stuff. But I don't judge anyone who isn't like that. In fact, I let them do what they feel driven to do, so I don't have to. Maybe their job is to be a wolf. In the world of people, there are also "wolves" and "deer". This is difficult for victims to understand. But if you don't like what's happening to you or the character role you are playing, *you are free to change at any time*. Just follow the instructions in this book. It's that easy. Remember, we are actors playing roles.

Napoleon never existed. Only the "character". When you play a video game, you get to choose the character you want to be, what they look like, what hair color they have, what they are wearing, what their powers are, and what weapons they can use. If the character dies, it doesn't matter, you simply start another game. But the experience that fictional character gave you *will stay with you for the rest of your life*. You can remember the experience of the game or the movie, even though the character you played was just a game character or movie actor.

And that's the cool part. You are a "mini god" experiencing a video game, and "GOD" is experiencing you playing a video game. At some point, your game will end and your character will "die", but the experiences you had will continue to live through God... and since you ARE God... you can replay those experiences any time you want, forever. OR you can go on and experience anything else you could ever imagine. Because you are God. You are not the camera, but the consciousness looking through the camera. You are not the puppet, but the hand inside the puppet. You are not the finger, but the life-force flowing through the finger. That's why when you look in the mirror, you think to yourself "*that's not really me*". Deep down inside, you know you are more than this temporary body. It's just a temporary vehicle on loan to you. So stop freaking out about stuff and start rolling with the game. You are here to feel and experience the ride of your life.

Of course hurting or killing another human is bad. Or hurting or killing an animal, especially if we are on the receiving end. That's not the question. The question is "*I wonder what it would be like to be in that situation*". The reason everyone slows down and stares at a car accident, is they wonder what it would be like. We see terrible things on the news and wonder

what it would be like. Often times we think "*if I was in that position, I would...*" and we play out numerous scenarios of what we would probably do. Some of the best actors in Hollywood are "method actors". These people go to great lengths to learn and understand what it's like to be the character they are playing. For example, they may go live with actual homeless people to learn what it's like, or go to a prison and interview criminals to understand them, or go visit a country that's at war with bullets flying all around. They want to know what it's really like so they can totally understand. This is what God's doing. He knows it's not fun, but he still wants to know what it's like, so he experiences it through some of us.

Why do we go watch a movie where we know people are going to die, like Titanic, or Romeo and Juliet, or "Life is Beautiful" or any other countless movies where a lover dies or something bad happens? Because we want to know what it's like and see how people react. Exactly! That's LIFE ! You just described LIFE ITSELF. That's why we are here and all the experiences are happening that are happening.

Life would be pretty boring if it was all nothing but fun and games all the time. You couldn't see or appreciate the stars if it wasn't for the

darkness. You don't know how good something tastes until you are really hungry and haven't eaten in a while. Life cannot exist without a balance. People want challenges. People want to be heroes and problem solvers. They want something to believe in and fight for. Victory is more fulfilling and sweet when you actually have a battle to fight in the first place. Look at any game. ANY game. There is always a challenge. It wouldn't be much of a game if there wasn't anything to confront and overcome.

Most people don't appreciate what they have until it's taken away from them. Life keeps us on our toes to constantly remind us to appreciate. I seriously suggest you start appreciating everything you can while you can, because none of the way things are right now will ever be the same again. Seize the moment. Everything is changing. Always. You can't stop change. The game is ever-changing and so are the players and rules. Adapt and experience it fully, because that's the name of the game.

## Experience.

That's what life is for. To fully experience.

Never say "*I could of, I should of*". Live life.

Fully.

All the way.

That's what God wants.

In one sentence- we are surrogate avatars of God.

Supreme consciousness is living through you, experiencing life through you and every other thing in the universe at the same time. Every thought, touch, image, smell and taste. You are here to make the experience of life as full as possible for yourself and everything around you so God/the Universe can know what it's like to experience life through our senses.

You are like a finger on a hand. The person next to you is the finger next to you. You are attached to the same hand. God/the Universe is experiencing life through all of us at the same time. What you feel and see is slightly different than the finger/person next to you. This difference in perspective allows God/The Universe to know what it's like to see/hear/feel/touch/taste through all kinds of different viewpoints and characters in the movie. (What would it be like to be the "bad guy", the "good guy" etc) Your job is to play your role as

FULLY as possible so the movie is interesting and God can have a great ride through you. Remember everything is attached. It's the same God/Universe pulsing through us all, the animals, plants, everything. We are all connected, we just have different viewpoints, feelings and sensations. (that's the whole point!) That's why it's pointless trying to force others to see things your way. That's not what they are here for! Honor the different viewpoints or you are dishonoring God. Don't poison others with your way of doing things. Inspire them to do it their own way.

If you poison the finger next to you, all the other fingers on the hand (including yourself) also get poisoned because it's the same life force connecting us all. That's why people can tell when someone else is about to call on the phone, or how people have the same thoughts at the same time and many books or movies with the same subject matter come out at the same time.

So if you are one of the fingers on the hand, and the hand is softly caressing a body, the finger next to you is feeling it one inch to the right, a slightly different experience. Each "finger" is experiencing from a slightly different angle. All of these sensations get sent to your soul and head, which gives you the accumulative effect

of all the senses put together- what each eye sees, what the nose smells, the tongue tastes, the fingers and skin touch etc... all of this makes the experience we call "YOU".

Now step back one further step... YOU with YOUR experience and identity is ONE finger on the hand of God... who is receiving all the sensations of every person, animal and plant on the planet and the whole Universe at the same time. Wow! Imagine feeling all that at the same time and what a mind-blowing experience that is! You are one finger on the hand of God. Your job is to EXPERIENCE life fully from your perspective, and honor the role of all the other fingers, toes, eyes, ears and nerve endings. It's silly to love, hate or be jealous of the other viewpoints because ultimately it's the same source experiencing it all. It's like one tire on a car being jealous of what another tire is feeling. You are part of the same car going over the same road and the driver is feeling what ALL the tires are doing at the same time.

So let's take the tire example. The car journeys down the road of life, and the tires need to do a good job keeping the car safe so the driver can have a great journey experience. They might be driving on hot pavement now, and tomorrow



through a wet, cold slippery area. The tires need to be ready for anything.

This means your “mission” or “why you are here” is always adapting and changing. The answer isn’t a simple black and white answer like “you are here to be a plumber”. It’s more organic than that. You are like an on-call resource who’s mission changes based on what’s needed at the time. You may be needed as a plumber today and a massage therapist in two years, then open a rescue shelter five years after that. Like a secret agent, you won’t know your mission until the time comes, and you have to be ready to act on a moment’s notice like a firefighter called to action. Each moment could change the course of your life and the Universe.

Always remember the analogy of the surfer. You are surfing the wave of life, and to be successful, happy and stay alive, you need to be able to adapt instantly to what the wave is doing. You can’t assume the wave will turn to the right in twenty seconds and start to plan a future based on that, or you will probably end up underwater gasping for air, getting scraped up on the rocks. A surfer doesn’t think much, he just becomes one with the wave and reacts. He “feels” the wave and becomes part of it without

even thinking of what he's doing. The minute we start to think too much, we are in trouble.

Take sex for example. It's all about flowing with the moment and adapting instantly. The moment you start thinking too much about what you are doing or wondering what they are thinking, the moment is over. Nothing kills sex faster than thinking. Life is sex. It is a 100 year lovemaking session. Stop wondering what the other person is thinking. FEEL it. You already feel it on a deeper level. Stop asking, wondering, judging, assuming, ...and just start flowing with the moment. You need to be "with the times".

If the surfer feels fear, resentment, anger, depression, jealousy or anything negative, he is doomed and the ride will end in disaster. You must clear your head and just enjoy the moment and the experience. A surfer doesn't wear a lot of clothes, they are practically naked. Nothing to hold them back or slow them down. They want to fully feel the sea air, the water and the rush of life. A good surfer doesn't see "bad" things or problems, but gets excited at how he can creatively navigate around or through the issue and have a heck of a time doing it. It's all about the ride, the challenge and the rush.

Honor nature and follow by its rules and you will have the time of your life. You are soaring through a tremendous roaring experience called life.

Now run into that ocean screaming  
YEEEEHAAAAAAAAAA!!!!



## Chapter 21

# Don't Want

This is another mind-twister. Of course we want. We want to be happy, successful, healthy and free. We want to find our soulmate and have a lifetime of great lovemaking. We want money and the freedom to do anything we want anytime. If you want it real bad, you might get it, but it will probably be forced and it won't last. That's like forcing someone into a relationship. It's not the same. In fact, it's downright bad all around. We want things to come to us naturally. We want to be wanted. You can't force anything. The more you go after something, the more you push it away. The less you need something, the more it comes to you.

Again, the answer can be seen in nature. If you run after birds, they will fly away. But if you feed them and walk away, they will eventually follow you and learn to trust you. If you turn and run after them, they will fly away again. This is with any relationship. Nobody wants a stalker. It creeps us out. We don't like beggars. But we love to help those who need help but don't ask for it. We like to surprise people with

gifts when they least expect it, but we hate having to buy presents on Christmas and birthdays because we have to do it out of obligation. It also doesn't help that the other person expects to get something from us. It actually makes us resent the whole situation. So what do we learn from this?

Don't go after stuff. Let it come to you.

Never to have expectations. They are a setup for disappointment.

Wanting is a variation of expectations, because they are both based on hoping you will get something in particular in the near future. Even if you actually got what you wanted, it doesn't mean it's in your best interest. Let me explain.

*You can only want what you know exists.*

Think about it. If someone told you the "thing to have" was (fill in the blank)... then you'll probably want that. Everybody wants what the "hot new thing" is that just came out or is about to come out. A lot of what we want is based on what we have been told... by the media, the

movies, magazines, TV shows, internet, neighbors and friends. If Car and Driver magazine says the new Toyota X23 is the hottest car to get, then you'll want that. You see someone driving one around town- oh now you really want one! Oh oh oh, I want one! But they cost so much. The dealer knows you want it really bad so he's going to ream you for as much money as possible. You borrow all the money you can and work twice as hard at work. The cosmic GPS tries to tell you no, don't do it, but you won't listen- you want the hot new Toyota X23. Your personal relationship strains because of the added stress, but hey- you get the new X23. Whew. Now you have it. Yay. You got caught up in the materialistic consumer trap just like the system wants. This is a typical scenario.

Meanwhile, upstairs, the cosmic GPS is moaning and shaking it's head, going "I tried to discourage him not to get the Toyota. Sigh. If only he knew that one month later, a guy across town would be getting rid of his Ferrari for tax reasons and you could have had it for less money than the Toyota! But nooooo, you wouldn't listen." I know this is true, because this actually happened. I listened to the cosmic GPS and now there is a mint condition Ferrari sitting in my garage. I got it for less than a new Lexus. I had no expectations. I just kept myself open to

what was out there and let the Universe put it all together.

The same happened in the personal relationship department. I stopped looking. One day the cosmic GPS introduced me to the perfect life partner. Absolutely perfect in every way. Custom made to my specifications and dreams. It took forty years to perfect and bring us together, but the patience was more than worth it. Dreams do come true my friends. Absolutely. I am living proof.

See, you only want what you know exists. How could you possibly know there was a Ferrari available if nobody told you? Or the perfect mate? Or the perfect source of income? That's what the cosmic GPS is for. It will tell you when the time is right. But you must have patience and faith that you are looked out for.

Most people are not tuned into this and end up making decisions they regret. They did something that sounded good, but deep down inside, it didn't feel right ...but logically it made sense, so they went for it. Now they are stuck. Now they are a prisoner of yet another burden. Do NOT make decisions based on logic. Listen to your heart. Don't make hasty decisions because you are lonely, broke or desperate. It's



better to have nothing than the wrong thing. Be patient. Even if it means forty years. It will be worth it!!!

All the great teachings throughout history speak of faith. They also speak of needing to find inner peace, in order to be in a space to receive spiritual power from above. Not being attached to material things (having them is ok, just don't be attached to them). Not judging or being negative. Loving others. Giving at least 10% to a good cause. Being a "servant" to God does not mean being a slave to religion. Forget religion. It means getting out of your pitiful little world of insecurity and petty possessions and allowing a much more powerful force to work through you that sees more, knows more and is able to do more wondrous things than you ever could on your own. Stop thinking you know it all. Most of what you "know" is flawed and dated. It's just a bunch of opinions and observations from other insecure people. If you want real power, step outside the limiting human perspective and start listening to instructions from the satellite above that can see a lot more. As humans we can only see so much, hear so much and comprehend so much. We are limited. But when we start listening to something that can see more from above, we can move faster and get more accomplished with less risk of

failure. Stop wasting time, and start taking advice from something higher up.

We can live without a mind, but not a heart. Listen to what matters.

So you see, wanting stuff is kind of futile because you can only want what you can see with your limited perspective. If you only knew what was available next month, next year or around the next corner. The cosmic GPS can see this and if you give it half a chance, it will guide you to things you never even knew existed. This is called faith. Trust.

And the good part about following faith, is that someone else is doing all the work. All you have to do is follow the GPS. This takes a lot of pressure off you so now you can relax more. This relaxing is called peace. Peace makes you live longer and enjoy the ride more. It makes you a better, nicer person to be around, and attract all the beautiful things of life. Peace attracts. Stress repels. Running around trying to do everything yourself is a waste of time and it ages you faster. Life is meant to be enjoyed and taken in stride. Do whatever it takes to find peace in your life so you can start to hear your

inner voice whispering to you from above. All that futile running around you do all day long is a waste of time. Years from now, what will it have amounted to?

There is a much more elegant way of living, if you just quieted down and listened to what life has been trying to tell you.

By not wanting anything, you'll probably end up getting something much better than what you wanted in the first place.

There are things out there about to come into existence beyond anything you could ever imagine. Give up wanting. What you want is pitiful compared to what you are about to get.

Let go.

Let yourself fall into the Universe.



## Chapter 22

# Act Now. Don't Wait.

When the Cosmic GPS gives you a "hot tip" or an idea or inspiration, it's like a hot stock market tip. If you wait too long, you lose the moment of opportunity. Those inspirations you get are "hot" right now, not next year. Of course you don't have to act on it and do anything, the choice is yours. But after a while you will realize these are golden opportunities. They are heavenly gifts from above, from a source that can see the future of where things are headed. This insight is more powerful than the ability to predict the stock market. You may get a flash of inspiration, where a new idea zooms into your heart and your whole body shakes with excitement- you just know it's a winner. But then your mind will kick in and say "*Wait a minute. Nobody's ever done this before. What if everyone laughs at this? What if I look like a fool? What if this is a waste of time and money? What if... bla bla bla.*" It may also say "*That will cost money, I'm not ready yet, I can't just stop everything I'm doing and follow this crazy idea. It's best to wait. I'll think about it later.*" Then months go

by and suddenly you start to see your unique idea coming out elsewhere and you go "*HEY! They copied my idea! Damn! They beat me to it!*" Well they didn't copy your idea. This is something you need to understand. It was never your idea in the first place. Remember, you don't own anything. The time was right for this idea, whatever it was... and the inspiration rained down upon the Earth and was picked up by anyone who was receptive and listening to their GPS. That's right- when the time is right for a new idea, all kinds of people are getting it at the same time. The question is - who will be the first to act on it?

Remember, this is not really a contest, because you will do it differently than someone else. Everybody has their own style. If you give two people the same apple pie recipe, you will end up with two different apple pies. So two people might come out with the same thing, but it will have two different styles. As long as it's a quality product, there will always be "buyers" of your style and taste out there somewhere.

The point of this chapter is to make you aware of the importance of being timely. When the GPS says "turn right", it doesn't mean next week, it means right now ...the upcoming exit that's approaching quickly. It sees what lies

immediately ahead and is giving you a short notice. The ideas and inspirations you are getting are usually for something that's about to happen. In other words, you are given a tiny heads-up ... a little pre-warning. The people around you might not have a clue of what's about to happen, but you do. You could have a vision of the next fashion trend, the next hot business opportunity or insight for what could help the world. People around you might think you're nuts if you try to explain to them what you think is about to happen. This "insider scoop" from the GPS is your own personal gift from the Universe, given to you specifically because you are the right person for the job. You have been given a diamond opportunity. Kind of like Noah being told to build a giant boat. You may go "*but I'm not a boat builder- I'm a sheep herder!*" Well you better learn fast how to build a boat. Stop questioning and doubting the message from above. It can see things you can't. Your heart will tell you if the message is genuine or not.

What if Noah said "*Naaah, this is outside my comfort zone, I'm just going to keep herding sheep.*" or "*ok ok, maybe. But I'll think about it first. Maybe later this year.*"

When you get a hot idea, WRITE IT DOWN!!! That is the first and most important step. These inspirations are like fish in a fast-moving stream. If you don't catch them, they will be gone forever. Usually they come to us when we are relaxed, lying in bed, about to fall asleep. But we can't move our bodies! So we tell ourselves "*I will remember this in the morning*". Then you wake up eight hours later wondering what it was you were trying to remember. Even if you remember it a bit, you usually never remember all the details and the energy it carried. I always have pen and paper lying next to the bed within reach. I have pen and paper in the car, in my travel bag, everywhere I am.

Why do these great ideas come to us when we are falling asleep? Because it's the only time we are relaxed and our mind is finally calming down and not in the way. During the day, our mind is BLA BLA BLA and we can't hear a damn thing. Our stupid fearful paranoid brain is so busy chattering up a storm, we can't hear any truth, so the GPS has to wait until the mind is shutting down and tries to shoot an arrow in there during that rare window of opportunity before we are totally asleep. It's not trying to be cruel by giving us great ideas when we can't move our body- it's only because we aren't receptive any other time of the day. So learn to



roll over and grab that pen! Muster all the courage and strength you can to capture that idea on paper! This is God speaking to you. It is pure gold. Don't question it. **WRITE IT DOWN!!!** This is your ticket to freedom.

No matter what it is- take care of it right away, or it will be forgotten and buried. This means "good" and "bad". Deal with the challenges as much as the fun stuff, because after a while, you will realize it's all good stuff. What you think may be an annoying, unexpected accident may actually be on purpose. I learned this early on as a photographer. Often times, the lighting or situation wasn't what I expected and I thought "oh no, this isn't good". But later when I saw the pictures, I was amazed- those unexpected things are what made the pictures really unique and interesting! It's when I stopped trying to control everything and just flowed, that the fun started happening and great things came out of it. The next time something unexpected happens in your life, or you are suddenly sent into a different direction, don't resist. Flow with it. There is a very good chance it happened for a reason. Do NOT put it off because it wasn't in your original plan. It happened when it did for a reason. It was trying to get your attention. If a tree falls into the road blocking your path, maybe it means you are supposed to go another

way. Stop obsessing on the "tree" and consider the bigger picture. Never procrastinate and put things off, because you could be missing a great opportunity for something.

This is also important- if you see a path open up, *it is meant for YOU, not the person next to you.* Do not force others to go with you or to go there for you in your place.

People can only see their own road, not the road for others.

If someone else joins you on that road, wonderful. But don't force anyone down that road.

So let's recap. When you are given an inspiration, idea, task, challenge, vision or problem... deal with it right away. Do NOT put it off, because the river of life does not stop. There will be more and more things flowing in every second, every minute, every hour, every day, every week, every year, every decade... forever. You can't put your tasks on a shelf or you will get backed up big time. Do not create a traffic jam in your life. If you have issues constantly bothering you, chances are it's because you didn't deal with something when you should have. The sooner you take care of

something, the sooner you get on with your life. Even if it's not fun, do it. As a matter of fact- the more things you get out of the way that aren't fun, *the more of a sense of accomplishment you have*. You can do all kinds of fun things and feel no accomplishment whatsoever. So, no matter what it is, don't pre-judge it as "good" or "bad", just roll up your sleeves and jump in. Just do it !

DO IT NOW!



## Chapter 23

# Sex and Sexuality

Some cultures never have to deal with money, but every life form on the planet has to deal with sex at some point. It is magical. It is pure energy. It is one of the most powerful forces there is. How you see it, use it and allow it will determine a great part of your life. It can make or break your relationship, business and very core of who you are. Do not take this subject lightly or think you are immune to it. Sex and Money are very much alike, in that if you see either of them as a “bad” or “unnecessary” thing, then you will never have a satisfying money or sex life. If you are unhappy and jealous of others who have more money, more fun, more sex, better looks (therefore better sex as we assume) and so on, then you cannot possibly have a fulfilling life. Trying to convince yourself and others that money and sex “aren’t necessary” or that you don’t need them and are above all those “lower vibration” things, then hoo boy, I can already tell you are one resentful unhappy and crabby person in need of some serious love and freedom.

Don't waste your time with the high and mighty claim of spirituality being above all that. Look what happens when priests are denied sexuality. It is such a strong force that some men will do whatever they can to have sex with someone. I've met sooo many women who trusted new age "gurus" claiming to be celibate spiritual "lightworkers" who took advantage of them. Many, if not most women have sadly had a similar experience. Women are receptive, giving, emotional and romantic. They start out excited about life, wanting to have fun, appreciate life and trust men. This makes them easy targets to be taken advantage of. Women are driven by the heart, men are driven by their minds and hormones. They are tricky salesmen and can spew endless technical terms that sound impressive and they back it up with all kinds of "facts", numbers and bla bla bla. As we've hopefully learned by now, basing our lives on brain chatter, no matter how logical, is a short term means at best. Interesting how men are more into short-term relationships and women into long-term. Of course this is a generalization, but a good thing to keep in mind when interacting with new prospects. If you haven't been on planet Earth very long, men are aroused by what they see, whereas women are aroused by how the man makes them feel. If you are a man reading this- I'm sure you're saying

*“Yes, most men are wolves out to conquer, but not me! Oh no, I respect women. I am their savior!”* Haha. Funny thing is- that’s actually what all men think. But yes, there are some wonderful men out there, and if you’re a man, I’m sure you’re one of them :-). Anyway, remember, using technical jargon to impress someone is a sales tactic. A true connection between two people requires very little conversation. You kind of just “know”. It’s a feeling you can’t hide or fight. This unexplainable “chemistry” is beyond logic. It has very little to do with the mind. Always remain in tune with what feels genuine and what doesn’t. Don’t let logic sway you, or what they say. Don’t listen to the actual words they are saying, ...read between the lines and listen to their real energy. You can hear it in their voice, the way they behave, look at you and the “vibe” they give off. There is a great saying *“What you are speaks so loudly, I can’t hear what you are saying”*. Listen closely to what they are really saying.

Don’t end up with someone because it’s the logical thing to do, or because they impress you with their behavior and they seem to have their act together. Listen to your gut instinct. It is usually never wrong. Once you learn to trust the Cosmic GPS, you are on your way to having

great relationships and sex. Why? Because it requires fully letting go.

Sexuality is not just for having mindless fun or making babies. It's one of the most powerful energies that exists, and if tuned into properly, can empower your life beyond anything you've ever imagined.

Anyone who says sexuality is an unnecessary thing to transcend must first know what sex and sexuality really is. Before I get to that, I must first say that anyone who says that, is not free. They are uptight prisoners of something. Something in them has shut down and energy is not flowing. I don't care what you've heard or been told, the most powerful, successful people on the planet are very sexual. Anyone who thinks sexuality is something to transcend in order to be free has been brainwashed by a religious government trying to keep them repressed. Sex is not a low vibration energy. If you hear someone saying sex is an energy residing in the "lower chakras" of the body and needs to be raised up through to higher levels—run the other way. Just because people feel a burning in their loins and end up joining "down there" does NOT mean that's where sexual energy is. Any women will tell you sex is first in the mind (that's pretty high up in the chakras).



With men, it usually starts with the eyes (also high up in the chakras). People need to understand what getting “turned on” really means. If you want to be really free and really turned on, you need to first get rid of everything you’ve been told and start clean, because just like most other things in life, what you’ve been told is mainly distorted crap. Especially in this category. The same rules apply here as in everything else...

Do you want to feel good?

Then you need to let go.

This could not be more profoundly true than with sexuality. Sex is pure energy that flows through all living things. It has little to do with sexual body parts, except that’s part of what it flows through. To really have a life-changing experience, you need to let energy flow, not just sexually, but in all areas of your life. And the way to do that is to take away all blockages and things that get in the way of that flow. The biggest blockage by far is the human mind and it’s stupid fears. Nothing kills a great moment more than thinking too much. Thinking is the biggest sex killer in the bedroom. Like I said, there are two voices- the one in your heart and the one in your mind. If you follow the chatter

in your mind, you will end up crazy and unfulfilled. If you let go to the heart, it may not make much logical sense, but it will open up a whole new universe to you and you will feel totally free. This is where true living exists.

So to really live, we must let go. Stop thinking and start allowing.

Before I go on, there will of course be those insecure people going “wait a minute- by saying *follow the heart and let go*, are you saying it’s ok for my husband to mess around with other girls?” Sigh. First of all, that’s FEAR and if you have fearful thoughts like that, then you are not in a fulfilled relationship. Secondly, we are talking about the voice of truth here. The Cosmic GPS only speaks the truth. In other words, it tells us to follow what feels right. If it feels right to stay “faithful”, then that’s what will happen.

But “faithful” to what? His truth may be different than yours. This may be unsettling to some, but the sooner we start being faithful to our own real truth, the sooner we can get on with our true lives. Or do you want to continue living a lie? Wouldn’t you rather end up where you truly belong as soon as possible? Sometimes “cheating” is being in a relationship

with the wrong person. Do you really want to cheat yourself? Why do people stay in relationships with the wrong person? Because they are afraid they might not get anything better. Nobody wants to be alone. It's better to be comfortable with something that's flawed than with nothing at all. Right? Sigh. Groan. No wonder there are so many frustrated unhappy people out there. If people were honest from the beginning, there wouldn't be so much cheating going on.

Look, this isn't just about sex. The truth is the truth and the same rules apply to everything.

**You MUST let go and see what happens. And you must be ok with it.**

You can't stop the inevitable, only postpone it. How can you have a great sex life (or any kind of relationship) if you spend the whole time living in fear of losing them or thinking "*does he love me*" or "*am I ugly*" or "*is he thinking of someone else*" or "*am I fat*" or...or...or... That's not a relationship.

That's why people that are free have the best sex. Because they don't have all these stupid

thoughts getting in the way. They are free to have fun and let go. This is the part where you say “*yeah but that’s not love.*” We need to understand what true love is and who we are. (this is answered in the chapter “The Meaning of Life”) Shut off your insecure mind for a minute and follow along. We are all connected. We are all “fingers” on a hand that connects us all. There is a deep love running through everything, everywhere. It’s called “God”, “The Universe”, “The Truth” whatever you want to call it. There is only love. (the Truth) Well there is also fear, but that’s simply not knowing the truth. This may sound profound to some people, but I love all people, all animals, all plants, all stones, all of everything in the Universe equally. I do not love one person more than another. They are all different. I do not love an orange more than an apple. It’s senseless for the apple to be jealous of the orange. This does NOT mean that I run around having physical sex with multiple people. That’s not what I’m saying. This is way beyond that. When you see things from a bigger perspective, everything changes. You are more at peace and you don’t have to run around grabbing everything in sight.

Sex is not good or bad. It is energy. Period. It can be used to enlighten someone to new levels or it can lower someone into the pits of despair.

How you use it determines if your life will be positive or negative. Never sell out. Hold true to your dreams and what feels right.

**You will always be tested everyday.**

- especially if you are healthy and look hot.

Ok. Let's start with understanding what sex is.

It is the force of creation itself. The primal big bang resonating through all living things. It is the urge to explode ourselves into the universe, and God/the Universe wanting to explode through us and our senses.

It is the energy that drives every creative process and being in the universe.

It is the need to express and feel life to it's fullest.

This need for the Universe to express itself through us is so intense, it's like a volcano that builds and builds until we can't hold it back anymore, at which point we must let go and allow the full force of the universe to shoot through us. This is called an orgasm.

The more we do this, the more comfortable we become with the act of letting go. The more the Universe roars through us, the more alive we feel and become. Words cannot do justice to the feeling of unlimited life force exploding through our bodies. We get a glimpse of unlimited power, joy and freedom. Great sex unleashes the greatest artistic visions. This is where the great inspirations come from that change the world.

Sexual Energy is Life Force - it gives life.

Yes it can give birth to another human being, but it can be used for ANYTHING. All my greatest ideas and creations came through sexual energy. Life is movement, it gives birth to everything. When you allow energy to flow and burst out, the whole Universe comes through you. Ideas and inspirations flood through like a dam breaking and the flood waters of inspiration blow like a spiritual nuclear blast through your soul, body and entire being. You can hear angels sing the greatest music ever heard. You can hear giant battle drums pounding through your core, igniting the fire within to change the world.

Sexual energy is intense sparkling white magical life-giving energy.

It is life unleashed. The more you try to contain it, the more it wants to explode. Life wants to live. It wants to express itself. You can't stop it. If you want to be truly free, take your clothes off, stand naked on a rock in the wilderness and proclaim to the universe "HERE I AM! THIS IS ME !" That's what I did when I was naked in the desert and I totally let go. It didn't matter if I lived or died, I was so in love. I was never more turned on in my life. It changed me forever.

Now I am so free inside myself, the Universe flows through me so much, I am on fire all the time.

My typical day starts with two hours of lovemaking because I am so excited at the dawn of a new day, then maybe another hour or two during the day because it just feels so damn good, and then ending the day with another two hours of beautiful, loving, appreciation of life in the arms of true love. Each day is a lifetime for me. I start with the zest of life, live life to it's fullest, and end my life in the arms of love as we close our eyes together in bliss. I'm telling you this so you'll know what's possible.

She feels the same way. So yes, a woman can feel the same burning desire. The reason most women "aren't in the mood" is because they

either aren't with the right guy, or she feels unfulfilled in the relationship for whatever reason. I hate to say it, but usually they settled for who was available and are doing their best to make it work. It took me 50 years and 5 relationships to find the perfect match. They **\*DO\*** exist and it's totally worth the wait! We are on a permanent honeymoon. We think alike so much we are from the same cell. We are the male-female versions of the exact same person. We can't stop spontaneously having fun every moment of the day. We don't want to leave each others side, we want to go through everything in life together. We are inseparable and want nothing more than to make love all day and night, every day for the rest of our lives.

You may say "How is that possible- you mean four to six hours a day? Where do you find the time? And you orgasm each time?" Well first of all, this is my priority, so unlike most people, lovemaking comes first, not last. Secondly I work my business twice as fast when I feel good and my heart and soul are singing with the fire of life. Where do you think all my creative fire and inspiration comes from? Thirdly, I work just as much as everyone else and still have time left over! Yes. Here's the breakdown...



4 hours lovemaking, 8 hours working, 8 hours sleep, 2 hours eating, 2 hours winding down and misc. That's 24 hours :-). And yes we have orgasms pretty much all the time, in fact sometimes as many as six or seven per session. Why am I saying this? Because ANYONE can have this. But you must be following all the things in this book- your body must be clean and super healthy, you must feel good about yourself and life - which comes from letting go and not having a lot of things weighting you down. This does not mean being irresponsible and single. We actually have quite a few responsibilities, run a business, and we are quite busy. But we do it our way. We're kids having fun. We dress up sexy, talk sexy, and see life as a never-ending sensual experience, even the sad and challenging parts. We choose to be in a romance novel, not a drama soap opera. You can choose whatever type of movie you want to be in, and see life through those glasses. How you see life determines what energy powers you.

The more turned on we are, the more amazing things we create for the world, because sexual energy is pure creative force. We are in love with everything everywhere. We are fully alive.

Some of you may say "Sex is different than Love". Sigh. You're not with the right person.

Whoever says that is uptight, unhappy, not free to be themselves and not having a fulfilling life. How do I know? Because they see things as separate. There is no such thing as separateness. That's an illusion. If you are truly ALIVE and FREE and letting the Universe roar through you, then you are filled with LOVE and everything you see, think, hear and touch is a sensual experience. Everything is sex! For someone fully alive, sex and love are one and the same. You cannot hate or have any negative feelings when you are living in a Universe where everything is one.

If a man only wants sex or a woman only wants love, they are not fully living and will never be fulfilled. That's like having arms but no legs. Sex is not a penis and vagina. It is not about getting off. Sex is being on fire with life and expressing it through everything you say, think, taste, smell and do.

I am not saying that "turned on" people are spiritual. There are three billion horny men on this planet drooling at the thought of their next conquest. This is not what I'm talking about. Remember- it's a powerful energy and can be used to hurt, humiliate and ruin someone's life. Men will always test women. The difference between a horny guy being turned on and what I

am talking about is one is doing it for selfish reasons (to get off, to score another girl, to release a buildup for self-gratification purposes),, ...and the other is the exact opposite.

It's not about using someone to have an orgasm. It's about being turned on at the thought of turning THEM on. It's about being thrilled at pleasing them and seeing how much you can please them ...with no thoughts whatsoever of having your own orgasm. An orgasm (like money) is a side-effect, not a goal. As a matter of fact, the less "releases" you have, the longer you can go. You can go off an on all day long and give the woman an experience she'll never forget. Sex is not about the orgasm, it's about the deep sharing of each other's most intimate details and loving it. Taking your clothes off is very symbolic. What you are saying is *"This is the real me. I am hiding nothing. I trust you, feel comfortable with you and am making myself vulnerable to you. I welcome you inside my most precious home. I don't let just anybody in. It is a sacred place and I would love to relax and spend as long as we want joined together as deeply as possible."*

Time doesn't matter. It should cease to exist. If you worry about time, you are living in your head, not your soul.

“Orgasm” means “*little death*”. It means you allow yourself to stop thinking, worrying, and stop being an identity. You allow yourself to “die” in the arms of someone you intimately feel bonded with like no one else. You are no longer a person, you are part of an experience.

Good sex to me never ends. It is the happiness, excitement and gratitude we have for being with the other person. It’s the flirting, hugging, kind words, reassurances, loving acts, gentle touches and thoughtful unselfish help in daily challenges. Never do something with the expectation of getting something back. Remember, the cosmic GPS is watching. You can’t hide from the truth, it will always catch up to you.

There is no need to impress anyone with your virility, strength, movements and duration. What matters is caring, loving, taking your time and relaxing into the moment. Vulnerability is sexy. The minds are shut off and everything is automatic, like the best dance in the world where anything goes, or savoring the finest wine or food. It’s gently running your fingers over their body with wonder and awe so lightly they are barely touching. The more we sense the other person seriously cares about us and is turned on by us, the more turned on we become.

What I'm talking about is being so in love, that every motion, every word, every thought and every thing the other person does, is adorable to you. It warms your heart. Even if they make mistakes, it's ok. You allow. The more freedom you give others to make mistakes, the more they will love you for it. This is the "turned on" I am talking about. It is totally unselfish.

The misunderstanding "spiritual" people have about not needing sex is just like money and other material things in our life... we shouldn't need them, but that doesn't mean we shouldn't have them. It's ok. We just shouldn't be attached to them. Like everything else in your life, if you go after something, you will chase it away. Most people go after sex, love and money, and end up feeling empty and unfulfilled. What people need to realize is that sex and money are side effects. Remember, to obtain true health, you don't go after the *symptom* and try to treat it, you must go after the *cause*. Money is given to you as the result of giving others something of value. Sex is not something that's given to you (I'm talking real lovemaking sex)... it is something that *happens* as a result of something. So to have great sex, don't go after the end result, let go and allow yourself to be free. Nothing is more of a turn on than to know you are free to do anything you want, anytime. If it happens to be

with one person for the rest of your life, then wonderful. But it must be by free will and choice, not obligation, otherwise there will be resentment and decay.

Since sex is life-giving, it can actually make you younger. It helps heal disease, break writer's block, open creative energies, bring in wealth and success, freedom of thought, release the spirit, and helps heal others around you with it's magical power.

SO ask yourself - are you aging or getting younger?

Are you living in a world of negativity, fear and thoughts, which is draining your life away ...or are you living in a world of positive life-giving energy which is building you up and giving you energy, strength, vitality and youthful rebirth?

Being "Turned on" has much bigger meaning than you think. I am not referring to a typical horny guy that bases his life on logic and thinking. I am talking about a "turned on" that's heavenly. Something so enlivening, it empowers everyone and everything it touches. One sign you are on this level, is after sex you are more energized than before. You feel empowered and on fire, not drained, empty and tired. This kind

of turned on is from being electrified by the force of the Universe shaking you to your very core. You feel like celebrating, not rolling over.

Remember, you are a radio antenna sending and receiving signals with the whole Universe. If you are unhappy and unsuccessful, that means you're radio antenna is "turned off". You can't function well or get far in life if you don't have any good directions. You need to hear the Cosmic GPS. If you stop clogging up your life with stupid brain chatter, bills, burdens, lies, negativity, distractions and a gummed up body, then maybe you can start hearing what the Universe is trying to tell you. Clean up your life, your body, your mind, your relationships, to where you are clean and new. Start over if you have to. You need to hear that signal! The moment you are free and hear that signal coming through loud and clear, your body will start to resonate like a giant vibrator.

You will know you are tuned in when you are "turned on".

Since sex and sexuality is a celebration of life, it's almost impossible to be really turned on or have great sex unless you are happy and turned on with your own life. You need to be healthy, clean, and have nothing bothering you.

Your mind needs to clear. You need to be excited about yourself, your life, and where you are headed, like a kid about to enter a theme park, giddy at all the rides and experiences awaiting you. To have great sex, you need to clean up your life. That's what this book is for.

Once you are clear of all the stuff holding you down, and your body is clean and new, your cosmic antenna will start vibrating like never before and you will feel on fire.

And what exactly are you when you get turned on? Remember "*Raiders of the Lost Ark*"? That's what you are, a channel to God. The Ark or the Covenant. A blinding force that can change the world in the blink of an eye.

My friends, the world is waiting for you to get "turned on"!



## Chapter 24

# Love

There is only love and fear. Love is the truth. Fear is not knowing the truth. Love is positive, Fear is negative. One creates, the other destroys. One leads to peace, the other war. One leads to success, the other failure.

You can tell if you are coming from a place of love or fear in any category based on your success in that area. For example, if you are not doing what you love, you are probably not doing so well. You are probably doing it out of fear (fear of loss if you don't pay the bills etc).

The same goes for personal relationships. If you are living in bliss, you are coming from a place of love. If you are in an unhappy frustrating relationship, you are only in it because of fear (fear of not having anything better, fear of not being able to support yourself, fear of failure... the list is endless). Don't kid yourself. If you're not getting fulfillment from a relationship, you are cheating yourself out of the real love you deserve. You are no good to others if you don't love yourself as much as the others you care

deeply about. You are not here to be a slave or martyr. You are here to be an inspiration to the world. Don't be a resource drain. Be a resource creator.

## Love is the answer.

To everything.

Love happens when you stop thinking of yourself, whining about your problems and resenting others. Remember the greatest moment of your life is the moment before you die, because you give up and let go. You are not resenting anymore. You accept, and even start to appreciate. When you get your prejudices and judgements out of the way, you have more space in your life to enjoy things. You need to be at peace. Peace doesn't come from resisting, arguing, and trying to prove you're right. None of it's going to matter in a hundred years. Who cares if you are right or wrong. What matters is, did you make someone feel good? Look, everybody's got problems. Nobody's perfect. Stop pointing out what's wrong with them and just let them be.

## Your job isn't to improve others.

That's their job.

Your job is to inspire them with our own improvements.

Show them a possible way but not everybody is here to travel your road. What's right for you is not what may be right for them. Get your ego out of the way and stop trying to convince anybody of anything.

You are here to live and let live.

Period.

You are here to experience life. Let others watch if they want and make their own decisions. But they are not here to live your life. You are. Stop waiting for others to change. Stop waiting for anything. You can be free right now, this very second. All you have to do is let go of the reins you've been hanging so tightly on to, and see what happens. You are not in control. Well actually, the only thing you should try to control is your fear. Get rid of it. It's a big energy drain.

Let go and see what (and who) comes to you.

But know this, no one is going to come to you if you are waiting to be saved. Stop the “poor pitiful me” martyr thing. Nobody wants to be around that. People want to be around people that make them feel good. Stop waiting and start living YOUR life, not what you think you should be doing to make money.

**Just be yourself and let others decide if they want to be with that or not.**

When you let go and find inner peace, you will start noticing all kinds of subtle beautiful things you never noticed before when you were too busy stressing out. You start to see people in a different way. People who have one month or one week to live are like this. They make peace and see everything differently. They start truly appreciating what they have and had. They don't fight or argue anymore. Every move, every breath, every sound, word, and thing they experience is appreciated because they are seeing it for the last time.... and the first time.

This is the core of true love.

Your goal is to live this way your entire life. Animals and children do it. They don't think

much. They do what feels right and avoid what doesn't. They don't know why, they just do. They don't worry about tomorrow or yesterday. They don't even understand the concept. They live fully in the moment.

Only when the mind comes into play with all it's fears, "what if's", possible scenarios, anxieties and analytical mumbo jumbo, is when we start to age and lose happiness, because the mind has become our prison.

Lose your mind and do some senseless acts of kindness that make no sense. Give stuff to your neighbor or even better, your enemy. Nothing is more fun than diffusing tension and watching someone's heart melting from something they never expected. Start doing kind acts to everyone. The Universe is watching. Don't do it with expectations of getting anything in return. Just start being a wonderful beautiful, kind, loving person.

It's simple. Love and you will be loved.

The person you want to love you back may not, but the Universe is watching. Nothing you do will go unnoticed. Everything you put out comes back, usually many times over.



## Chapter 25

# Communication

Communication is so important, it should be the law. It is one of the biggest reasons couples split up and companies fail. Most people make assumptions. This is a setup for disaster. Never ever assume you know what someone is thinking or why they are doing something, even if you have been together for a long time.

The more you share your innermost deepest secrets, the more the Universe and everyone in it will share their secrets with you. And when that happens, you won't have to assume anymore, because you now know the truth.

Share your truth. You'll get more of it back, and the sooner you have something real to work with and get things done in life. The more you know, the less fear you have and the faster you move. When I say "know", I don't mean numbers, facts, logical technical info, I mean you "know" what feels right

You don't need to know all the facts, just that you are on the right path.

Share what you're feeling with others and they will help you more.

Don't hold anything back because you are afraid they might be upset by what you have to say. That's fear based. If they leave you, then it was meant to be. If they stay, you are tighter as a unit. The sooner you find out the truth of who you are with and the situation you are in, the sooner you will be getting seriously ahead in life.

Don't be long-winded about anything and bore people. Time is precious. Try and edit your thoughts down to the shortest, quickest way of saying something. Don't drive people crazy. Don't beat around the bush. Look them in the eye and get right to the point. This makes you powerful and more respected in the eyes of others. People want to see strength and positive energy, someone who's willing to go for it.

The reason most couples split and countries go to war is because they simply don't understand the other side. If they lived together and truly



understood each other, there would be no quarrels. We should put ourselves in the shoes of those we don't understand to really be able to help. There are many, many people much worse off than you and I, and they are very unhappy. Don't take their attitude personally. It has nothing to do with you. Whatever attitude anyone ever has, is a direct reflection of what they are personally going through in life. Always remember this. When we are in love, everything is beautiful, no matter what. When people don't feel good about themselves and their lives, nothing will make them feel good unless the way they look at life changes. You can't make people change. They must do that on their own. It's not your job to change them anyway. Just be a good listener and let them know you understand and feel what they feel. Your job is also not to enable them, which means to constantly keep giving them whatever they are relying on to not be self-reliant. They will resent you in the long run for not allowing them to be free (even though they are).

Good communication means both sides understand clearly where the other is coming from. Most people speak "at" the other person, but they're not really listening or "hearing" what the other person is saying. I am not talking necessarily about the actual words coming out

of their mouth, because people are usually afraid to say what they really feel, because they don't want to hurt the other person's feelings. Or the opposite could be true, they could tell you all the reasons why they hate you, when deep down inside, they really don't, but they are frustrated with their own life and want you to know it. Often times people don't have the slightest clue how to properly express themselves and end up saying and doing the strangest things that make no sense. It's actually a comedy quite often. Women are famous for saying "no" when they actually mean "yes". Men lie to fool people and women. It's quite a mind-game. People pretend like they don't like each other when in reality they both just want to have peace and get on with their lives. So once again, the answer is not to prove you are right. The answer is simply to make peace. This does not mean to surrender your morals or do anything that doesn't feel right. In fact, quite the opposite. Fighting usually doesn't feel right anyway. If the answer is simply giving up and walking away, so be it. You need to get on with your life.

Just be honest. If you want peace, you must speak to them in a peaceful way. Simply speak from your heart. That's it. If they don't get it, then at least you gave it all you got and you can walk away knowing you have peace in yourself.

If you surrender, it's hard for them to continue fighting. Give them whatever they want, it's really no big deal. They can never take your inner peace and your real power, because that inner peace is the portal to the entire Universe. You are limitless. You can literally give them everything and walk out of there naked. It doesn't matter. The moment you walk out the door, the Cosmic GPS will tell you where to go and what to do. Buddha started as a royal prince with an entire kingdom, but he walked away from it, and ended up getting something much more eternal. Stay comfortable and you miss life. Never fear. The more you stay in your own strength and truth, the more powerful you are and the more the universe will back you. You can never lose this way, even if they kill you. Because you are the Universe. And the Universe is infinite.

People are usually a distraction. If you think you need them, you are still in a prison. You shouldn't "need" anything to be complete. The truth has no exceptions. Remember...

When you don't need something anymore is when you get more than you ever expected.

## Giving up is not the end. It is the Beginning.

If you want to change people, you have to show them its possible. To really achieve, you have to be able to give up everything you hold valuable.

Again, your job isn't to change people. Don't try to turn a dog into a cat. Let them be what they want to be. Stop trying to make others like you. There is only supposed to be ONE you.

To feel peace, "they" need to let you be free to be you and do what you want. In order for that to happen, ...you need to let *them* be free to be and do what *they* want.

You don't really need to understand them, but it really helps. Try. Ask them questions. Really show them you care about more than just yourself. Stop talking to them and really listen to what they are saying, not just with their mouth and words, ...but their feelings, emotions and fears. Usually the more harsh and aggressive someone is, the more fear is behind all that. If someone was at peace with themselves and their life, they would have no reason to snap at you or be defensive or loud.

You don't have to totally understand them, and you probably never will, simply because you are not *them*. You don't see the world through their eyes and they don't see it through yours. That's part of the way it's set up. Everyone has a different perspective. Remember- it's supposed to be that way. God is looking through their eyes differently than yours on purpose. Multiple viewpoints are what make life richer. Don't try to stop that- encourage it!

You will never see eye to eye with someone else, it's impossible. BUT that doesn't mean you can't communicate and respect each other. We are here to honor the differences, because if you don't, you are dishonoring God, and you don't want to do that :-)

Love others no matter what. Of course you can disagree with them, but love them anyway. Life is too short to try and prove you are right.

Even if you do, no one will care in a hundred years. Heck, no one will even remember who you are. So enjoy yourself while you are here, because your life is for YOU to experience, not someone else. It's your body. No one owns it. You are the driver. Go on that road trip you always dreamed about! The road of life.



## Chapter 26

# Summary

Ok. So here you are ready to spread your wings. You want to be a VIP really bad. You want to be seen and admired as something special. You want to be respected, honored and loved. You want things to come easier to you. You don't want to be in debt anymore. No more money problems. No more health problems. You want more free time. You want a beautiful, loving, fun relationship with someone that's nuts about you, and you want to travel the world with them. You want to look younger, have more energy, be sexier, more attractive and desirable. You want to be free to do whatever you want, anytime, anywhere. You want the good life. You want happiness and freedom

...and you want it now.

Right?

No problem.

But in order for things to change,

YOU must change.

You cannot expect different things to happen if you keep doing the same things.

Do not expect others to change. All that's going to do is waste your time and frustrate you. If you want your life to be different, the only one who's going to change it is you. And you can do it right now, this second.

So here we go...

★ Stop doing the things that are bad for you

★ Stop eating things you don't find in nature (bread, pasta, cakes, cereal, cheese, crackers, chips, candy bars, energy drinks etc)

★ Stop being with negative people

★ Stop doing things you hate

★ Stop exposing yourself to negativity (the news, pessimists, unhappy people etc)



- ★ Lose the debt
- ★ Get rid of everything if you have to and start over
- ★ At least get rid of everything you don't absolutely need. Be ready to move out FAST!
- ★ Pretend you only have one month to live
- ★ Tell everyone you are starting over, and see who supports you and who resists the idea.
- ★ Realize that anyone being mean to you is doing it out of fear and lack of understanding.
- ★ Stop wasting your time trying to explain and validate yourself to anyone. Your true allies will understand you without explanation.
- ★ Get rid of all blockages in your life
- ★ Do whatever it takes to feel and be free
- ★ Do some fasting- don't eat or buy anything. Only drink water for as long as you can.
- ★ Do enemas and neti-pot to clean your entire body inside and out with nothing but pure water

- ★ Make and consume only fresh green juices for a while (while still doing enemas)
- ★ Then do only green smoothies for a while
- ★ Then eat only raw vegan food as long as you can
- ★ Jog through your neighborhood daily.
- ★ Take lots of showers
- ★ Find quiet time where you are alone with no distractions, no TV, no radio, no internet, no newspapers, magazines or distracting music. Just quiet, relaxing, beautiful time to unwind and regroup.
- ★ Respect everyone and everything. If you don't like what they do or say, leave and never look back.
- ★ Stop looking at the negative side of things (what could go wrong) and start looking at what could go right.
- ★ Start seeing the beauty in everything. If you can't, leave and never look back.

★ Cleanse everything in your life, mind and emotions as much as you can as often as you can

★ Start traveling, and travel as light as you can

★ Stop worrying and being overly prepared. Know you will get what you need when you get there.

★ Clear out anything and everything in your life that is distracting, annoying, bothersome and doesn't allow you to hear your quiet inner voice

★ Clear out everything you've ever been told, and be prepared to relearn everything from scratch. Think less and feel more.

★ Never judge anyone or assume anything

★ If you feel negativity towards anyone or anything, you are still hanging on to something in your life that bothers you

★ Get into a safe quiet place where you can hear your inner voice.

★ Whatever your inner voice whispers, seriously consider following it, or at least being open to the possibilities, and sleep on it

- ★ Do not confuse your mind chatter with your higher guidance. The mind chatter is usually “logical”, negative and telling you why NOT to do something. Inner guidance feels right, but might not be logical, and it might be challenging. You might even risk losing everything you have, your job, house, friends, lover etc. This is part of the test.
- ★ You don’t need to know what you are here for
- ★ You don’t need to know the details of how to do something
- ★ Just start moving in the right direction and the details will reveal themselves to you as you go.
- ★ Don’t worry what it will cost
- ★ Don’t worry what you might lose
- ★ Don’t worry about anything, including dying
- ★ Do whatever it takes to feel peace, even if you had nothing. True Peace does not depend on money, or owning anything or being with anyone. It is total peace, being o.k. with even dying.
- ★ Let go and accept

- ★ Flow with the moment
- ★ Surf the wave
- ★ Go along with what feels right, even if it means walking away and giving up everything, and see what happens.
- ★ Always speak the truth
- ★ Always be honest
- ★ Never mislead anyone
- ★ Help others as much as you can
- ★ Give as much as you can to others, (including your enemies) even your most valuable possessions
- ★ Know you will always be taken care of
- ★ Learn what wild plants are edible and what medicinal / health benefits they each have
- ★ trust the inner voice of guidance
- ★ Be a hero
- ★ Love

Do whatever it takes to finally  
feel peace.

That's it.

The rest will take care of itself.

## Chapter 26

# You are Free

Well my friends. This is it. You are standing at the doorway of your new life. Despite anything your fearful gabby mind might want you to think, you are are not a prisoner of anything. No matter what situation you are in, you can set yourself free inside yourself right now. Nobody can chain the inner you. It is your gateway to the Universe. You can close your eyes right now and feel it. The entire Universe is ready to explode through you, and the minute you let it, nothing will ever be the same. Freedom starts within. Realize that nothing can stop you, and you are instantly free.

Every dream you've ever had is possible.

But don't wait for them, expect them or yearn for them, because if you listen to and follow the quiet whisper of the voice burning in your heart, you will be led to a world you never even knew was possible. And when you get there, you will probably see all those things you dreamed about smiling, waiting for you with open arms.

Your passion is the voice of the universe.  
Follow it and make history.

You are never given a challenge without the  
answer being nearby.  
You are never given a dream without it being  
possible.

It doesn't matter if no one else sees your dream.

It is your dream.

Go live it.

Don't waste one more second. Remember, every  
thought you have changes everything  
everywhere. Make it count.

It all starts right now.

By the time you read the next sentence in this  
book, everything everywhere will have changed.  
You've already changed the world.

Now go live in it  
...the way your heart wants you to.



Welcome to your New Life.

Love and Light

A handwritten signature in black ink, appearing to read "Mark". The signature is stylized with a large, looping initial "M" and a long, sweeping horizontal stroke that extends to the right.



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The inspirational true story about a sickly boy who was beat up and picked on at school, grew up to make his own 2.5 million dollar motion picture movie, and wrote best-selling books that started healing people the world over. Yes, this is my story, and it's all true! The step by step process with full color behind the scenes Hollywood pictures. Be inspired. This could be you!

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Successful people know that prosperity has nothing to do with money (that's just a side effect). It comes from having the courage to lose everything and follow your dream to help others in a way that's meaningful to them. Success has nothing to do with talent, hard work, who you know, or luck. This book is not new age esoteric fluff. Forget power of attraction- this is solid simple truth and it works. This will change your life forever. See [www.ProspertySecret.com](http://www.ProspertySecret.com)

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softcover book

Unhappy with your face? Your body is trying to tell you something. Every line, wrinkle, spot, mole and crease means something. They did NOT just randomly show up on your face. Every part of your face is connected to an organ or body part. If that body part is not functioning properly, this will show up on your face. No amount of cream will change that. If you want to improve your face, you must improve your health. And lucky for you, your face tells you exactly what's wrong with you. Forget plastic surgery - you can do it yourself. After reading this book, you will never look at people the same way again. You will instantly be able to tell what issues they (or you) have. And they

will wonder why you now look twenty years younger! [www.HealFace.com](http://www.HealFace.com)

### **RAW VEGAN MUSCLE 3 Disc Set**

How to get muscles without eating meat or dairy. Featuring raw vegan professional bodybuilders, and even a Las Vegas cab driver who eats for only six dollars a day and yet has huge muscles. These people eat half what they used to, only work out two or three times a week and yet look like supermen. Be inspired and learn their secrets. See the video trailer at:

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### **Have a health problem?**

If you need specific information or want to know more on your condition, I have over 70 downloadable eBooks on everything from Alzheimers to Zits. These PDFs explain what the symptoms are, what causes them and what to do about it. If you followed everything in this book, chances are you will not have these

problems anymore, but the supplemental ebooks also mention specific herbs and remedies that can help different conditions. They will also help you understand why you have a condition, which is probably even more important. There are over 3000 pages of information - a lifetime of research! They are available at:  
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Now start Living!

A large, bold, handwritten signature in black ink that reads "Markus". The script is fluid and cursive, with the first letter 'M' being particularly large and stylized.