7 stories that

Heal the Ego and Soul

and put you back on track



What is healing and happiness?

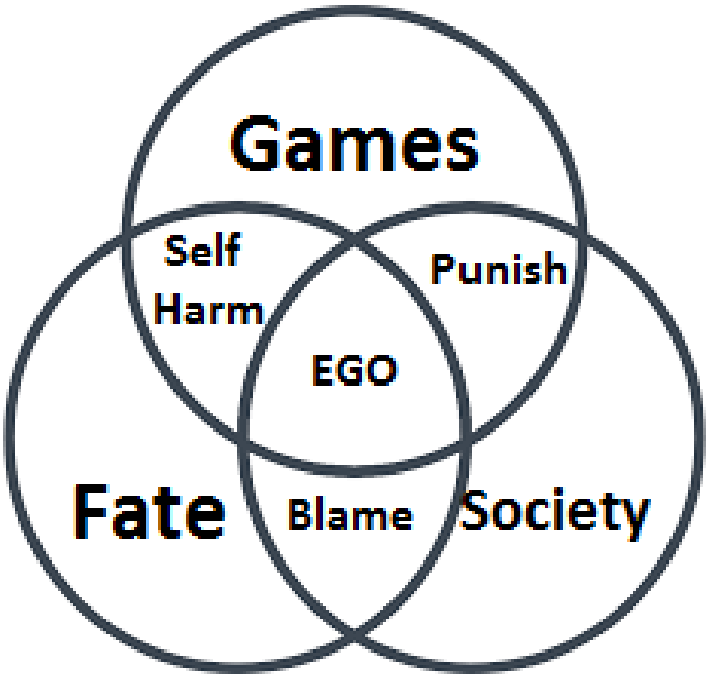
Is it about winning something physical or something deeper?

Most people are trying to fight their own brains in an attempt to lose kilos, add a few thousand dollars to their bank accounts or to improve their happiness or relationships but they’ll never actually get there until they perform a hard subconscious reset.

Their past is too tragic and their future is too uncertain.

The brain is in constant activity. This activity can work either for or against you.

The 3 stories that keep the Ego and Soul Stuck



Fate – When somebody believes that they know enough about life that they can predict the future, they are fate driven.

Society – When somebody believes that all problems of the world are human caused, they become society focused.

Games – When somebody is dethatched from the outcome, yet they are still in active motion, they are games focused.

The unhealthy combination of **Fate** and **Society** focus usually causes a person to **Blame** the world for poor **Money**, **Health** or **Relationships** circumstances.

The unhealthy combination of **Games** and **Society** Focus usually causes a

person to Punish, protest or hurt others in their pursuit of **Money**, **Health** or **Relationships**.

The unhealthy combination of Fate and Games usually causes a person to Self Harm when they experience loss or lack of results with **Money**, **Health** or **Relationships**.

But focus on **Fate**, **Society** and **Games** actually aren’t the issue.

The issue is the focus on non-meaningful pursuits.

This will sound strange, but **Money**, **Health** and **Relationships** are not meaningful pursuits at all.

You can focus on those 3 pursuits all that you like and still not improve any of them. The reason for this is because **Money**, **Health** and **Relationships** are symptoms of success, not the success itself.

Imagine growing up in a cave where all you have ever seen are shadows of people. If you've never actually seen the people and all you have seen are their shadows, then it's easy to assume that the shadows themselves are the people.

But **Money**, **Health** and **Relationships** are shadows being cast by something beneath the surface.

The 7 stories in this book are here to help you to heal your Ego and Soul so that you can move on with life.

It doesn’t matter how your surface shadow looks like right now if you follow the **4 Step Subconscious Clock Reset**.



Survival - Step 1 of the 4 Step Subconscious Clock reset.

Do you really believe that you are going to be OK or are you buying into a story?

Fear stops action. When you truly reset the subconscious, the fear of Money, Health and Relationships falling apart will go. You will survive and you will be OK when you take more action.

Identity - Step 2 of the 4 Step Subconscious Clock reset.

Who are you? Do you feel lost, victimised or group yourself in with the losing group identity or are you a super hero, a super parent, a super PT instructor, a super strong person who wins at everything?

Love - Step 3 of the 4 Step Subconscious Clock reset.

Do you feel worthy of love or do you feel that you need to beg for peoples attention? Do you feel love from your parents, partner or friends?

Status - Step 4 of the 4 Step Subconscious Clock reset.

Do you feel the need to be respected by strangers, or have you reached a dangerously awesome level of self confidence where you respect yourself, and teach others how to teach you by example?

Please enjoy the healing stories in this book if you're going through something tough right now or if you're in the business of helping other people to heal.

Not much can be done for a person who is fixated on the shadow goals or is in constant fear of falling apart, lost in the confusion, feels un loved or addicted to respect from others if they won't see the truth behind transformation.

Don't get me wrong when I say that **Money**, **Health** and **Relationships** are non-meaningful pursuits. If you get those 3 wrong, they can hurt you. But it's like trying to stop the rain from

falling on your head by stopping the rain from pouring down. It’s easier to just build a house. You aren’t in direct control of the rain, and the rain can soak you, but you are in control of how wet you get.

You are not in control of **Money**, **Health** or **Relationships** directly, but you are in control of the subconscious factors that improve all 3.

The truth is that it doesn’t matter how broken you are right now. What matters is that you start right this second getting better through the focus on meaningful life pursuits. Enjoy ☺

Story 1. Who hesitates disintegrates

“Move faster than the speed of doubt and you’ll be OK. Trust me, you don’t want to get stuck on that cliff all day” The trainer seemed a little cocky and unsympathetic for my taste.

There I was on a walk through the Cathedral Ranges, doing the Jaw Bone walk and stuck on half way down the cliff. The kids who weighed less than me just slid down the rocks to the next clearing.

The others who were physically smaller than me took a passage through some narrow rocks.

People who weigh between 35 to 70 kilos could easily take either path, but for me weighing 110 kilos, I was convinced that this is my last day alive.

After learning to conquer other parts of life like sales or learning to ask a girl out with confidence, I was convinced that I had learned all that society could teach me, but honestly, the industry was down.

I had earned $250k in 1 year, but lately, it’s like everything was falling apart.

I’d gained a ridiculous amount of weight, my relationship seemed like all that was left was arguing and I had become too depressed to run my business.

I was broke, angry and worried that if my partner ever left me, I was too old and broken to ever attract another partner.

But none of that was bothering me at this moment, because I was looking at an 8 meter slide down some rocks that

would not just tear up my best pair of Jeans, but I was sure to roll the wrong direction, twist an ankle, break my arms and I'd break my neck on the way down.

"Hurry up, we need to get back to camp", the instructor yelled at me, "If you don't come now, we're just going to leave you here"

I felt too shaky to climb back up, but was sure that I'd die on the way down.

Being an expert in psychology, I did the one thing that I knew always works. I closed my eyes and imagined myself at the bottom.

I could see myself hugging my partner, marching off into the distance to tell another joke that I'd read online.

I saw myself as safe and in one piece. Even while shaking to hold my position now about 5 meters from the next clearing, I started to feel stronger as I changed the picture in my head.

The picture in my head reminded me of a time when I could do no wrong. I would make every sale, help every client and everybody looked up to me.

I started to fantasize about praise and money. At that moment, I started to shake again. It brought up my

insecurities about not being liked or not being able to impress my partner with enough money to buy a house.

“You’re not going to die! Just Let Go!” As the trainer screamed, all I could see in my head was my body on the clearing, dead as everybody walks away and leaves me there to bleed out.

So I went back to imagining myself safely on the next clearing and just walking forward, enjoying the sunshine on my face and the wind on my back again.

I started to feel strong again, so I let go and slid toward the bottom. I threw my back pack down in front of me and felt my adrenal glands empty themselves into my blood stream. The last few metres seemed to take forever as I kept getting stuck on the bumpy rocks.

If I could just stay to the middle, I would be at the bottom within seconds just like a water slide down into a pool, but I kept over complicating it.

I made myself a promise. Until I get to the bottom, I will only picture myself at the bottom, walking forward in front of the group towards our camp.

This focus was a meaningful pursuit. I felt alive again. I felt powerful again. I knew that focusing on the future picture of where I wanted to be was better use of my mind power than to worry about every little thing all of the time.

Finally I was at the bottom. I knew for a fact that I wasn’t going to stay on that rock face for long.

I said to myself, “No matter what life throws at me, I will survive. I can see myself as an old man with grandchildren, married to my life

partner. Life will always provide me with a path forward. It’s just up to me to take it.”

I am safe.

I will survive.

It’s safe to take action.

Life will catch me every time.

Story 2. Who are you?

How does your Identity change what you attract in life?

“I need more motivation. I want to be a better guy. So how do I get more motivation?”

A client told me that he lacked motivation. He wanted more motivation to quit drinking, smoking, go to the gym and to become a better person.

I said, “That’s not how it works. In fact, more motivation will actually harm your efforts. What you have is a hole in your motivation bucket. Every time you fill it up, it falls straight through.”

The client, let’s call him Bob, worked as a foreman in a factory. He used to be very outspoken as a unionist to fight for his rights and his work mate’s rights. But lately, he just doesn’t seem to care about anything. He didn’t even feel this low during a messy divorce years ago when he was forced to fight to see his children as he handed over nearly everything that he had worked his whole life to achieve.

He won his court battle and actually gained custody of the children. He re-established himself with a new house, rose to high level management in his industry and could afford a comfortable life style once again.

As difficult as that battle was, he never once turned to heavy drinking or smoking to get through. He never lost motivation.

But lately he had been different. He just didn’t care about anything anymore.

Bob kept repeating, “I just need more motivation to become a better person.”

“What do you mean by better person?” this can mean different things to different people.

Identity isn’t something that people spend a lot of time thinking about. There can be environmental factors. Maybe the social climate had changed. Maybe he didn’t have a clear vision of the future. This guy had tons of motivation in the past. So what changed?

I asked him, “Who used to inspire you when you were growing up?”

Bob smiled, “I was always a Star wars guy. I used to prefer Obi Wan Kenobi, but my favourite one now is Han Solo. I just like his attitude to things.”

We discussed why Han Solo lit him up so much and why he felt he was a role model.

Obi Wan Kenobi was basically a left wing socialist who lives by a code and Han Solo was a right wing capitalist who made deals to improve his situation.

It comes down to basic Mother and Father roles. Mothers used to be the Carers and the Father used to be the

provider. Now both mothers and fathers can be carers and providers.

Carers tend to lean to the left. They like more rules to keep their offspring safe. They lean towards socialism.

Providers tend to lean to the right. They like less rules to streamline their profits. They lean towards capitalism.

As a unionist, he was motivated by rules. He was like a Jedi who followed the Jedi Code. He felt the need to speak truth to power. He was benefiting from socialism. When he went to court to fight his ex-wife for custody of his children, he fantasied

about being Obi Won. Again, he was a Jedi Knight using the Code as a path to justice.

He was motivated seeing himself as being like a Jedi. But now that doesn’t light him up anymore.

At work, he hears that men need to change. Whenever he wants to tell a joke, it’s too unsuitable or too unprofessional for his work place, so he keeps it to himself.

Every time he has a new idea, the rules shut him down. He has no say in how anything is run anymore.

Everything that Bob does must be compliment with the code. He feels that something is wrong and he can’t put his finger on it.

He knows that he’s a great guy who only wants to help, but he doesn’t feel appreciated, loved or understood. He doesn’t know how to talk to woman anymore. He doesn’t know how to make jokes anymore.

This wasn’t just a case of banning jokes that hurt people. This work place had banned all jokes. He noticed that both men and woman were looking for ways to be offended.

On a lunch break, Bob noticed that one of his work mates was complaining about a divorce that they were going through. Bob wanted to be the good guy in this scenario, so he talked him through it and ended with, “You know what woman are like right?”

Another co-worker reported Bob for being sexist and was forced to write an apology letter or risk losing his job.

He felt as though he had to trade his identity for his job. As a strong believer in the rules with a history of fighting to uphold the code, he didn’t argue. But he felt dead inside.

So he did the one thing that makes him feel something again. He turned to his addictions.

I asked him, “What would Han Solo do about this?”

Without hesitating, “Han wouldn’t put up with this nonsense. He wouldn’t be offended. He wouldn’t even react. He’d say something witty and walk out of there. But if I leave, they’ll call me a coward or a sexist.”

“What do you want to do Bob?”

“I’ve always been good with money. They don’t own me. If this job isn’t right

for me, I'll take another one. I'm not afraid of what they can do to me by firing me. I've never had trouble finding work in my life. If they want to act like clowns or eat their own tale, I don't need to stick around to see how it turns out. But does this mean that I'm right wing now?"

"Bob, it means whatever you want it to be. You don't have to make this about right or left wing. Just make it about you. Who are you?"

"I'm Bob, I'm free. I'm like Han Solo. I'm free of addiction, I'm free of other peoples fear or stupid politics. I'm a cowboy in the wild west."

Story 3. You are always love, but we express our selves very differently.

“I’ve been calling in my life partner for years. When will they show up? My parents didn’t love me and nobody else will either.”

You are whole. You are not born with your husband / wife. But there is always love around you, but it’s complex depending on what you’re trying to attract, what you’ve been through and the perception that you create for others to pick up.

A client of mine, let’s call him Michael, was dumped from a 4 year relationship. He didn’t have children, he was in his 40s, was a little overweight although he looked pretty normal.

There’s an important distinction between how men and woman attract a partner, but before getting into that with my client, I decided to talk to him about his childhood wound.

His older sister had always received the love, attention and support from his parents, but he never seemed to get the same love. His sisters needs were always more important. When there was a fight between them, the parents

would always believe her even when she was clearly in the wrong. So this client developed a Second Class Citizen syndrome.

After Michael was dumped, he believed that he could never find another romantic partner ever again. He couldn’t focus at work and he came across as desperate in every social gathering.

Men and woman get their self esteem from two different places.

Men associate very closely with their performance. They take insults more personally about their performance

than what woman do, they feel their accomplishments very literally as the better they perform or the better that they provide, the better they feel.

Woman on the other hand associate very closely with their core, looks, character and who they feel that they are. They care less about insults or praise about performance, but can be very sensitive to insults or praise about who they are or how they look.

As an example, if you say to a woman, “You have beautiful eyes”, she can take it as a compliment. But if you express her eye beauty as function, it sounds like this, “You have the type of eyes that could attract a lot of men”

When you express the function or the potential result of her core beauty, then she feels insulted.

But the opposite is true for men. If you say to a man, “You have the type of eyes that could attract a lot of woman”, he feels the compliment. He’s proud of his performance. If you twist the compliment back to a core compliment about the eyes themselves and say, “You have beautiful eyes sir”, then the compliment doesn’t land for the man.

Basically, Men care about Function and Woman care about Core.

When Michael was growing up, he was complimented for his core but what he really wanted to hear were Function compliments. He wanted to hear, “Well done Michael.”

If Michael heard more function compliments growing up, then he’d feel more loved, more important and his self esteem would be higher.

Strangely, his sister also felt unloved by their parents. They gave her so much responsibility growing up, but never gave her enough Core compliments. They never gave her enough credit for being Strong, Smart or Reliable.

Michael learned to heal his wound by complimenting his own performance daily. When he started to brag about his performance, he started to feel whole again. He'd even brag to himself or to his diary about his performances.

He's journal about what he'd achieved at work that day plus anything else that he got done.

Although, Michael did eventually find a new life partner, someone that he hopes to marry one day.

Michael started to notice the Picture, Sound and Feeling words that he was

using around woman when he talks about their Core qualities.

He learned to detach more from the outcome and just relax into the game of getting to know somebody again.

He lost weight, improved his hygiene and stopped worrying about his performance around woman once he realised the power of talking to woman about their Core instead of their Performance.

When a man talks to woman about her core and a woman talks to a man about his performance, they tend to get on pretty well.

Story 4. Hierarchy, personal standards and forgiveness.

“They took everything from me. I promised myself that I’d never look weak again.”

Unfortunately, when people are angry, they often confuse holding a grudge with having personal standards.

On one hand, we teach people how to treat us. If someone keeps going back for more harassment, then they’ll get more harassment.

On the other hand, painting all people with the one brush and seeing the entire human race as evil, or holding on the negative emotions and attracting more of the same negative patterns is also toxic.

We actually have two versions of toxic.

Type 1 is to enable somebody to treat you in a toxic way.

Type 2 is to assume that all people are going to treat you in a toxic way.

We have people who talk to each other who shouldn’t and people who should talk to each other who don’t

The key is almost always in knowing what you want and being willing to move toward it.

A client, let’s call her Amy, was very confused about what to do about her husband.

She constantly felt disrespected and had to fix all of the house hold and parenting problems on her own. He children each had special needs and required special attention, but the husband just wouldn’t help.

But was the husband a good guy or a bad guy? Well, the situation was too

complex to be summed up into something as simple as good or bad.

The husband worked very hard and brought home a seven figure income. They lived very comfortably, but Amy was just miserable and exhausted. She couldn’t remember the last time that her husband even said, “I love you”. She couldn’t remember the last time her husband helped with anything at home.

If she was too tired to cook, he’d just say, “Order take away.”

If she needed to discuss the kids, he’d just say, “Talk to the teachers about that.”

The husband was not present in the relationship. So she asked me, “Should I stay with him or leave him?”

As therapists, it’s really not our job to give a quick yes or no answer here.

After I got to talk to both of them in a couples counselling session, I got to learn both points of view.

Amy just wanted her husband to connect with her but her husband felt that he got in trouble with Amy no matter what he’d do or say.

The husband said, “It’s like this with Amy. She doesn’t tell the truth, she

tells you how she feels. She creates a double bind drama. If you buy into her drama, you're in trouble. If you don't buy into her drama, you're in trouble. I love her and I'd do anything for her, but I just wish that she'd just come out and say what she wants instead of dancing around or playing games like we're at a circus. When I walk in the door, it's not the kids that I can hear yelling. It's Amy who's yelling. So I've told her that when I get home, I'm going outside and having a beer until the yelling stops, and then and only then will I come back inside and help."

Amy responded with, "I'm sorry if I find it hard to get your attention. We have one child in hospital having her foot

reshaped so that she can walk again, one under 6 who’s best friend has just died, another who won’t leave the house in case there might be another dog that could bite her and leave her with a giant gash in her ankle, I’ve just come out of hospital because I’ve had an operation on my lower back, but when I call you during the day to ask for advice or help, all that you can say is that money is more important. We’re just not important to you.”

The ego is a tricky thing.

Almost nobody ever wants to go first or to be the bigger person unless they can somehow make it the other persons fault or insult them along the way.

People are so tempted to include an insult in their apology.

Society is receiving so many messages right now that divide us, and our messages that bring us together are far and few between.

Dropping the ego and being the bigger person is a long term game. You aren’t instantly going to get a result from it.

People watch the behaviours of others sometimes silently and make decisions based on consistency over time.

The children were stressed and blaming themselves for the tension in the house.

How could two people who love each other so much now hold on to their pride over their love of each other?

What happened to the team work that these two once shared?

Fear of 4 things can really destroy people.

1. Survival. People worry far too much about how they'll pay the next bill or how safe they are.
2. Identity. People lose their identity in place of a social narrative that

causes people anxiety and depression instead of just being themselves. Scarcity also pulls on a persons character. They obey silly social norms instead of just being authentic.

3. Love. People are afraid of not being loved or not being important. But love is all around us. As we get older, love isn’t always about marriage or sex, it’s about compassion.
4. Status / Ego. People worry about being disrespected instead of walking away from a fight or apologising when they’ve genuinely done something wrong. Today we have a society of two groups of opposing narcissists

competing over who can be the bigger narcissist.

The solution is to stop taking our egos or survival as a cause of stress.

Chaos will come.

Your life will be disrupted.

The outcomes don’t matter as much as the journey. Stop fighting so hard. It’s a hamster wheel that gets you nowhere.

Story 5. Abundance.

By now you should have picked up on the tone of this book. This book isn’t here to help you to get more money, health or relationships. It’s here to give you a broader perspective on happiness as a whole.

More money will not make you or anybody else happy. In fact, the universe will give you more money and stop throwing bills at you the second that you ease up and realise that money just doesn’t matter.

You can’t solve a problem from the same level of thinking that created it. That’s just not how it works.

After I went through a split up, money just started flooding in. That’s because I stopped focusing on it. And after I healed from the split up, I started worrying about money again and sabotaged my money situation all over again.

I’m telling you this because you need to know how destructive worry is.

Worry can cause auto-immune diseases, lack of money and can cause relationships to fall apart.

In fact, my split up didn’t even start to happen until I started to fear losing my wife.

The truth is, being married vs being single, being rich vs being poor, none of that will have any difference to anybodies happiness.

It doesn’t matter if you are male, female, right wing, left wing, tall or short. You need to let go and let the abundance come to you. In fact, it wants to. You just need to stop wrestling with it.

When I relaxed, did my very casual posts, marketing work and the

occasional sales conversation, money just started to flow again.

Money is not hard. It never has been and it never will be. You just need to do the steps and to let the universe provide for you because it always will.

You are safe

You are perfect as yourself

You are loved

And your ego is either seeing life as a tragedy or a comedy.

Focus on a vision of what you want and it will come 100%. I guarantee it.

Story 6. Love is Compassion

Love is not a prize.

Love is not a goal.

You are already at the finish line.

You are already loved.

If you don’t reach out to anybody today, I guarantee that at least 2 people will reach out to you to make you feel special today. Those people may not be your lover, or maybe they are, but either way, you are already loved.

“A tree cannot grow where there is no space for a tree to grow”

A life rich in meaning will naturally attract. Responsibility and meaning are unconsciously being craved by people, even when they can’t put their finger on it.

Another key to love is to see it on 3 levels.

1. Altruism
2. Selfishness and
3. Co-operation.

Altruism by itself is just pure self destruction. Many people who crave

love do try to help everybody else, but they don’t look after themselves.

Selfishness is better than altruism because it’s self reliant. Selfishness at least will look after the self, unfortunately at the cost of others.

Co-operation is the best of the three because it innovates and recharges both parties.

But you can’t have co-operation or a relationship without a topic in common.

A client of mine who wanted to find his future wife went to all of the yoga classes, cooking classes and even

went back to study because he wanted to find a wife. The problem was that he hated the topics.

When I asked him what interested him most, he said that he loves Lizards. So he went to a lizard convention and ended up meeting the love of his life.

His partner had so much in common with him. They were never going to meet at a place that didn’t interest either one of them, like cooking classes or dance classes.

Compassion is the key to love. You can’t control another person, but you can care for them. In the end, if they

have nothing in common to co-operate about, then there’s no reason for the two of them to hang out with each other.

Once the platform of something in common is there, compassion becomes easier.

Compassion is not something that you need to measure. It’s a value that you remind yourself to be each day.

You should not be measuring your rewards that you get back from compassion. Compassion is the altruism that you can afford once you have the co-operation that you need to survive.

Story 7. Stop Rushing

Let me put forth an idea.

“Nothing Matters”

If we lived in a hologram world like the matrix plus we knew that we lived in one, the most common response would be to raise our stats.

Most people would increase their money, health and relationships.

Those people are missing the point of the freedom that comes from living inside of a simulated world.

The ultimate opportunity is to set our egos free and to find peace.

If we lived in the matrix, there’s a huge chance that we’d suffer just as much as we would in a real world.

Also, inside of the perfect relationship, while rich and healthy, suffering is just as likely as in sickness, poverty and loneliness.

The key is to notice the pictures, sounds and feelings that keep going through our mind.

The sensory information in our head is what’s controlling us.

We are being controlled by a story.

The first step to setting our selves free is to stop rushing.

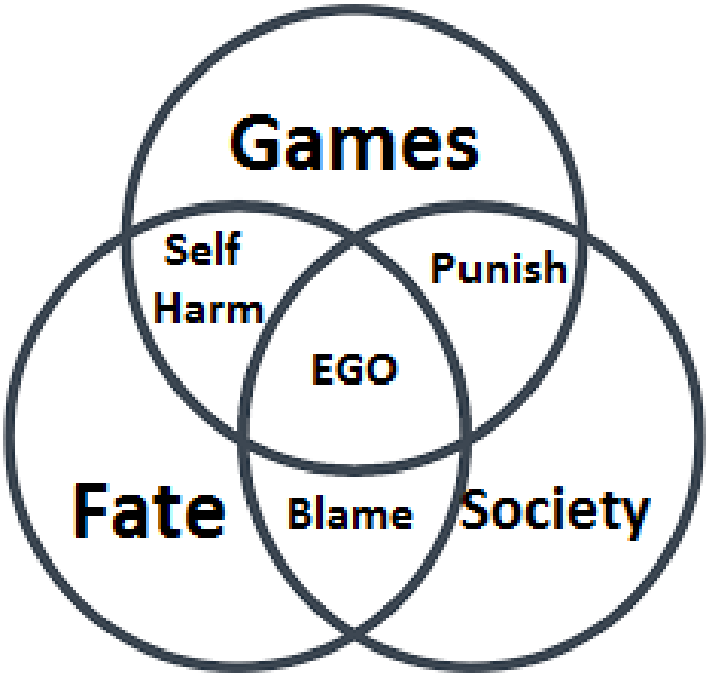
When people rush, they can’t see their egos clearly. The mind focuses on a goal and holds on tight. But what if the goal is the wrong goal and we’re still holding on too tight?

Having said that, I’m not asking you to become sick, poor or lonely, that also isn’t the point.

I’m asking you to play the game.

The world is seen through 3 filters.

Fate, Society and Games.



Fate is the idea of determinism. It’s the idea of a clockwork universe that is pre-determined before we got here.

In the idea of fate, people are accepting of their levels of health, relationships and money.

Society is the idea that culture is to blame for our blessings and curses.

In the idea of society, people are either grateful or full of contempt and blame for their levels of health, relationships and money.

Games is the idea of detachment from outcome while doing your best with the steps.

In the idea of games, people are in a state of play towards health, relationships or money. They imagine a better future and they take the steps, but they don’t take any of it seriously.

It’s important not to rush.

As I’ve said, my best results in money, health or relationships didn’t come from super hard work. It came from intention, game play and humour.

But you have to slow down the game or else you'll miss the twist that will undo you.

When you're under pressure, your brain moved blood from the frontal lobe to the middle. This means that you can't see the game properly.

Greif, poverty, anxiety, anger, hurt or obsession are games that the brain plays with or without your permission.

The obsession to get ahead, blame fate for our lack of ability to get ahead or to blame society for stopping us from getting ahead can be very painful experiences.

People get pushed into social narratives instead of feeling safe to think for themselves.

I was the highest paid lecturer at the Academy of Hypnotic Science, the place that legalised Hypnosis in Australia.

In my classes, I could basically divide the classes into two groups.

The first group were the successful, grateful fans who agreed with everything that I said.

The second group were the unsuccessful, disruptive students who had an angry chip on their shoulder.

This wasn’t about me, the students were in these two groups for all lecturers at the Academy.

What I’d noticed is that students came into the class with an intention.

Their intension was either positive or negative.

If their intension was positive, they listened, praised, bought any course that I sold and succeeded well, both with their business and with their clients.

If a students intension was negative, they would whinge and moan, argue, protest, disrupt everybody, complain if an offer was made to the class and be basically unsuccessful with their business and with their clients.

Often this happened because of 4 reasons.

Reason to be positive number 1.

The student had never really experienced significant loss in their life and expected to win at everything.

Reason to be positive number 2

The student had been through significant loss, and it taught them

humility, respect and the importance of living life for the right reasons.

Reason to be negative number 1

The student had experienced loss, never healed, had trouble focusing, couldn’t apply the steps, couldn’t experience gratitude and felt the need to blame everybody for their poor experience.

Reason to be negative number 2

The student had never experienced any significant loss, but had never had a mirror held up to their own behaviour. They were entitled and expected preferential treatment.

The interesting part was that the difference wasn’t what had happened to them in their life.

The real difference was how well they had looked at themselves in the mirror to examine their own behaviour.

When you rush, there’s a fair chance your brain could be leading you down a path to a downward spiral.

But when you procrastinate, you can also fall for the same downward spiral.

Your best bet is to forget about anger or what should be. Just picture what you want, imagine that you’re already

there, and immediately, yet slowly made your way along the path.

Just do things and you'll be ok.

You will survive.

You are perfect the way that you are.

You are loved and

Your ego doesn't matter.

Just play the game and let the game do the rest.

If you want more money, health and relationships, you'll soon discover that even winning those pursuits mean

nothing without something even more solid to hold onto.

You need to define what game gives you the most amount of meaning and play that game with courage, with compassion and with humour.

Don’t be bitter.

Don’t be angry and don’t rush.

Just start.

Imagine where you want to be and take action towards it.

I hope that this book has helped you.

Scott Lawrence