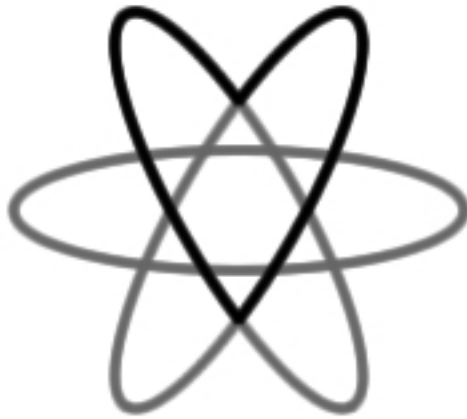


# MC<sup>2</sup> Method

## Transcript



- ✓ Master Emotions
- ✓ End Anxiety/Panic
- ✓ Lose Weight
- ✓ Find Love
- ✓ Know Yourself
- ✓ Conquer Fears
- ✓ Boost Confidence
- ✓ Quit Smoking
- ✓ Get Rich
- ✓ MUCH MORE!

**"The Stuff Really Works!"**

## **THE MC2 METHOD**

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### **DISCLAIMER**

This text describes a very general self development technique. The approach will not be appropriate for everyone, and it is not intended as a means of diagnosis or replacement for professional advice. Use only at your own discretion, liability, and risk. Any testimonials appearing on book cover or website are NOT typical results.

The following is a transcript of a spoken lecture.  
We apologize for the grammatical errors.

# Part 1

Good morning and welcome everyone. Before we begin, I'd like to first thank you for the opportunity to be part of your personal development process - regardless of what that may mean for you. By taking the initiative to be here today, you've already demonstrated your belief that you can improve your life in some way. And you definitely can. The technique that I'm going to share with you has not only been an incredible tool for overcoming my own inner adversities, but also my greatest asset for moving on to a more fulfilling life in almost every aspect. I've seen it work for many, many people, and it's my sincere belief that it can do the same for you.

Now, I'll be giving some simplified examples throughout the course, but I'd like to stress that I in no way intend to minimize the seriousness of any person's circumstances. Real life is not simple, and each person's struggle is very real. Many people are drawn here because of serious issues and difficult transitions. While I'm confident in this approach's value to anyone that's ready for it, I'll leave the convincing to the material itself.

In a nutshell, what you'll be learning is a method of self transformation through management of body energies. While this might sound unusual, it's probably quite different from what you might expect, and some of the most dynamic and effective people undoubtedly use some of the same concepts that we'll

discuss without even knowing it. It's a rare person whose potential is not significantly limited by a simple failure to properly manage their body energies. Learning to align your awareness with your inner energies can help resolve a number of issues, such as anxiety and stress, habits and addictions, shyness and speaking fears, insomnia, overeating, and many others. This will be the focus of our first day here.

Once you've learned how to realign with your energies, you'll be in a good position to then learn how to channel them into higher forms, and more desirable conditions in your life. And this will be the focus of day two, which will be next week. Since the material in that second section builds upon the first, it's important that you take notes, and

practice what we discuss here today before the next session. All the concepts that you'll be learning are relatively simple and easy to understand. But you'll find the benefits of applying them to extremely profound. So it's important to practice.

To get started, I'd like to clarify what body energy is. For our purposes, you can start off by thinking of body energy as emotions and feelings. But it also includes a plethora of other sensations that you might not yet be aware of. All these emotions, feelings, and sensations exist essentially as energies within the body. We use language to place labels on energies - like "happy", "sad", angry, nervous, craving, stressed, anxious, and many others. But these are just labels or symbols of the actual energies. For the

duration of this course, I'd like you to think of emotions and feelings as the energy or essence underlying those words. Using labels or words to symbolize emotional energy is useful for communicating with other people, but you connect with yourself by directly experiencing the pure label-less energies within. Your relationship with yourself is a unique one, in that you're the only person whose inner world you can every truly know. Learning to observe, listen to, and interact with your energies is the key to your relationship with yourself, and the key to your personal power. Not surprisingly then, most of our real troubles begin when we lose connection with our inner energies, usually as a result of avoidance, distraction, suppression, or fear. People have an instinctive tendency to avoid pain,



whether physical or emotional. But on an emotional level, such avoidance can become a self defeating behavior. A multi-billion dollar pharmaceutical industry now caters to our desire to avoid emotional discomfort. But you're about to learn that the secret to feeling better is to first feel whatever you feel. And this is a skill that few have mastered. We live on an emotional pendulum. Loss, loneliness, anger, guilt, stress, anxiety, fear... these are some of the feelings that we try to avoid. But once these feelings enter our experience, the key to moving beyond them is to go through them, not to avoid them.

To illustrate the link to body energy avoidance, consider anxiety and stress. These conditions arise when we want to avoid some real or imagined situation

because of a certain emotion or body energy that we think it will cause. Even if the worry is of something simple, like being late for an appointment or performing poorly on a test, it's not actually the event itself causing the stress - it's fear of the feeling that we associate with the event's occurrence. Whether logical or illogical, our mind perceives these feared possibilities as actual danger, and releases stress hormones like adrenaline to prepare us for them. Now, a little of that is okay - to keep us on time, prepared, and performing well. But for many people, stress levels become disproportionately high, even for things they can't do anything about. We become so fearful of a possible situation that we want to avoid, or more specifically an emotional

possibility that we want to avoid, that we generate a self defeating level of stress.

While we'd typically try to quell that stress by avoiding or controlling the event in some way, the most direct route to getting stress and anxiety under control is to stop fearing the feeling that you associate with the event. Once you know that you can handle the feeling, you stop fearing the possibility, and stress dissolves. If you've ever struggled with social anxiety, think about what it is that causes your social discomfort. Is it fear of negative judgment, rejection; that people won't like you, that you're not interesting enough? There are many reasons that people become socially uneasy, but almost all the reasons are a reflection of the desire to avoid some sort of body energy that arises in those

situations - perhaps nervousness, awkwardness, insecurity, or some other feeling. Whatever that feeling is for you, ask yourself, would you have a social anxiety problem if you knew that you could handle that feeling? What if you even enjoyed the feeling? Awkwardness, embarrassment, social discomfort. Do you think a shy person would be shy for long if they learned to enjoy the feeling of approaching people? Become okay with the inner sensations that you're now avoiding, and soon the shyness will disappear.

The same goes for people struggling with addictions. Cigarettes, alcohol, drugs. We start using these substances because we want to feel better in some way. Maybe we want to feel more mature, more social, more relaxed, more

cool, less boring - it's a long list of reasons, mostly connected to mental images or perceptions that we've associated with smoking. Regardless, whatever the feeling was that you wanted in the beginning, it was more accurately a reflection of your desire to mentally avoid the real life feelings that you were having. That's why we start. And we continue using either for the same reason, or because withdrawal from the substance creates a new type of pain that we want to avoid. Look at just about any smoking cessation product on the market, and you'll see promises of quitting without the feeling of withdrawal. That's what we'd like, and therefore that's what sells. But not surprisingly, just about all those products are quite ineffective. When you've really made the choice, your

ability to quit will be based almost purely on your ability to tolerate and go through the feeling of withdrawal. And that's something you'll learn how to do today. Just as importantly, your ability to stay quit will be based on your ability to go through and eventually transform the everyday feelings that drew you to cigarettes, alcohol or drugs in the first place. This will be your key to freedom from addiction.

The same goes for weight management. What is hunger? It's a body sensation. And what does just about every popular weight loss product and program promise? Easy weight loss; Weight loss without the discomfort of hunger. If you've tried one or more of these before, was it effective? Did it last? Was it healthy and sustainable?

There's a simple equation that the number of food calories you take in, less the number of food calories you burn, equals your calories of weight gain or loss. While regular exercise is important, and a good way to burn calories, the weak link in weight management usually comes on the other side of the equation, in the form of overeating. The tendency to overeat might derive from survival instinct, it might come from childhood messages about finishing everything on our plates, it might have an emotionally soothing or comforting effect, or it might come from associating food with entertainment. But regardless of whether it's pure hunger, or some mental association, overeating is almost always caused by a desire to avoid some sort of unpleasant feeling. Of course there are certain medical conditions that can cause

weight gain, and you should always keep your nutritional requirements in mind. But in most cases, many of us simply don't need the amount of food we're eating. We're in the habit of eating to maximum capacity, even though a sensation of fullness occurs well before that. And it's usually this simple fact that causes us to gain weight. If you can learn how to get comfortable with your feeling of hunger or craving, and begin to stop eating when you're full or a little before, you'll soon reverse the calorie equation and begin to lose weight.

Stress, anxiety, addictions, overeating... these are just a few results of body energy avoidance that can be reversed through the method we'll cover. There are many others, some of which we'll discuss later. But the first half of



this program is about more than just overcoming the symptoms of body energy avoidance. It's about increasing your emotional comfort level for all the energies in your body - not just the ones responsible for anxiety, addiction, and overeating - but all of them. In order to move on to the second part of this program, where we transform energies into higher, more desirable feelings, we must be able to experience the lower ones. This relates to a psychological phenomena that I call the emotional energy pendulum. To swing high, you must be able to swing low. How good can you ever feel if your positive emotions are accompanied by a constant fear of losing them? Everybody experiences loss, disappointment, failure, rejection, and other adversity. If we approach the day to day possibility

of such feelings with fear and avoidance, we'll get stuck somewhere on the negative side of the emotional pendulum, with the very feelings that we don't want. But we can choose instead to experience such feelings, if and when they come, with acceptance - even with an appreciation for the humanness they grant us - and see them as doorways back to the other end of the emotional spectrum. That's how we grow. Once you know that you can handle, go through, even appreciate any feeling, then none can stop you from moving forward. Each becomes just a stepping stone back to feeling better, or to finding happiness in your own form. Our current culture is focused on emotional comfort, safety, security, taking the easy way, or taking a pill. Ironically, the lower our emotional tolerance falls, the more

restricted and miserable our lives become.

A rich and full life is achieved through willingness to live on the full spectrum of human emotion, and today you'll greatly expand your ability to do that. Most of us have developed a subconscious habit of suppressing what we perceive as uncomfortable or unwanted body energy - the quote "bad" feelings. But in the realm of body energy and emotion, good and bad are really just a matter of perception. For example, what one person experiences as fear, another person might experience as excitement. Part of the power of the method you'll be learning comes from its ability to expand the range of emotions that you currently consider comfortable, even enjoyable. It might not seem

intuitive to want to experience what you currently think of as a bad feeling. But with fear inspiring emotions, meaning body energies that you fear or avoid, you'll find that once you're able to observe, feel and accept them directly in the manner we'll discuss, they'll either dissolve or change into something that you don't consider negative at all. In fact, they'll likely transform into a source of tremendous personal power for you.

Whatever the reason is that you were drawn to this course, learning how to tolerate and even enjoy a greater depth of body energy will be of enormous value. It's a powerful tool for overcoming a variety of specific personal issues like I mentioned, as well as an excellent approach to simply living

life more fully. Achieving inner harmony involves increasing tolerance for all emotions to a point where none can stop you from moving forward into the life you really want.

So assuming that you now have some basic understanding of the reason behind what we're doing, I'd like to demonstrate the first method of mental interaction. This simple technique has a powerful ability to expand emotional tolerance, and effectively reverses tendencies toward suppression. You'll find that in directly interacting with your energies, you'll be able to overcome the majority of their negative, self defeating, or debilitating effects. Adverse energies will lose their power over you, and you'll regain control over your inner world - of which your outer world is just a

reflection. Think about it: if you can handle anything on the inside, then you can handle anything on the outside.

Okay, so don't worry if some of what I've said so far seems confusing. What you're about to learn is a simple tool, and you don't need to completely understand the underlying theory in order to make use of it. A little common sense is all it will take to apply the method to your specific situation. Please hold any questions for later, because really the best way to learn this first technique is to experience it. So I'd now like to guide you through an exercise that demonstrates the process. For this exercise, just make sure you're comfortably seated, and I'm going to close the door now so that we won't have any distractions. When you practice this

later on your own, you should not be driving or operating machinery of any kind. Initially it should be an eyes-closed practice. I'll also put an audio online for you to follow along with.

So okay, please close your eyes now and relax. Direct your awareness toward the inside of your body. I'd like you to put your mental awareness first on the inside of your head. Just mentally observe that space with your mind's eye [10 second pause]. Now move your awareness to your neck. Stay there at least a few seconds until you've fully observed it [5 second pause]. Now down into your chest and abdomen area [5 second pause]. Now move your awareness to your left arm [5 second pause]. Then your right arm [10 second pause]. Then down to your left leg [5

second pause]. And your right leg [5 second pause]. Finally, expand your awareness so that it encompasses your entire body. Relax in this state for a minute with inward awareness throughout your body.

[1 minutes pause]

Now that you've centered concentration within your body, I'd like you to notice the sensations in that space. You can start in any area of your body where a physical sensation is present. For demonstration purposes, I'll assume you're starting in the head or neck area, but you can really start in any area of your body that you wish. Eventually you'll probably choose to begin with areas where you notice



significant physical sensations accumulated, but for now anywhere will do. Mentally observe the space that you've chosen with your mind's eye, and notice the sensations. You may have come here today with the intent of eliminating some particular feelings, but for now I just want you to let them be there. Just observe whatever's there.

[30 second pause]

When you place awareness on this part of your body, you'll find that it's not just empty space; There's something there. You can feel your body, the sensations, the energies within it. Each person's internal sensations will vary, but some examples are pressure in the head, tightness in the neck, or maybe aching in

an arm. Sensations can range from physical ones like aching within muscles, to emotional ones like the butterfly feeling in a nervous stomach, or the heaviness of depression. If the sensation you find is of an emotional nature, like nervousness, note that every emotion has an energy, or a physical sensation, that underlies it. It's that physical sensation, not the emotion, that we're interested in here. The sensations you find might resemble tingling, aching, heaviness, or constriction. They may have shape to them, such as sphere-like, or rod-like. Or they may have density, such as lightness or solidity. The possibilities are endless, and will be unique to you. If you're not finding any sensations at all, you're probably trying too hard. Just observe what's already there. You don't need to force anything

to be created. If you find yourself becoming frustrated with the process, or rushed for any reason, then that energy - the one underlying the feeling of frustration or rush - is a good one to transfer your awareness to.

Please take a moment to find and observe the energy in your chosen body area now, and I'll rejoin you in a minute.

[1 minute pause]

Once you've found a sensation, I'd like you to greet it, almost as if it's a separate part of you, by saying something like "Hello energy". This may seem like an odd thing to do, but it's a means to an end that will soon become apparent. But for now, just direct your awareness

toward the energy, and try this greeting.  
"Hello energy"

[20 second pause]

Now, continue focusing your concentration on your energy, as if you're listening to it - as if it's speaking to you with the sensations that it radiates. Overcome any tendencies toward avoidance, and feel genuine interest in the energy - in wanting to listen. Listen without analysis, without evaluation, without judgment, and without desire to change the energy in any way. No thought is necessary here. If it helps, think of listening to energies simply as concentrating on and observing them with pure, thought-free, avoidance-free awareness. In order to

keep your focus, listen to the energy with an intention of true interest. Try this now.

[1 minute pause]

Just as a good listener would put all their mental attention on the person they're listening to, you should listen to the emotional or physical energy with all your accepting awareness - meaning free of analytical or judgmental thought... free of any thought at all for that matter. Try to keep yourself as an outside observer of the energy by holding your observing consciousness somewhere around the center of your head. This helps to avoid going into or becoming immersed in the energy that you found. Make the energy the focus of your

outside observing awareness. Continue trying to do this for another minute or two.

[2 minute pause]

The ability to stay focused and listening is like a muscle. The more you practice, the stronger your ability will become. If you start to lose focus, say something to the energy like "I am with you energy." If you become distracted with other thoughts, there's no need to forcefully push them out, as doing so only gives them the additional power of your attention. Instead, when they come, accept them, and let them be there or float away. But keep the focus of your attention on the body energy. Distracting thoughts will lose strength as you

continue concentrating on the energy that you're with. Just turn your awareness back to the energy, and say something like "Feeling, I am with you now. There is Nothing more important right now than being with you. I Want to know you." Continue listening to the energy for a minute or so with this in mind.

[1 minute pause]

For the energy you're currently listening to, I'd like you to try now to describe the physical characteristics of that energy... meaning how the energy physically feels. If the sensation you're with is of an emotional nature, try to avoid placing verbal labels like "nervousness" or "anger" on it. This type

of identification requires an intellectual evaluation that interferes with your complete attentive listening to the pure energy. The key right now is to observe the energy As It Is. You can instead describe energies with words like "tingling vibration", "smooth energy", "tight", "thick", "dense", "throbbing", "light", "heavy", "fuzzy", and so on.

Once you've found some sort of descriptive word, reflect that observation to the energy, as if you're speaking to it. You can do this either out loud or in your mind. Some examples might be: "Energy, you are smooth and thick"; "Sensation, you are a tingling vibration in my stomach"; "Energy, you are aching and solid" or "dense and throbbing"; "Feeling you extend from my stomach into my chest"; "Energy



you are shaped like a rod" or "you're like a heavy sheet in front of my face"; "Sensation, you're a smooth pressure inside of my chest"; or "You're a sharp aching at the top of my head", "Energy, you're like a thick cloud in my face"; or "You're a floating sensation". These are just some examples. You'll obviously have your own unique energies, and therefore unique descriptions. Try to come up with as many descriptors as possible, including shape, size, density, feel and so on. Take a minute to try this now. Tell the energy your observation of it's Physical characteristics. While you can speak the words either out loud or in your mind, be sure that you do use words initially, as this helps to keep your mind focused. Your descriptions don't have to be exact - there's no need for perfection. Just reflect the first

observations that come to mind. Do this now, and I'll rejoin you in a minute.

[1 minute pause]

Remember to describe only physical characteristics. Do not get caught up in trying to label your energies, to interpret them, or to associate them with outside events in your life. The energy describing process that we're doing is actually a form of active listening. You're reflecting back to your inner energies your understanding of them. The process of reflecting helps maintain mental focus, and it necessitates clear observation. By focusing on the physical characteristics, you're limiting the need for any of the intellectual activity that interpreting sensations into feeling

words would require. This is the best way to stay focused on listening to the pure energy. Please continue listening and reflecting for another minute or two.

[2 minute pause]

**The observing, describing, and reflecting process is the most important component of increasing emotional tolerance. When practicing this method on your own, the majority of your time should be devoted to this step.** If you'd like to spend some more time listening to the energy that you're with now, please feel free to do so before we move on. Raise your hand when you're done, and I'll continue when most people are ready.

[4 minute pause]

Remember that the goal of this process is to increase tolerance for all emotions, NOT to rid yourself of the unwanted ones. There's some irony in this because as you spend time listening to your energies, they often transform into feelings that are no longer overwhelming. Usually this happens within a few hours after doing the exercise. You'll notice that an energy that had perhaps been quite uncomfortable for a long time before your session becomes something that's easily tolerable, perhaps even comfortable or enjoyable. Sometimes energy shifts like this can even occur during the session itself. Sensations may change shape or density, expand or contract, or move slightly. Sometimes an

energy you're spending time with may even seem to disappear altogether. Just go with these transformations, and continue being present with the new forms that emerge. It's nice when it happens, but remember that an elimination of unpleasant feelings should not be the objective of your interaction with body energy, as that would be counterproductive. To have a mental goal of dissolving your feelings will defeat this method's powerful benefits. The uncomfortable and overwhelming nature that any of your body energies currently hold WILL soon be transformed, but that transformation is only possible with acceptance - which we're accomplishing through direct interaction. You're learning to be with your energies, and in doing so, eliminating the magnification of

uncomfortable ones that's caused by avoidance. Even though they're sometimes uncomfortable, these are still your energies, and this is a process of reclaiming them. So don't try to empty yourself of emotions. They'll soon be a source of great personal power to you. For now, your objective should be to achieve acceptance and appreciation of your energies - As They Are, and whatever they may be.

If you've opened your eyes, please close them again, and turn your attention back to the energy you were spending time with. Affirm your acceptance of that energy's presence by repeating the following phrases to it: "Energy, you are okay to be where you are" [pause]; "Energy, I can handle you" [pause]; "Feeling, I am okay with your presence

in my body" [pause]. As you say these next sentences, try to simultaneously project the matching and genuine feeling TO the energy. Although words will help in the beginning, it's not actually the words, but rather the attitude that you're channeling to your energy that's important. So say it with your full being, and really mean it. "Energy, I do not seek to suppress you" [pause]; "Sensation, I seek only to be comfortable with you" [pause]; "Energy, I let you be as you are" [pause]; "Energy, I am okay with you" [pause].

Just listen now. You might have noticed that the manner in which we're communicating with inner energies is similar to an interaction with a person. And for our purposes, that's a good way to see it. You can temporarily treat the

energies as separate entities, or friends, within you. And indeed they are friends; Most energies arise because they're trying to provide us with something that the subconscious mind thinks is useful information, as illogical as it's interpretation may be. More importantly, emotional energies are what make us human. Feelings, and our ability experience all of them, make life rich and full. You don't want to eliminate that. Our number one goal here is to learn how to listen to energies objectively. Once you're able to do this, you've moved from being fearful of, and controlled by, energies, to simply feeling them. With practice, you'll develop a piercing ability to directly experience body sensations, and override tendencies toward avoidance. The benefits you'll receive from doing this will build upon



themselves as you continue practicing. You'll soon be able to move through self-limiting emotions - such as fear, anxiety, and craving - with comfort, because they'll no longer overpower you. But again, the key to reaching that level is to directly face and interact with energies, not to eliminate them.

Please turn your awareness back once more to the energy you were spending time with. With a feeling of genuine appreciation, regardless of the nature of the energy, repeat the following phrases to it: "Energy, thank you for the message you're trying to give me" [pause]; "Energy, I appreciate and accept your presence within me".

Now, without using words, mentally project a feeling or energy of acceptance to the sensation. This should be the kind of energy that you would give to a good friend, one who you accept no matter who they are or what they do - with no desire to change them. Do this now. Mentally project the wordless energy of acceptance, inwardly to your body sensation.

[30 second pause]

Now continue repeating: "Energy, I am okay With you, or Without you" [pause]; "Energy, Thank You for contributing to my humanness". These statements, or something similar that feels right for you, can conclude your interaction with this particular energy.

Okay, as a final step, expand your awareness so that it encompasses your entire body - the overall feeling in your body. This may be the collection of all the individual feelings, or it may simply be a currently dominant emotional energy. It may be quite strong, or very subtle. Whatever it is, please take a couple minutes to perform the listening process with your overall body sensation. Observe the collective body energy AS IT IS... then describe it, and then verbally affirm your acceptance of it. Take as much time as you'd like here, and we'll continue when everyone's ready.

[5 minute pause]

Okay, it looks like most everyone has their eyes open now, so let's continue.

This exercise has demonstrated the principles of the first energy management method. But given our time constraints, and the fact that we're doing this as a group, we've only spent limited time with one energy. During a self-paced session, you can spend as much time with an energy as you wish, move between all the energies within your body, or quickly scan your body and repeat the same process for each energy that you detect. In actual practice, you don't need to spend all that much time with each and every feeling. While we spent a lot of time on a single sensation just now, that's because we're pausing to explain each step. In actual practice, you can spend as little as a minute with each

energy before moving on to another. Find it; Greet it; Spend most your time mentally listening, observing, and describing it; Then project genuine and complete acceptance; And then move on. That may seem like a lot of steps to remember at first, but I'll put a guided recording online for you to refer to this week while you're getting started (at [mc2method.org](http://mc2method.org)). Once you're familiar with the technique, you can work independently at your own pace, and even create your own variations of the technique. For example, you may choose to move from one area of your body to another, or to work first with the most uncomfortable energies. In my own sessions, I tend to start with areas where I notice the most dominant energies, but that's just a personal preference. The technique doesn't have rigid rules, and

you'll undoubtedly find an approach that works best for you.

Be aware that you'll often come across energies that you're not comfortable placing your awareness on at all, especially given that some of you may be here because you have feelings like anxiety, fear, addiction, craving, or other sensations that you've spent years trying to avoid. However, THESE are the most rewarding energies to spend time with. Learning how to accept and be with these sensations is the key to your freedom from them. Most of us unconsciously do just about anything to avoid feeling discomfort within ourselves. We get in the habit of ignoring or suppressing the sensations within by engaging in a plethora of external activities that we think will

make us feel better. But it is truly by bringing consciousness back to your inner energies that you regain power over them. Direct observation takes self discipline, and may initially be very uncomfortable, but your ability to improve your emotional state will be in direct proportion to your ability to extend your experience into the realm of discomfort. In fact, the best time to engage in this particular exercise is in the period just before, during, or immediately after an event that has caused adverse energies to arise.

This is especially true for any of you currently experiencing anxiety attacks, or panic disorder. Next time you feel an attack coming on, and can safely do so, try to immediately engage that last exercise. Face the anxiety head on by

feeling it completely, and not trying to prevent it. Just let it come. Focus your attention directly on it. Don't try to stop it. WANT to feel the energy.

WELCOME it, and accept it. Greet the sensations, observe them, be with them, and experience them completely as their pure energy. Anxiety attacks are triggered when trying to avoid anxiety sensations. But since anxiety is a fear-based feeling, fearing it, suppressing it, or running from it only creates more of it. Then, when the sensation amplifies, so does your fear, which in turn creates more of the sensation. These two forces continue feeding each other and escalating until something similar to complete terror results. And if you've ever suffered from panic attacks, you know how disturbing this sensation can be - to be full of horror when there's no



visual danger present. But now that you understand the phenomena, next time it occurs try to directly confront and observe those sensations with complete acceptance; Even with a desire to feel them. You'll quickly prevent anxiety from turning into panic. The more directly you're able to feel the energies without avoidance, and to even welcome them, the sooner anxiety attacks will become a thing of your past.

One of you mentioned that you're trying to overcome fear of public speaking. And actually, for just about any phobia, try using this same approach. A little nervousness is completely normal when speaking in front of a group - in fact, nervousness can actually be a good thing if you learn how to channel it into an engaging

performance. However, trouble arises if that energy becomes so overwhelming that it paralyzes you, as it does for many. Because when you become preoccupied with suppressing and avoiding your fear and nervousness, what happens? It GROWS. Your heart begins beating faster, your face turns red, a lump builds in your throat, you might forget your words, and what started as general nervousness becomes a hundred times worse. Does this sound familiar? In fact, it's quite similar to the panic attack phenomena that we just discussed. But in this case, you at least know why you're terrified.

Perhaps your fear of speaking is not so severe; Or perhaps it's worse. But anything that distracts your attention significantly is limiting your personal

effectiveness. Imagine, on the other hand, that no matter how much fear and nervousness you had, you were still able to give a good presentation. That's entirely possible when you apply the method you just learned WHILE speaking. Now matter how much fear and nervousness you feel, just let it be there and don't try to stop it. Accept it and feel it. And also don't try to avoid the symptoms. Even if your heart feels like it's pounding out of your chest, or your legs start shaking, just let those sensations be there and feel them. No matter how bad it is, the key is to face it. The more effort you put into feeling this episode fully, the less strength it will have to effect you next time.

The funny thing is that once you've done this a few times, and once you've

seen that you can give a good presentation despite fear, the intensity of the sensations dwindles and your fear of public speaking dissolves. But even if it does stay with you for awhile, or if it reappears, it's alright because you know that you can always handle it with this technique.

Along the same lines, if you suffer from social anxiety or unwanted shyness, work on becoming comfortable with the adverse energies that you associate with social situations - whether it's nervousness or awkwardness, whatever you've become accustomed to avoiding. Increasing your tolerance for those inner body sensations will be your foundation of social confidence. Learn to accept the feelings of nervousness and social discomfort, and you'll be able to

go through them. Learn to appreciate the awkwardness of your social interactions, and soon they won't feel so awkward. Become comfortable with feelings of rejection, and you'll have no trouble approaching new people or establishing new relationships.

Alright, moving on... If you're trying to quit smoking or any other addiction, work on becoming comfortable with the feelings of withdrawal - that feelings of wanting a cigarette - as well as any feelings that trigger that urge. For example, you might find yourself wanting a cigarette when you're feeling agitated, bored, or angry. Whenever you notice that craving, even if you're gonna have the cigarette, take some time - at least 30 seconds - to first turn inwardly and observe, feel, and accept that body

energy inside you completely... that craving sensation, or the agitation, or the boredom - whatever's there. Observe it, listen to it, and accept it as energy whose presence you can be okay with inside your body. Do this right now if you're feeling the urge to smoke. Why wait? Feel the craving fully. Observe it, become comfortable with it, even appreciate it. THEN have the cigarette at break if you still wish. At least you'll have increased your emotional tolerance for the craving a little, and it will be that much less overwhelming next time. Do this frequently, and with repeated exposure to your accepting awareness, you'll soon not have to numb the sensation away with nicotine, alcohol, or drugs. That's all you're addiction is - an attempt to avoid feelings inside your body. When your need to avoid those

energies is gone, the addiction itself will be gone. So take every opportunity you can to observe those sensations more deeply.

Likewise, if your goal is to lose weight, start getting comfortable with the energies that drive you to overeat. If you find yourself halfway through a meal, feeling full but with the urge to eat even more, first put some of your mental awareness on the sensation of that hunger feeling inside you. Get to know it; Observe it; Accept it. Or next time you find yourself driving halfway across town for a Starbucks, pull over to the side of the road and take some time to observe that craving inside you first. Your ability to become comfortable with craving energies will be your key to weight management. It will enable you

to refrain from junk food, eat smaller portions, and to stop overeating once you've had enough. Of course, always use good judgment, respect your nutritional requirements, and reduce food intake gradually for safe weight reduction. You might begin practicing with cravings you encounter for non-nutritional junk foods, refined foods and sugary drinks. Then, if necessary, move on to adjusting your intake during regular meals. Don't worry if you don't always succeed. Any effort at all to first interact with your energies, even if for just a few seconds, will make the next effort that much easier. If done regularly, you'll soon find your eating habits, and your body, completely transformed.



You can apply this same approach to habits, obsessions, and compulsions. Whether nail biting, compulsive lying, or excessive hand washing, a good first step to overcoming these afflictions is to become comfortable with the sensations that arise when you refrain. Next time you're about to bite a nail, or about to wash your hands for the third time, hold back, sit down, and just be with the sensations that are there. Whether it's a wanting, or a nervousness, or some other energy... observe it, feel it, and accept it in the manner that we discussed. The more often you do this, the sooner those energies will lose their power over you.

If you have trouble with compulsive lying, think about the last time you told a personal lie - meaning a lie to a friend or a loved one. What was your

motivation? Most likely, on some level, that lie was a result of your desire to avoid some sort of emotional discomfort that telling the truth would have resulted in. People who fear internal sensations like judgment, embarrassment or disapproval, are more likely to act dishonest, reserved, and secretive in order to protect themselves from those feelings. But it comes at the expense of strong relationships and personal integrity. So if you're in the habit of telling lies, next time you catch yourself, take a moment to feel the sensations that you're trying to avoid. Think about the kind of person you want to be, who it is that you're talking to, and what your priorities are for that relationship. You'll then be in the best position to make your decision. If you choose to tell the truth this time, feel the sensations that come

while doing so, and it will be that much easier next time.

A few more issues that I won't cover right now - including hypochondria, bereavement and loss, we'll discuss later. If those are topics that currently apply to you, be sure to ask me later if I forget.

Now, we've been discussing the concept of body energy awareness as applied to some very specific issues, like anxiety, addiction, craving - and I've given a few simplified examples. I'll be discussing some more, but there are really countless ways in which avoidance of internal energies leads people to self defeating actions and inaction. Some are obvious, like anxiety and addiction, but there are others that

are more subtle, possibly stemming from energies that you're only vaguely aware of. And it's for this reason that I encourage you to practice the exercise you just learned with all the energies in your body. This way you don't need to analyze or guess which energies are more important. You can instead just be with everything that's there.

Each time you extend yourself into directly observing previously avoided sensations, the benefits of your efforts will grow, and inner adversity will dwindle. You'll be amazed at the self empowerment you create by expanding your tolerance further and further each day. It's similar to exercising... running a hundred feet might wipe you out when first starting on a fitness program. But as you continue extending your limits little

by little on a daily basis, you soon find yourself running further and further, reaping the benefits more and more.

I'd now like to introduce a variation of the energy awareness technique that precisely targets particular body energies. Before we get started, please take a moment to think of a situation that inspires an inner energy that you find uncomfortable. For example, if you're dealing with anxiety, then this might be some event that you fear happening, or some situation that you frequently avoid. Perhaps there are places, social settings, or activities that you associate with panic attacks. If you're trying to overcome fear of public speaking, fear of flying, or some other phobia, then your situation might be standing in front of a group giving a speech, or sitting on

an airplane as it's taking off. If you're trying to work through unwanted shyness, you might think of a recent social situation where you felt nervous or awkward, or imagine yourself approaching a new person. If you're trying to overcome an addiction, your situation might be spending time with drinking buddies, being offered a cigarette, or experiencing some sort of emotion that triggers your desire to smoke, drink, or do drugs. If your goal is weight management, you might imagine yourself at a restaurant, choosing between a heavy or light meal, or passing a store where you often buy junk food. If you have a problem with anger or rage, then think of a situation that gets you agitated. Or if you're trying to work through grief, loss, or a related emotion, you might simply recall something about

what it is, or who it is, that you're losing - and then think about not being able to hold on.

For those of you who aren't currently working through a particular emotional issue, I'd like you to choose instead a past event from your life that still causes you to react with some sort of adverse emotion when you think about it - perhaps guilt, anger, anxiety, sadness... anything uncomfortable.

And final example, you're using this program as a means to attract wealth, love, or any form of increased abundance, which we'll get to, then the event that you might use could be one that inspires an opposite sensation for you - perhaps a thought or image of

yourself that brings feelings of poverty, loneliness, lack, or fear of that unwanted situation.

Alright, if you need some time to come up with a situation, take a minute now to think about it, and raise your hand when you're ready. Just about any event or thought that provokes a somewhat high level of emotional discomfort will work for this exercise.

[30 second pause until most people had raised their hands]

Okay, we're now going to learn how to use our energy awareness skills to reduce the emotional overwhelm of that particular situation, thought, or past event that you have in mind. Once you're



familiar with this approach, you can use it to drastically decrease the intensity of ANY painful or uncomfortable energy. Many psychologists might get a similar result using therapeutic dialog... but while such hand holding can be beneficial, especially for deeply traumatic or suppressed memories, the psychologist is still relying almost completely on the patient's ability to resolve his or her own emotional conflicts. There may be certain issues that you find too difficult to reflect on alone, and you should by all means seek professional help or a support group if you think that would be helpful. However, in most cases you can provide yourself with that same supportive and healing inner environment. So I'd now like to lead you through the exercise that will show you how to do that. For this

exercise, you should once again just be comfortably seated. And when practicing on your own this week, remember: not while driving or operating machinery of any kind.

[15 second pause]

Close your eyes now and relax. Direct your awareness inwardly, and just feel the sensations of your body. Take a few moments to relax into the feelings of your being, and let any thoughts just float away.

[20 second pause]

Imagine yourself now, in your minds eye, in the situation that causes

emotional adversity for you. If your unwanted feeling is triggered by a thought or a memory, bring that into your awareness and fully immerse yourself in it. If it's a recurring situation that inspires the feeling, a past event that still troubles you, or an upcoming one that you're worried about, see yourself in that situation as if it's currently happening. Don't just visualize it now, but mentally project yourself into that situation, as if you're in it in this moment... not just in your mind's eye, but as if it's really happening in front of and all around you. You can keep your eyes closed or open - whatever you find better for making the experience feel genuine.

[10 second pause]

As you do this, you'll quickly notice an emotional reaction arise somewhere in your body... a new sensation that wasn't there before. Immediately transfer your awareness to that energy - just let it come, let it be there without trying to stop it. Don't react to the energy; don't try to evaluate or analyze it, and above all do not try to suppress it. Just be with the energy with all your observing awareness. Don't worry about what the sensation is, or what it relates to, but instead directly experience the pure body energy AS IT IS, whatever it is; Let it be there; Observe it.

We'll now go through the same process that we performed in the first exercise, instead applying it to this internally generated feeling. So first, greet the energy by saying something

like "Hello energy" [pause]. Now, keep your accepting awareness on the energy you're spending time with - listening to it, without analysis, without evaluation, and without judgment of the energy. Do this for a minute now.

[1 minute pause]

If you start to lose focus, say something to the energy, like "I am with you. I want to know you." If you lose track of the energy, re-imagine the situation, and then transfer awareness back to the feeling when it comes. Continue listening for another minute or so with this in mind.

[1 minute pause]

Now, start describing the energy's physical characteristics. Keep your inward awareness on the sensation, and reflect your observations to it - either out loud or in your mind using words. "Energy, you are..."; "Sensation, you are..."; "Feeling, you are..." Do this now.

[2 minute pause]

When distracting thoughts arise, just let them go, and re-greet the energy. Tell the energy that there's nothing more important to you right now than getting to know and be comfortable with it. Continue listening and reflecting for a minute or two.

[2 minute pause]

As with the previous exercise, most of your time should be spent on this step. Since we're doing this as a group demonstration, we'll move on at this point.

So next, let the energy know that you accept and appreciate it's presence by repeating the following phrases to it: "Energy, you are okay to be where you are" [pause]; "Energy, I accept and appreciate your presence within me" [pause].

Now, without needing a reason why, try to generate a feeling of true acceptance and appreciation for the energy. Whether this energy involves fear or phobia, social discomfort,

addiction, craving, loss, or any other feeling, project a sense of appreciation to it - no matter what it is. Do this now.

[30 second pause]

Next, while continuing to keep your awareness on the sensation, and while projecting sincere acceptance and appreciation, repeat the following phrases to your energy: "Energy, I let you be as you are" [pause]; "Energy, I do not seek to avoid or suppress you" [pause]; "Energy, thank you for contributing to my humanness" [pause]; "Energy, thank you for this feeling of life" [pause]; "Energy, thank you for being part of my self awareness and inner power" [pause]; "Energy, thank you for the message you are trying to



give me" [pause]; "Energy, I can handle you. I can now be with or without you"[pause].

Okay, just listen. As mentioned earlier, you can move between these steps as you see fit. Stay with the energy until you feel that you're able to tolerate and even be comfortable with it's presence. Once again, the most important component of achieving this objective is the practice of non-evaluational listening and focused observation of the energy.

If you lose track of the feeling you started with, you may want to go back and re-visualize the situation, so that the energy is re-focused within you. You'll probably notice that each time you start over, the original energy's tendency to

emotionally overwhelm you becomes weaker and weaker. Eventually, when practicing this method regularly, you'll have a hard time even finding the adverse energies that once affected you.

Many anti-anxiety, anti-addiction, and anti-phobia programs and experts suggest doing exercises involving relaxation, perhaps using muscle contraction or peaceful visualizations. But relaxation is not the goal of this exercise that we're doing. To the contrary, we're actually visualizing a feared or undesirable situation for purposes of fully experiencing the discomfort. Ironically, relaxation is usually the end result. And in my opinion, there's nothing more relaxing or more empowering than knowing that you're able to handle and be okay with

any body energy, or any feeling that ever comes along. Ultimately you'll feel in control of yourself even if the unwanted energies do resurface, because you've consciously affirmed your ability to handle their presence. And knowing that you're able to handle any inner sensation frees you from the fear of any external condition that might inspire it. So let your objective be to directly feel and get comfortable with your body sensations. When those trigger situations do come along - the feared speech, the agonizing memory, the smoking/drinking or overeating opportunity - the energies you encounter will become easier and easier to handle.

This exercise is also great for working through emotionally painful experiences from your past. You may not want to

work on extremely traumatic memories by yourself - but use your best judgment. Remember that you're not trying to eliminate or change the past. And you don't have to accept the past, only the feelings that you're still carrying with you. Avoidance of past feelings is what keeps them with us, and causes pain to linger and accumulate. The way to liberate yourself is to go into and through those feelings.

If you'd like to do any more work with this exercise now, we're going to take a 20 minute break. Otherwise, if you haven't already done so, go ahead and open your eyes. Stretch your arms and legs, and take a few moments to readjust to your environment. Feel free to use the bathroom or grab some water, and we'll start up again in 20 minutes.

[20 minute pause]

If it was anxiety, addiction, or some sort of fear or phobia that led you here, your daily life is likely riddled with situations, or potential situations, that create uncomfortable energies for you. Consider the extreme example of an agoraphobic person who can't even leave their home, go to school or work, because of all the situations that may trigger unbearable anxiety for them. If this is you to any degree, you'll find these first two exercises that we've covered to be extremely valuable tools for keeping your emotional balance as you face the flow of activities during your day.

If your goal is to work through a particular fear, addiction, craving, or other energy, my suggestion is to initially use these first two exercises as frequently as possible, especially before, during and after any events that inspire those energies. For example, suppose your objective is to overcome fear of public speaking, or you're afraid to approach someone that you're attracted to, or you're afraid of asking for a raise at work. And suppose that you know you'll be giving that presentation, or making that approach, in the near future. Start preparing in advance by performing the second exercise, applying it to the upcoming event. Mentally project yourself into the future situation, and just be with the energies that arise. Then, as the time for action or speaking approaches, even minutes

before, continue actively listening to your energies as you get ready. Observe and let them be there, even if they intensify, and no matter how much they intensify - continue being okay with them. Finally, even while speaking, keep some accepting mental awareness on the anxiety and fear energies welling up inside you. Instead of suppressing those energies while speaking, just let all those reactions flow into and through you. No matter how much you're blushing or shaking, no matter how hard your heart is pounding, or how intense that nervousness becomes, if you can just let it be there, you'll be able to go through it. What would usually have become bottled up energy overload will be a completely manageable reaction.

This stuff really works. And the best part is, once you know that you can handle and go through any feeling that arises - that you can keep performing or taking action even when things go wrong, no matter how much heart pounding nervousness you feel - you'll stop fueling the fear, and the intensity of the nervousness will decrease. As you become more confident in your ability to handle the sensations of speaking or approaching new people, the fear causing those sensations will dissolve, as will the fear of speaking itself. An attitude of inner energy acceptance makes moving through fears and phobias a world easier. Trust in your capacity to handle even the worst case emotional scenario, and your fear will soon become a thing of the past.



The example of public speaking might be extreme, but even a moderately shy person could experience a similar reaction during social encounters - and the same approach can be applied. Initially it might seem difficult to concentrate awareness inwardly, when involved in an activity like speaking or socializing, but you'll find that, with practice, maintaining some inner awareness while engaged in an external activity is possible, and very beneficial. Obviously you won't be able to have the full fledged inner dialog with your feelings, but just keep a portion of your awareness on your body's sensations, and accept their presence. An accepting awareness is a key to managing such emotionally difficult situations.

The same is true of addictions and cravings. A smoker might get fifty, a hundred or more cravings and urges per day while quitting. If trying to overcome the habit through pure willpower - which for more people means avoiding, stuffing, or suppressing their cravings and urges - mental focus remains on those energies, which causes them to accumulate and grow. Try approaching your addiction in the same manner we approached fear of speaking - using a before, during, and after approach. Strive for the capacity to feel all your body energies all the time, and soon you won't need to suppress them with nicotine, alcohol, or drugs.

**And know that the benefits of what you're learning go far beyond the sample issues we've discussed. For**

instance, think of how much suffering occurs, how much anger turns into rage, and rage turns into violence, because of a simple inability to tolerate our own emotions. Counterproductive and hurtful words, even violent actions, are often just an outward attempt to suppress what we feel on the inside. Life is full of events that make us feel one way or another. Learning to manage our body energies, and being able to remain in conscious control of our actions at all times, is the foundation of emotional responsibility. And it's also an amazing step forward into becoming the person of your full potential - because the greater the depth and range of emotions that you're able to tolerate and be comfortable with, the more fully you can experience life. Think of how many people have stagnated into dull lives, not

made a career change, or not followed a dream - whatever it may have been - simply because of a feared possible outcome. That feared outcome was most likely just fear of a potential emotion - some "what if" scenario and its imagined feeling.

On another level, think of how common it is for people to avoid new relationships, or to not be open to love, because they're afraid of re-experiencing feelings of loss, betrayal, or other sensations that they encountered in the past. Trying to avoid such energies, or insulating oneself from recurrence of a feeling, makes it unlikely that a person will risk loving again, as he or she associates unbearable pain with doing so. But love is only possible with a willingness to experience all the feelings

that make it possible. If you want to be a lover, you must not be stopped by the possibility of loss, betrayal, hurt, or other feelings that could result.

Along the same lines, if you want to be wealthy, or to have it "all" in any area of your life, you must be able to handle all the sensations that having it all requires, as well as all the sensations that losing it all requires. Because everything that we gain in this world - in this physical dimension - we Will someday lose. At least from our current perspective... every possession, every relationship, every thing we cherish, we will lose. And how pleasant is gaining those things if having them just fills us with anxiety about losing them. Your capacity to live fully, and to love deeply, will be in large part defined by the depth to which you're

able to lose deeply. Such contrast is simply the nature of our physical world. It may not make sense right now, but you might miss out on a lot if you don't embrace the fact.

Sadness, loss, anger, embarrassment, loneliness, and all the other seemingly negative emotions - no one usually wants to experience these things, but they're sensations that make us human, and ones through which we grow and change. The degree to which we've insulated ourselves from feelings that we've grown to fear, grasping for comfort and security, is a measure of the degree to which we're limiting our lives and personal potential. So regardless of what situations or sensations come along, take the opportunity to grow from them. Be with those feelings - observe

their energy with acceptance rather than avoidance - and go through them.

The cycles of happiness and sadness, comfort and suffering, love and loneliness, will come and go. True and permanent joy is found in being able to feel each moment, and accepting yourself in it. That's why just learning to tolerate and feel your current energies can in itself bring an emotional liberation. After you've been using these first exercises for just a few days, you'll probably already notice a change in how you feel. What you're feeling is LIFE ENERGY. In your old consciousness of fear and avoidance, life energies were being blocked, or at least not flowing freely. What you're doing now is reversing that - getting back into congruence with your life force. And

this energy feels good. It adds a sort of magical feeling to living. It allows you to see beauty in more places, and in more experiences. With it, colors may seem more vibrant, smells and tastes have more depth, all your senses come alive again. But don't get preoccupied with looking for these things. Such pleasant sensations are not the goal of the process, simply a byproduct of it. When you do notice them, you'll remember these words. What you're seeing is a clear indication that something about what you're doing is right - that you're getting back into alignment with who you are, and that the flow of life force is increasing.

Next week we'll learn how to further transform body energies, and utilize those energies in achieving external



objectives. But if we try to do that without first becoming comfortable with our current energies, it's too likely that the tendency to use the upcoming process as a tool of suppression will render it ineffective. So before coming back next week, please spend some time practicing these first two exercises that you've learned. Once you've become familiar with the mental process, try applying it to some real life situations. The deep realization that you can truly handle any internal sensation will come by proving to yourself that you can be okay in the presence of the external condition that you once associated with it. So don't bother completely eliminating your internal sensations before confronting their external cause. Real inner strength and confidence can be found in doing the things that you

don't yet have the confidence to do - in taking action, despite fear and inner discomfort. However, do make a special point of applying what you've learned - observing and accepting the body sensations that arise WHILE confronting those external fears. This way you'll extract the greatest benefit from those experiences. Use any situations that come along as practice opportunities. You might even intentionally put yourself into situations that cause your anxiety, fear, craving, or other energies to arise. Just practice listening to, and being with the sensations.

For example, if your difficulty is with public speaking, like we discussed earlier, try to put yourself in a speaking situation this week, even a small one - and use that as an opportunity to practice

mentally accepting your sensations. See each challenge as one with yourself - you're not just giving a speech, you're confronting your fear of speaking. Your focus isn't only on the speech, it's on being okay with the feelings during the speech. This way, regardless of how it goes, you're successful because you got up and felt those sensations. You've proved to yourself that you can handle them, and you'll have that much less fear of them next time. If your goal is to overcome social anxiety, whenever you notice yourself trying to avoid some person, interaction, or social situation this week, use that as an opportunity to practice being okay with those sensations. Learn to invite and even love that feeling of nervousness and awkwardness that arises. Fully observe it and let it be that way. Once you've

proved to yourself that you can handle any feeling, there's nothing left to fear, and social anxiety dissolves.

If any of you have been having anxiety attacks, once you've made some progress with the exercises, go to a place that reminds you of an anxious episode and be with the feelings that arise from memory. Or if you're trying to quit smoking and find yourself with friends who are smoking, try using that as a practice opportunity. Be proud of any progress or effort you make in becoming more tolerant of your withdrawal sensations.

Now, just in case you're thinking that what we're doing is similar to feeling an emotion like you normally do, I'd like to

stress that there's a huge difference between just walking around with an unwanted feeling, and actually taking the time to fully listen to the underlying energy directly and wanting to feel it.

If you're suffering from anxiety, addiction, or any other inner adversity, the manner in which you've been handling the associated feeling is almost definitely one of avoidance. This means that when there's a situation or thought prompting fear, anxiety or craving within you, you may try to avoid the situation, or you may try to suppress the emotional reaction. But it's the third way, by consciously taking time to completely feel the uncomfortable energy, that you boost your tolerance level - not only for that feeling, but also for the situations that cause it to arise.

**When you're able to handle any sensation in your inner world, you'll be able to handle anything in your outer world.** And once you've learned how to manage your current energies, you'll be in the best position to further channel them into higher forms, without fear being your motivation - which would interfere with the process. So I'd like to stress the importance of practicing what you've learned today before returning next week. There are so many benefits to be gained from these exercises alone, that for many people I think this first segment is way more important than the second. So unless you really feel that you've got your energies well managed, please spend this week - maybe a session or two each day - observing, interacting with, and

accepting your current energies. The concept behind what we've covered so far may not seem very exciting, but you'll see that the results really are. So I wish you well with your experimenting, and I'll see you here again next week. If you have any questions, feel free to stick around.

*Please find the Q&A and supplemental readings for Part 1 in "Rich Bum: Journey to Happiness" at [www.richbum.org](http://www.richbum.org)*

*Part 2 continues on the next page.*

## Part 2

Welcome back everyone. So hopefully you've had a chance to use the exercises from last week to begin reconnecting with your body energies. What you've been doing is moving from a fear-based avoidance of inner energy, to direct interaction with it. This quickly reduces accumulations of suppressed energies, and frees you from their power over you. Although it would be difficult, even if you were to attain more desirable conditions in your life without first overcoming body energy avoidance, it would be unlikely that you'd experience any lasting fulfillment while continuing to fear the unwanted energies. There would be a constant worry about losing any improved conditions that you'd attained. For example, in a fearful



internal environment, love easily reduces to jealousy or clinginess, financial freedom easily becomes stinginess or greed, and so on. The way to liberate yourself from those tendencies is to learn that you can handle any body sensations that come along, and need fear none. And this is exactly what you've been working on. In overcoming the tendency to avoid lower energy states, you've increased your capacity to experience higher ones.

So with that hurdle behind us, we're now going to learn how to further transform body energies, and how to channel them in a manner consistent with your desires. We'll call this process transmutation, in reference to the conversion of energy from one form to another. All feelings and emotions, from

ecstatic joy, to hopeless depression, are actually the same energy, but we shift our body energies to higher or lower levels through the transformational capacity of our mind and will. We're actually doing this all the time, whether we're aware of it or not. When done passively, we typically transmute inner energies as reactions to external events, thoughts, or ideas. And these are all similar, as any external event is first captured by our senses and converted to a thought. Then, whether purely imagined or inspired by external events, the thought is then filtered through our perception, where we passively decide what meaning it has for us - and a body energy corresponding to that perception is then generated. A positive feeling is produced if we perceive the thought or event as having a positive impact, and a

negative feeling is produced if we perceive a negative one.

From this perspective, the logical approach to quote "happiness", "joy", or "feeling better" would be to continually attain conditions we desire, so as to attain the positive feelings we associate with them. And that's the approach we are accustomed to taking. We assume that once we reach some condition, get enough money, have enough love, then we'll be happy. So we work toward those things, and if all goes right, we reach our objective. Unfortunately, using this approach, things often don't go well, and more importantly, the conditions often don't live up to our expectations - the feeling we hoped for isn't there, or it doesn't last.

**Seeing external conditions as requirements for feeling good keeps us feeling bad until then.** And it almost always results in perceptions of worry and fear about attaining those conditions. Then we're right back to the old mindset of energy avoidance - focused on what we fear and don't want.

Furthermore, even if we do manage to find our way to that desired condition, yet another pitfall is encountered, in that attainment of the vision does not always bring the lasting feeling that we had associated with it. That's why the world is full of wealthy, married, successful people who are completely miserable. Not all of them of course, but attainment of the external vision or desire is certainly no guarantee of the associated

internal feeling that we assumed it would bring.

So as you can see, there are some weaknesses in relying on external conditions as foundations for our feelings. It may work sometimes, but for today at least, I would like you to consider the possibility that the opposite cause-effect relationship might be true... that feelings can have a creative impact in the opposite direction - first over the thoughts we produce and imagine, then over our perception and the way we see the world, and then finally even over the way external events unfold. If this were the case, then instead of looking at the world and reacting with feelings, we would instead generate the feelings we desired, and the world would fall into alignment. Conscious transmutation

would become the key not only to emotional freedom, but the key to attaining any condition that we ever desired.

Now, before you dismiss this as a crazy new age idea, consider that whether it's true or not, approaching your life with this perspective is going to have a tremendously positive impact for you either way. Even in the most practical sense, people who achieve the feeling they desire before attaining the associated condition are much, much more likely to manifest that condition... whether it's a simple goal or a lofty dream. A person who already has the feeling of achieving their intended outcome is more likely to believe that it can be achieved, and more likely to take consistent action toward it. Moreover, if

they already feel great, they won't be affected by the frustrations that often cause others to give up. This person is a thousand times more likely to engage in the behaviors, form the relationships, see and take advantage of the opportunities, find creative approaches, and in short take the steps necessary to achieve that reality. Furthermore, in always experiencing the energy of the attained desire, that person becomes less preoccupied by feelings of worry and fear about attainment, which only get in the way of attainment. A fear free mindset is the strongest one for success in any form.

Think about a football player that goes on the field worried that his team might lose, nervous that he might fumble the ball, paranoid that he might get injured.

This player's fearful focus at the very least will put him at a disadvantage. More likely he'll get smashed. Now imagine a guy that goes on the field with the feeling of victory already inside him - all energies flowing in unison, nervousness channeled into strength, complete focus on the win because his mind is already there - that's the mental place where every step comes naturally without a thought. This person will perform at his peak.

Now, in another sense, the person who has already found the feeling of their desire or dream, has in many ways already achieved it. The feeling, what we experience on the inside, is actually the essence of anything we desire. For example, think about something you wish to experience or attain in your life.



Then ask yourself, what emotion is it that you associate with its attainment? Undoubtedly there is some positive feeling there. It may be difficult to see past the association, but the fact is that as soon as you really immerse yourself in the feeling of having what you desire, you're already experiencing the true essence of what you want. Because of this, a person who finds the feeling before they achieve the condition, is in a very real way more successful than one who attains the vision but still lacks the feeling. This is the difference between having money and having true financial freedom, a relationship and true love, illusions of happiness and true happiness. Real success in any way, shape or form should start from within, or else it's just empty appearances.

Real wealth starts within; Real love starts within; Real happiness starts within. You must feel what you want **ALREADY** on the inside, else you risk chasing illusion after illusion, always returning to the starting line of discontent. And from there, you risk becoming a slave to outside forces that imprison us with economic shadows of happiness that can only ever be pursued.

It's for these reasons that the ability to consciously create feelings independent of your external environment might turn out to be your greatest asset - and it's one that can never be taken away from you. Even if you were to lose all material things, you always have the feelings, the essence of your desires, immediately available.

If you're willing to stretch your mind even further beyond that conventional reasoning, I'll also suggest that when starting with feelings first, it's only a matter of time before those energies attract physical well-being to you. This is where the real power of feeling lies. For when you're able to self generate the body sensations that you associate with your desired state, your internal world becomes like a magnet for the external. Some people call this "attraction", where like energies attract like energies.

Okay, I know some of you might be questioning my credibility right now, and I don't blame you. Just stick with me for a minute; In the end it won't matter whether you agree with me or not on this point.

For those who are willing to bend their minds a bit, remember that over a hundred years ago Albert Einstein showed us that matter and energy are one and the same thing, just at different rates of "vibration" or "frequency" you might say. You, your body, and everything you see, are simply energy at varying frequencies. The entire universe for that matter is an interaction of energy, all interconnected, and directed through consciousness. Now this might be a simplified interpretation, but it's practical for our purposes here. So even if just for today, think of everything that exists, including all matter - your clothes, your home, your car, and even the road you drive on, all as forms of energy vibrating at rates that your eye can see. You are an energy being, as is every other person, and all that exists.

And if like energies attract, then the quickest way to manifest anything in your life, be it an experience or a possession, is to start producing the good feelings that you expect to receive from that experience or attainment in your life - before you even physically experience or attain it. Matching your body energies to the condition of having or experiencing your desire literally draws it to you - like a magnet. Inner feelings and sensations become like energy keys that naturally attract their corresponding external reflection. They're the mold with which we can shape, create, and define the life we want. And the more strongly and closely you match your internal energies to the ones underlying your desire, the more quickly you'll find yourself in the

external state that you associated with your desire.

This concept is nothing new - you'll find it mentioned in almost every great religious text, it's an integral part of new age philosophy, and it's even being discussed in quantum physics. Some sources explain it better than others, and I'm no authority on how or why it works. But I don't need to be - and that's not what you need either - because no matter how much spiritual reading you do, how much scientific evidence you uncover, or how much intellectual confirmation you find, nothing will convince you more of the power of transmutation than your own personal experience. There's no greater teacher, so I won't try to prove anything to you here.

The fact is, you don't need to fully understand the concept in order to apply it. Just as you don't need to understand electricity before you turn on a light in your home, you don't need to explain satellite signals before you can use a cell phone, and you don't need to prove the existence of radio waves before you can listen to music in your car; You try turning it on, it works, you believe it, you use it. We may not visually see or intellectually understand these things, but that doesn't mean we can't use them. To deny their existence would be ridiculous.

So past experience may have you believing that external events always determine your internal state, but you owe it to yourself to at least experiment with the reverse for awhile. All you need

is enough faith to flip the switch - trust in the process temporarily, experience the results, and you'll have found the key that opens all doors.

And what's the worst that could happen if it doesn't work out? You'll have briefly felt a greater sense of control over your life, you'll have felt what it's like to attain your dreams, you'll have temporarily felt more optimistic, and you'll have probably taken some constructive action toward achieving your goals. Not so bad. And what might you lose? A huge illusion. This may be the reverse of the mainstream approach, but take a look at the mainstream, and you'll see quite a few people striving to attain images - illusive associations instilled by advertising, parents, peers, and other



unenlightened false authorities. You'll see people who never attain the sense of fulfillment that they were conditioned to associate with those images. There are many things that we do in this world simply because those who went before us did it that way - but this is a big one. Consider that most people go through their entire lives without ever questioning the purpose or meaning of life, and it's not surprising that most of us also never choose to question the mainstream approach to quote "happiness".

That's okay for some people, it may be right for them, but if you've been drawn to this course, and if what you're hearing feels like it might be true, that ring of truth is just confirmation of what part of you already knows - that there's a force

in this universe, in us and in everything, that we have the capacity to direct through our conscious will - through which we can instantly feel the fulfillment of every dream, and through which we can shape our external world in any way. Neither intellectual understanding nor spiritual perspective are necessary to benefit from the process of transmutation. Even from an entirely conservative viewpoint, knowing that feelings are the essence of any desire, and that positive feelings lead to constructive action, it already makes sense to at least experiment with this new approach.

So assuming that you see some value in the concept, I'd now like to guide you through a series of exercises that will begin developing your skills of

consciously transmuting body energy. We'll be demonstrating transmutation using many different issues and objectives, but even if certain exercises don't apply to you personally, please still follow along for learning purposes. In applying the method to a variety of situations, you'll be better prepared to apply it to your own. All of the energies that we'll work with are positive and healthy ones. But if you should encounter anything that you're not comfortable with, simply ignore it and wait for us to move on to the next.

For the exercises, please get comfortable in your seats. I'm going to close the door now so that we won't have any distractions. And again, when you practice on your own this week, you

should definitely not be driving or operating machinery of any kind.

Okay, to get started, I'd like you to first take a few moments to recall why it is that you chose to attend this course. Maybe your goal is to quit smoking, or to lose weight, or maybe you want to overcome anxiety, sleep better, reduce fears, or improve your life in some way. Now expand on that, and think about what else it would take to really make you happy on all levels. Everybody's wishes are unique. Somewhere in there might be a desire for financial freedom, a loving relationship, or good health. You might have some personal goals, like starting your own business or retiring in the near future. Maybe you want to live in another part of the world, or to take a special vacation. Maybe you

just want to be able to spend more time with family or friends; Or to have more friends; Or to just feel okay being with yourself. Your goals might include spiritual aspects, like finding purpose or spiritual understanding.

In considering the things you want, make sure they're things that really have meaning for you. A big house might be at the top of one person's list, while another person might prefer to be traveling around the world. True love and a soulmate might be one person's priority, while a short term relationship or single life might be more appealing to another. So forget about what you think you should want, or what you should be doing - that's probably someone else talking, perhaps a comparison you've made to your peers, or some passively

accepted family or cultural norm. It's impossible for anyone except for you to know what's in your heart, or what's best for you. If you let other people choose your desires for you, it will be very hard to get anywhere, because you'll lack the passion that a Deeply Desired vision provides. In order to get what you really want, you must be honest with yourself about what you want - what you truly desire. You can define your life however you wish, but choose a vision that really feels right for you - at least for now, in this moment. Sure, passions may change, your course may change, and you may redefine yourself many times. But what is that vision that feels right for you, at this time? Please take a couple minutes and just make a mental list of the major points.

[2 minute pause]

Now, for each goal or item on your list, ask yourself, why do you want that particular thing? What is it that you really want from the experience of having, being, or doing whatever it is? I'll answer for you, because you may not yet realize it, but the underlying answer in almost every case is going to be: The Feeling. Whether long term or short term, what you really want is the feeling underlying your goal, vision, or dream - the feeling you associate with its attainment, or that you believe will result from it's attainment. So if one of the items on your list is to have ten million dollars, your truer desire is probably for a feeling of financial freedom - the feeling that comes with not having to ever worry about money -

of knowing that you can buy what you want, do the things that you want to do, and never have to worry about financial lack. If the desire on your list is for a boyfriend, girlfriend, husband, wife, life partner or soulmate - your underlying desire might be for a feeling of love, companionship, connection, intimacy, romance, passion, security, or any number of the other feelings that people associate with relationships.

Note that, as in this case, even if an item on your list is similar to another person's, your emotional associations - the feelings you expect to derive from attaining the particular item - might be unique to you. Whether it's a relationship or job; Or a personal, social, or spiritual objective; There's a wide range of feelings that might be



associated with it. So when desiring to buy a new car, you might be looking for a sense of security that comes with driving a reliable vehicle; Or the comfort of not having to wait for the bus; Or the pride of owning a good looking car; Or maybe the excitement of possible weekend road trips. In quitting smoking, you might gain a feeling of relief from avoiding illness; A feeling of joy from being able to do the healthy activities you love; A feeling of control that addiction took away from you; Or the feeling of integrity that come with not having to hide your habit from others. The particular feeling that you look forward to will depend on what motivates you. But for almost every item on your list of "wants", there will be some positive feeling that you expect to come from attaining, being, or doing

whatever it is. And that's the underlying reason that you want it.

Now I'm not saying that the external condition or the vision isn't important. It is - it's usually our perceived motivation in this physical dimension. But for our purposes here, in learning to use transmutation as an approach to manifesting the external desire, it's important to isolate the underlying feelings that are motivating you. So for the first one or two major items on your list, take a moment to consider how you personally expect to feel once that goal is attained. Ask yourself what that feeling or mix of feelings is that you associate with your goal - or that you hope will come from it.

That feeling will be the foundation for manifesting your vision. People who don't start with this foundation might struggle to attain image after image after image in life - illusive associations planted in their minds by upbringing, cultural attitudes, or media influences. And because of the erroneous associations, they might never attain the lasting feelings that they expected to derive from them.

There's nothing wrong with the images, but to get to where you're expecting to go, the feeling is where you should start. Not only does attainment of the feeling instantly bring fulfillment of your underlying desire, but it also guides you there. It gets the universe on your side in attracting matching external conditions, bringing unseen forces into

alignment with your energies. This is the essence of intuition, from which all action should be taken.

So always ask yourself what you want on the inside before seeking something on the outside. Start from the end. What is the body energy, feeling, or emotion that you'd expect to have if you were already in the state of being, having, or doing whatever your desire is? How do you expect to feel when you've become rich, when you've found your soul mate, when you have your health back, when you're on that dream vacation, when you've found enlightenment? What are the sensations and body energies that you're expecting and hoping to feel? Please take a minute now to consider such questions for the first one or two items on your list of desires. Ask

yourself what's driving those desires...  
what are the feelings that you're  
ultimately after?

[1 minute pause]

Now, rather than wait your life away for what you want, try feeling it NOW. You may not realize it, as you've come to place more emphasis on external appearances, but you have the ability to consciously shape your internal energies into the feelings you desire, rather than waiting for the associated conditions to react to. In self generating energies like this, you instantly achieve the internal essence of your desire, and you also begin attracting the external manifestation. We'll discuss several aspects of generating energy, but starting

the process is incredibly simple. Just imagine what it would really feel like to be in your desired condition, and then self generate that feeling inside you. Try experimenting with this for a minute or two now. Even if you only find the feeling of having what you want for a few seconds, that's a great start. Please give this a try now.

[2 minute pause]

I'll often refer to the process of transmutation as self-generating body energy. This is because to bring your energies to the vibration or frequency of your desire, it often helps to think of the process as creating something new. But you are in fact only converting energy that's already available to you. Energy is

neither created nor destroyed; It only changes forms. But thinking of transmutation as a process of creating or generating something new can be helpful in the beginning.

Now here's a tip. If you were having any trouble finding the energy of your desire, you might start out by simply contemplating the possibility that your desire will be fulfilled in the future. For example, consider the possibility that you might just eventually be living your dream if everything goes right. Go ahead - just think about that possibility for about 20 seconds.

[Short pause]

As you do this, does a little bit of new energy appear somewhere in your body? Perhaps something like excitement or optimism; Even just a bit? If so, take that energy and amplify it - meaning, generate more of it. The energy that comes with considering the possibility of attaining your desired condition will be very close to the actual energy of its attainment. Please take a couple minutes to try this now.

[2 minute pause]

Now you may have noticed here that we're using a thought as a means of finding your target feeling. Don't get this confused with conventional forms of positive thinking that you might be familiar with. In typical approaches to



positive thinking, body energies are often neglected. Affirmations are repeated until they're void of feeling, or replacement thoughts are so extreme that the inner voice argues and opposing energies are generated. But congruent energy is what really matters - that's the magnetic force that draws the desired condition. With this in mind, any thought, idea, image, visualization or self talk, is only useful for our purposes if it helps you to obtain your desired feeling - or if it brings you closer to that target feeling in some way. So if you're having trouble getting directly to the feeling, try to find the thoughts, ideas, or mental images that make you feel good - or that get you closer to feeling the way you want to feel. Anything else is counterproductive, so use your feelings as guides.

If this still isn't making sense to you, think about why you feel better when you're with certain people or in certain situations. It's because you think differently with those people, or in those particular situations, and therefore you produce more pleasant feelings. Maybe what they say to you comforts, supports, or inspires you. But you can do the same thing for yourself. Try speaking inwardly, communicating with yourself, in the same manner, with sincerity, for just 30 seconds. Say something supportive, really mean it, and see what happens. Try this now if you wish. Your body energies will shift.

[1 minute pause]

Do you ever wonder why you feel better when you're reading an inspirational book? It's because it's giving you inspirational thoughts that lead to inspired feelings. But you can start producing your own inspired thoughts and feelings directly.

Conversely, if you find yourself in a quote "stressful" situation that poses a lot of "negative" possibilities, you might do a lot of "what if" thinking or "catastrophe thinking" that leads to feelings of anxiety. But if you instead remind yourself that you can handle anything, and then self-generate a feeling of control, you'll be much more likely to find a positive solution.

Why do you think it is that you reach out for, or even cling to, certain people when you're feeling fearful? Because their presence or supportive nature enables the type of thinking that makes you feel safe and secure. But you can do the same thing for yourself - you can be the one that you run to. In fact, loneliness itself, if you have a problem with it, is just a reflection of your tendency to generate negative thoughts and negative energies while you're alone. And that's all it is. Reverse that tendency and you'll reverse the loneliness.

Just always keep in mind that whatever your objective is, the most useful thoughts are not necessarily the the most absolute or extremely positive ones. Anything that makes you feel

more optimistic, more capable, more loved, more comfortable, safer, freer, closer to the way you want to feel in any way, is useful. Remember, it's the body energy and feeling of our desire that matters. We're only using words, thoughts or mental images as tools for finding that feeling. As with the previous example, sometimes just acknowledging a tiny positive possibility will help you to get a handle on the feeling that you're looking for. But any thought, idea, image, self-talk, or anything that helps you get there, is okay.

Once you've found a way to feel just a little bit of the energy you're after, simply expand it - meaning, generate more of it. When you've started doing this, you're transmuting body energy

through direct conscious will. When you've reached that state of direct transmutation, you'll likely notice the cause-effect relationship between thoughts and feelings begin to reverse. As you self-generate more positive feelings, positive thoughts begin flowing more naturally - as does a more positive perception, or way of seeing your environment. This will change the way you interact with your environment - your actions - and it will bring other forces of manifestation into alignment with your energies. So whether your objective is to improve the condition of your inner world or your outer world, make it your primary objective to first find the corresponding body energy that will drive that change. First get yourself into the feeling state of having, being,

doing, or achieving whatever it is that you desire.

Okay, another useful method for finding particular energies is through memory. You might recall a time in your life when you were in a condition that you now wish to recreate. Try to recall the sensations that you were feeling then, and start self-generating them again now. Most likely you've had at least a brief period in your life where you felt a certain way by chance - loved or in love, confident, financially free or secure, healthy in body or mind... something at least slightly similar to what you're after now, what you might be looking for in external appearances. If that's the case, try to recall what the experience felt like, and then consciously expand that feeling. Try this

now. For practice, you can use any pleasant memory from your past. Maybe some experience that you wouldn't mind having more of in your life, if it came along. Try to recreate that feeling now - even if for just a few seconds.

[2 minute pause]

As an experiment, try doing this same exercise with some really special memories... maybe the feeling of your first kiss, or a sensation of genuine love, or some moments when you experienced a deep rapport or connection with someone. You might recall the feeling of waking up to presents on your birthday when you were a kid, or the feeling of some spiritual or religious revelation that you've had - anything in your



memory that had a special or magical feeling. Try reproducing that sensation now, and then expand it. Bring that magic back into your life right here. Maybe even take it to a deeper level. Try this for a minute now.

[1 minute pause]

Okay, now, if the energy you just produced is in any way similar to one that you're seeking via any of the items on your list of desires, then take that energy you generated and transfer it to that item. In other words, take the thought of having, being, or doing whatever it is that you desire, and merge it with the feeling you're generating now, as if it's your current reality. For example, if you produced the joy of

receiving some wonderful gifts on your birthday as a child, you might transfer that feeling onto the thought of having the car that you really want now. Or if you created a feeling of magical love from your past, you might transfer that feeling onto the thought of being in the relationship you desire now.

Realize that the wonderful experience is here in your world, in this moment, and in that wonderful way. Give this a try now. Transfer the special feeling you generated onto the thought of having manifested any of the current desires on your list.

[1 minute pause]

Okay, let's suppose that the feeling or condition you desire is one that you haven't necessarily felt before - something completely new. In that case, one thing you can do is recall someone that you've encountered or seen who gave you the impression that they felt the way you want to feel... perhaps someone who was in the external condition that you desire - healthy, wealthy, or successful in some aspect. Or perhaps someone who was just behaving in a manner that reflected that feeling - maybe socially confident, addiction free, etc. Once you recall such a person, try to imagine what they must have been feeling on the inside in order to be that way on the outside. Finally, try to self generate that sensation for yourself. Give this a try now. Think of some person that you assumed was

experiencing something that you'd like to experience, imagine what he or she must have been feeling internally, and then create that energy within yourself. Once you find the feeling, try to keep that energy flowing for at least 10 continuous seconds.

[1 minute pause]

At this point, I'd like to mention some specific desires or goals, and discuss the types of energies that might facilitate with their manifestation. If you're listening to this program as a means reaching a particular objective, these examples should give you a clearer idea of the type of body energies that will help you to attain it.

First, we've already touched a little bit on the topics of wealth and abundance. To attract these states, you might begin generating body energies that reflect the joy of not having to worry about money; The excitement related to all the things that you can now do with your wealth; Or maybe the sense of security that comes with knowing that your family will always be provided for. If you're trying to manifest a new home, you might start generating the sense of comfort that you associate with a larger home; The pride of owning a beautiful place; The freedom of never having to answer to a landlord; Or the joy of entertaining friends in your new yard. Remember, your emotional associations will be unique to you. Once you've found the feeling that motivates you, adjust the vibration of your current body

energies to match those of the desire... the freedom, joy, excitement, or whatever it is that you would expect to feel if that abundance were already present in your life. You might generate the sensation of having a certain amount of money in your pocket right now; Or of looking at your bank statement and seeing the account balance at your desired amount. Feel the sensation of living in your new home, the emotions of ownership, and the sensations of the environment - even the sights, sounds, and smells - project yourself into the reality.

Ideally, if energy generation is practiced properly, when the wealth or abundance does physically appear in your life, you actually won't feel much differently than you do now - just the

same great feeling that you've already produced yourself.

Align your inner energies with that energy of fulfillment, let your actions be guided by your feelings, and everything else will fall into place. You'll no longer be blocked by feelings of frustration or rush, because in your mind you'll already be at your destination. You'll never again be wishing your life away. You'll be able to feel the desired future in the present moment, and instantly go to your desired future without losing the precious present moment.

If you're an athlete, or involved in any type of competition, try applying the same approach in your pursuits. Imagine how you would feel winning that next

competition, coming in first - meeting or exceeding your objectives in any way. Then start feeling that energy now. Many professional athletes use visualization as a technique to improve physical performance, and this can certainly be good mental preparation. But try combining any images together with strong feelings of having already attained them - winning the race, scoring the goal, hitting the home run. Feel the success already, whatever you associate with the win - maybe the joy of victory as the game ends, surging self esteem as people cheer, or shared pride among your teammates. You're savoring the success, celebrating the victory now. Whatever the inner sensations are that you associate with winning, feel yourself into them - as if the condition were already real.



The same approach can also be used in other competitive settings - such as in business environments. Just determine how success will feel for you personally, and start generating that feeling. Let the feeling be your guide as you move toward your business objective, or toward the finish line.

Okay, that's a lot of talking. Let's take a couple minutes to practice some of what we've been discussing. To start, try generating an energy of success - whatever that means to you personally - as if you're in it now. Give it a try.

[2 minute pause]

If your desire is for a relationship, the spectrum of feelings that you might associate with that objective is quite diverse. Companionship, romance, connection, passion, intimacy, safety, adventure; The list goes on. From a simple sensation of security to a magical limitless love, there are many motivating forces behind relationships. Ask yourself what they are for you, and then start generating that very body energy, as if the person you truly desire were already by your side. Feel yourself loving them; Them loving you; The sensation of connection, intimacy, trust, or whatever you'd expect to experience if that relationship were already a reality. Again, generate the energy that motivates YOU. If it's a comfortable, steady relationship that you desire, then generate that energy, and that's what

you'll get. Generate feelings of ecstatic passion, and that's what you'll get. Magical romance or simple security; Determine the feeling that you long for in this moment of time, and generate it now - as if you were already living it - as if that lover were already part of your world. That's the energy key that will let them in. Please, try this now for a couple minutes.

[2 minute pause]

Alright, let's talk about some of the energies related to physical health. If you're experiencing ill health, or if one of your objectives is to improve your health in any way, you might begin the process by determining what feelings you'd expect to attain through

improvement of your health as desired. Generate the feelings that you would expect to have if your condition were cured now. Perhaps you'd be able to experience the feelings of doing activities you love, or of being able to spend time with the people you love, or maybe the feeling of finally doing something that you've always wanted to do. Whatever it is that you wish to feel once you're healthy again, start self-generating and expanding those sensations as if you were already in that healthy state... however you'd feel doing those activities you love, enjoying that time with family - feel it now. This is the way to align your healing energies, and attract the healthy condition to you. If you're in any pain, do your best to use last week's exercises to manage those sensations. I know it's difficult, but

bringing consciousness back to the affected area can be very therapeutic if you can manage. In fact, if there are any energies at all that you're trying to avoid in this process, such as fear of uncertainty, don't forget those exercises. Staying connected with your inner energies - your life energies - keeps you in the best position to transmute them.

On that topic, the same is true of all the conditions we discussed last week. For example, if you're trying to lose weight, it's important to first work on becoming comfortable with the cravings and sensations that you currently have. You'll then be ready to move those energies into alignment with your weight loss objectives. If this is you, and you're ready for the next step, consider how you hope to feel once you've

reached your target weight. How do you imagine and hope yourself to be, on the inside, once you've achieved your ideal body on the outside? Perhaps you'll feel healthier, more invigorated, more confident. Maybe your new looks will give you greater self esteem. Perhaps you'll feel more attractive, more admired, more desired. Whatever it is that you emotionally associate with having lost the weight - start self generating those energies now, as if you've already reached that goal. Generate the feelings with total disregard for what you see in front of you. The energy you're choosing now is the foundation of the new you. So see yourself in that way now, and let those energies guide you.

Use the same approach if you're trying to quit smoking, or to overcome any addiction. First apply the exercises from last week to manage the sensations of withdrawal. Then, when you're ready, consider how you would hope or expect to feel in your new, addiction-free life. You might even take a look at the energies you once associated with your habit - the ones that drew you to it in the first place. For example, consider the feelings implied by images in tobacco advertising and smoking placements in movies: adventure, freedom, social connection, sophistication, masculinity, femininity, romance, youth, maturity, etc, etc. Free yourself from those manipulative associations, and start self-generating any such energies you desire in the absence of tobacco. We chase a lot of illusive images in our lives, but

when they're planted by people who don't have our best interests at heart, they can be outright dangerous to our well-being. The deceptive advertising used by big tobacco is just one example.

What are your mental associations when I mention chocolate, soft drinks, or Starbucks? It might be comfort, relaxation, fun, excitement, enjoyment. But the truer associations should really be ill health, diabetes, a bigger stomach, a fatter butt, and lower energy levels. If your actual desire is for good health, an attractive appearance, feeling great and having more fun in life, then the more appropriate associations would be eating more vegetables, drinking more water, doing more exercise, and maybe other lifestyle changes.



Take responsibility for your own mental associations; Make sure they're logical, and always question what you're exposed to; Or what others are telling you to want and why. In our example of cigarette addiction, if you can correctly associate not smoking with feeling better than you've ever felt before, then you'll never smoke again. To reprogram those associations, simply figure out what the feeling was that you once looked for in cigarettes, or that you now hope to feel once you're addiction free, and then begin self-generating those feelings in the absence of tobacco.

Alright, if any of what we've been discussing has given you any ideas for new approaches to your goals, please take a couple minutes now, and practice

generating any energies that you think might support your efforts.

[2 minute pause]

If you're ever having trouble figuring out exactly what the feelings are that are driving your desires, or if you just want to reinforce the ones that you're already producing, you might try what I call the scattershot approach to generating energies. Start by imagining that you've already attained the state of being, having, or doing whatever it is that you desire. Don't just visualize it, but really mentally project yourself into that condition - as if it's real for you now. Then, generate the entire spectrum of positive emotional energies that you think might be associated with that

condition. Do this while holding the thought of it being your current reality. Generate a feeling of joy about it. Then contentment. Then feel yourself bursting with enthusiasm or excitement about the experience. You might generate a sense of pride and self-admiration for having become the person you want to be. Freedom, empowerment, fulfillment. Think of all the positive emotions that might result from attainment of your desire, and then generate each while holding the realization that it has already been attained. Try this now if you wish. Remember that while negative energies such as worry and frustration block manifestation, or more accurately manifest what you don't want, anything positive will help to attract what you do want.

[1 minute pause]

As you practice shaping your inner energies, the matching external conditions will be naturally drawn to you. Remember, self generating feelings engages powerful unseen forces, and you're going to see that there's no stopping them. In the past, you've approached happiness, joy, contentment, success, and other feelings as something that comes in the end - as a result of your external efforts. But the internal feeling can be both a magnet for, and a guide to, your external goals. The fastest way to make anything happen the way you want it to, is to feel it into existence. So put feelings at the beginning. Get your energies into alignment with having attained what you want, let that guide any actions you take, and

manifestation will follow. The more closely you match your energies to the ones of your desired condition, the more quickly that condition will appear. Likewise, generating with more intensity is like adding fuel to the process. The more internally joyful, enthusiastic, free, or excited you feel about having already achieved your desired circumstances in life, the faster they will be reflected in your life.

And here's yet one more reason to make feelings the priority: You don't know what you don't yet know. By that I mean, you're only capable of envisioning conditions that you have some past experience with, or knowledge of. You have an intellectual association that's defining the type of person, type of job, or type of lifestyle that you think you

want. But there could very like exist conditions, places, types of people, or other circumstances that are way more in alignment with your happiness than you can yet imagine. You don't yet know about them, but the universe does, and feeling energy first is the way to find them.

Now, you're going to notice that I sometimes use the term "body mind". This is intentional, because for the next week I'd like you to try thinking of your mind not just as the brain inside your head, but as the consciousness throughout your entire body. In fact, each and every cell of your body does have consciousness - that's well known scientific fact. And the consciousness of all those interconnected cells interact with each other as an integrated whole.

Your brain may be the center of intellectual processes, but real belief and true feeling are experienced throughout the entire body - in the body mind... some might say "in the heart". If you can learn to generate energies with the entire consciousness of your body in alignment, meaning with a unified feeling throughout, the power and impact of the energies you're generating will be maximized. This is where you'll most effectively reprogram the energy patterns that define you - on both conscious and subconscious levels. So when generating energies, try to do so as if with each and every cell of your being. You'll find that immersing your awareness throughout your body like this leaves very little room for distracting thoughts from the intellect to interfere. The intellect is that little voice

in your head that likes to question and argue with anything that doesn't conform to its past experience - which are your current energy patterns or belief system. The intellect might say "no you're not" every time you think a new thought about yourself. Or it might say "this isn't going to work" when you're generating new energies. Those little voices can sometimes cause incongruent or opposing energies to be generated, and that's counterproductive. But when you concentrate full awareness on the replacement energies you're generating, there will be little room for the intellect to interfere. If distracting thoughts do come along, just let them be there, or let them float away. If you keep your focus on the energy that you're generating, those thoughts will remain empty and powerless.



For practice right now, please think of something you'd like to change or manifest in your life. Find the feeling corresponding to that new condition by using a thought, mental image, or whatever works for you. Then let the thought or image go, and expand that energy to fill your entire body. Generate the feeling as if with every cell of your body. Whatever sensations you associate with your desire, mentally will them, and feel them being radiated from every point of consciousness throughout your being. Please practice generating your energy in this manner for a minute or so.

[2 minute pause]

Now, I realize that this is the first time most of you have done this type of exercise, and some of you might be feeling a little overwhelmed at this point. Self generating energies CAN be a challenge at first, even if doing so for just a few seconds. But it's kind of like using a muscle that you haven't used in a long time, and it takes some time to build strength. But each day that you practice, even if for just a few minutes a day, the process becomes easier, the new energies come more naturally, more strongly, and they stay with you for longer periods. Within just a few days from now, you'll probably already find it significantly easier to generate and maintain your target energies.

If you become frustrated in your efforts, review what you're doing -

because something's off. If you generate your desired energies correctly, feelings like frustration shouldn't be an issue... theoretically, they can't be - and neither can disappointment, discouragement, anger, anxiety, or any other negativity. Such feelings indicate that you're lacking some condition that you'd prefer. The aim of the transmutation exercise is to enter into the consciousness of **ALREADY** having what you want. And in that state, you simply won't feel lack energies. So if done correctly, the transmutation exercises should feel good - period. That's the point, and that's the indicator that you're doing it correctly. So if you do notice negative energy growing, or becoming dominant, stop what you're doing, let it be there - use your listening skills from last week if necessary... and then find a way to get

back to the feeling that you want - the feeling of having, being, or experiencing your desired condition as if it were already your reality. Remember that seeking only on the outside necessitates a frustration that only interferes with the feeling you want. So find the feeling before anything else, and go there first.

A good example might be if you're feeling rushed to get through a practice session this week. Realize that rush is a lack feeling. You're either eager to get on to some other activity - meaning some external desire that you associate with feeling better than you do now - or perhaps you're eager to see the external results. For example, when practicing right now you might be feeling impatient - perhaps waiting for me to reveal the big secret. Don't cheat yourself - this IS

the big secret. It's right here, right now. Why did you choose to attend this course, what did you hope to get out of it? How would you feel if it met those expectations and helped you reach those goals? Well, try generating the feeling that it already has. Even if the information or solution that you were looking for is not covered today, that's the best way to begin attracting it to you - or to find the right information that will lead you to it. Whether you want a new pair of shoes, spiritual enlightenment, or a cure for an illness, the key is to start from the end - tune yourself into the energies of having already received what you want. So if you're feeling anything less than what you want to feel right now, please take a minute and experiment with adjusting your energies. Find that feeling that you DO want, and

then generate it for at least 5 to 10 continuous seconds.

[1 minute pause]

To at any time determine if your current energies are in alignment with, and attracting the things you desire, simply take a look at how you feel; Or better yet, bring the thought of your desire into your mind for a moment, and then pay attention to how the thought makes you feel. What energy does your body react with? Does the thought of the desire make you feel frustrated, incomplete, discontent, unworthy, longing, stressed? Then your energy patterns are still focused on not having, and that's what those energies are attracting. Take a moment to try this

right now. Consider your current energies, or think for a second about what you desire, and see how that makes you feel. Then ask yourself, are those energies in alignment with having your desires, or are they in alignment with not having your desires? If pleasant feelings like joy or contentment are dominant, then you're attracting what you want. If unpleasant energies like longing, worry, frustration, or anxiety are dominant, then you're attracting lack - or what you don't want. When you notice feelings like this, take a step back and recall how attraction works. Think of the condition that you intend to manifest, and imagine how you'll feel once it has manifested. Then, to get back on the fast track to fulfillment, forget about whatever your current reality is, and generate that feeling. This initial reversal requires

some willpower, but even just a couple seconds of good feeling energy is enough to break the inertia. Practice now.

[1 minute pause]

After you've gotten the hang of energy reversal, try applying it to some real life situations - whenever you notice that you're not feeling the way you want to feel. For example, if you're annoyed because you can't find your car keys, stressed because you're late for an appointment, or angry because someone has been rude to you, first acknowledge and accept the feeling that's already been created. But then ask yourself, what situation or condition would you rather have than the one you're in? Then find



some way to get yourself into that energy. Maybe imagine the possibility of the situation resolving itself; Or recall that you are a creative problem solver and resourceful person that can make anything better; Or that you can handle anything. With that thought, regardless of whether you choose to take action or not, you should be able to find the energy that you'd expect to have once you've found your keys, made it to the appointment, or not been affected by that rude person. The point is to remove your focus from the unwanted condition, and place your feelings into alignment with what you do want - which is the energy that attracts it. This initial reversal can be a challenge after years of habitually reacting to outside events, but you'll be amazed to see how much more quickly, efficiently, and painlessly such

situations are resolved when you approach them in this manner.

Remember that when trying to manifest ANYTHING you desire, negative energies like frustration and longing should not be involved in the creative process. It's okay to feel, experience, and go through such energies when they come along, but they shouldn't become your dominant feelings. Nor should they continue to be energies that arise while thinking about the condition you desire. In case you're having trouble with this, I'd like to mention a few common causes and solutions.

First, some people find that when trying to generate a new energy, it actually

inspires the opposite. For example, trying to generate an energy of social confidence might cause a person's mind to flash on the thought of a recent social blunder, or to imagine a situation that they don't think they could handle. And then some sort of fear-based feeling arises. Or perhaps while generating a new energy, the thought may drift in that what you're doing might not work. And this causes some negative or opposing energy to spring up. Ironically, a similar thing can happen even when your efforts DO produce results. You might get what you want, and think "Wow, it works. But will it keep working?" Or you might think "Great, I got what I wanted. But can I hold onto it?" These types of thoughts inspire fear energy, and are perfect setups to begin repelling whatever condition you've attracted. The

tendency to produce these counterproductive thoughts is just an indicator that you haven't yet completely reversed your energy patterns, and/or that you've reverted to placing emphasis on external appearances. The long term solution is to remind yourself that the internal is what matters most, and continue generating your new energies until even your subconscious tendencies are in alignment. When such thoughts do come along, just let them be there or float away. If you hold the attitude that they just don't matter, then they'll remain empty thoughts, without causing an adverse energy reaction.

Another thing you might want to do initially to really de-energize such thoughts, or reduce their ability to inspire negative energy, is to expose

them to your exercises from last week. Simply think those thoughts that contradict your desire, and then apply the exercise to the energy that arises. For example, you might reflect on the possibility that you won't attain your desires; That you might not become a wealthy person; That you might not find your soulmate; Or that you might not overcome social anxiety. Bringing that thought into your mind will cause an energy reaction in your body - probably a fear based feeling related to loneliness, poverty, failure, rejection, or something similar. When you notice that energy arise, apply your listening skills. Be with the energy, listen to it, observe it, and accept it as it is. Demonstrate that you can handle that energy's presence in every way, and your fear of the unwanted situation will dissolve. You'll

then find that when similar thoughts arise later, they'll remain powerless. Simply knowing that you could handle what you don't want IF YOU HAD TO makes it much easier to keep your focus on what you do want. Remember, rule number one is to not fear feelings. So practice being comfortable with the notion of those unwanted possibilities, and your new energy generation efforts won't be undermined by any tendencies to avoid unwanted feelings. If this rings a bell for you, feel free to take a few minutes now to acknowledge and get comfortable with any such energies. For practice, you might consider the possibility of some unwanted condition in your life, and then apply your energy awareness skills from last week to the feelings that arise. This isn't

backtracking - you should do it often;  
Let's spend a few minutes now.

[3 minute pause]

Another obstacle that some people encounter when starting to self-generate new energies is what might be described as fear of emotional responsibility. You see, when using the old approach to getting what one wants, without the principles of attraction, it's very easy for a person to see him or herself as a product of their environment - a victim of sorts, at the mercy of uncontrollable outside forces. With this perspective, there's a tendency to fall back on excuses why some factor or condition would prevent them from bettering their lives or achieving their goals. They

might blame other people, blame their upbringing, blame the economy, blame the system, or blame some uniquely difficult situation in their life. And, not surprisingly, a self-fulfilling inaction often follows.

However, in reversing our approach to manifestation, and in seeing ourselves as creators of our own worlds, the victim-like mentality is not possible. Ironically, this can be a difficult transition because there's some emotional benefit associated with playing the role of a victim. It might feel good to be able to blame someone or something other than ourselves for our misery. Or in complaining about problems, we might elicit a lot of sympathy from friends and family, which we might *think* feels good. Whose going to feel sorry for us if we



achieve all our dreams? And what will we have to talk about, to complain about?

This might sound pathetic, but accepting an attitude that you're 100% capable of self-defining your life can be difficult because it requires some emotional sacrifices. A good way to let go of any such attachments is to simply understand that anything less is an illusion - total self deception. For example, if you enjoy the attention and sympathy that complaining brings, know that the energy of a victim mentality really, ultimately, just repels people. It's the attitude of self-determination that attracts others. Nothing is ever gained in trying to make another person feel sorry for you - in seeking attention and sympathy - it's just like giving your

strength away. Strength comes back from taking 100% responsibility for your own inner world. And that's just one example; Regardless of what emotional benefit you receive from not taking charge of your life in any way, try to find the flaw in that perception - there surely is one. Don't cheat yourself out of all that your life could be. The realization that your desires are within your reach, and that it's all up to you to attain them, might be uncomfortable at first. But it will be completely liberating in the long run. Imagine not being dependent on anyone but yourself for your happiness; To know that you are the creator of your life; That you really do have the capacity to construct your future into a reflection of your most passionate dreams. This might be the most empowering realization you'll ever

have. But getting yourself into that mindset may require some adjustment to old perceptions.

[Brief pause]

Now, a thirist obstacle that some people have trouble with is the idea of generating the feeling of having obtained something before they actually have. They might be able to imagine a situation and feel it temporarily with their eyes closed, but to generate that same feeling with eyes open while seeing a contrasting reality can be troublesome. There are a couple things to keep in mind that might help with this. First, remind yourself that in our physical dimension there will be some delay before energies you generate

internally attract external manifestation. So just because you don't instantly see change in your outer life the moment you produce one positive feeling, that's not reason to abandon your efforts. After you've used this process and seen its effectiveness, concerns and doubts will dissolve. But until then, you might have to experiment with a little faith. If you constantly look around and react to what you see with worry or discouragement, you'll just start generating energies that attract lack. If you're going to look for results, do so with optimistic expectation only. Or better yet, until you've really reversed your energy patterns, avoid looking for results at all. Make the internal feeling your priority - after all, it should be - that's what can never be taken away from you. You might complete your energy generating

sessions by saying something like "May the will of the universe be done in me". Kind of like, whatever happens, happens - and then let it go.

On that topic, another thing that you might find even more helpful to keep positive feelings flowing in the face of contrasting circumstances, is to cultivate the attitude that internal feelings are just as important, or even more important, than physical conditions. There's actually a lot of truth to this statement. For if you can attain the feeling of having achieved the physical state you desire, you really have achieved the essence of your desire. Whenever you're discouraged or frustrated by not having, you're lost in the illusion of thinking that outer attainment determines inner contentment - that you can't be happy

until you've achieved the result. Your perception might say "once I have that new car, I'll feel great"; Or "once I find my soulmate, I'll be happy"; Or "once I get a better job, I'll feel free". There's nothing inherently wrong with a nice car, a soulmate, or a better job. But if you feel like something's missing from your life without them, then your mind will continue being preoccupied with worry, longing, and discontent. And it's obvious what those energies will attract. This is the wrong approach. Waiting for external conditions to make you feel the way you want to feel is a never-ending quest that always circles back to unhappiness. So stop hoping, longing, yearning, waiting, and wishing your life away. Your truest desire, the feeling you want, is right here right now. Make the way you feel your top priority. Regard

that feeling of having what you want as your real accomplishment. With this perception, you'll care more about the feelings you generate, less about the conditions they create, and you'll find it much easier to keep generating your target feelings no matter what's happening around you.

Now there's some irony in this approach, because if done properly, the ability to self generate a desired energy results in a kind of non-attachment to the outward manifestation. I'm not suggesting that we become like Buddhas and completely release ourselves from material attachments - that's not what most of us want to experience in this physical dimension. However, that inner environment of non-attachment is THE optimal one for manifestation to take

place. It allows your new energies to grow in an environment free of fear and worry - where the universe can freely do it's work of directly matching up the energy of your desires with physical reality. So it's okay to have as many external desires as you wish, but don't make the mistake of waiting for them to show up before you feel good... Because the way to attract what you want is to hold the energy of already having it - of being complete already. So for every desire that comes into your life, start generating whatever the wonderful feeling is that you associate with its fulfillment. I'll say it again: this feeling is the energy key that, like a magnet, draws the desired condition to you. And it's also the key to living your life fully. With that key, you no longer have to be focused on getting somewhere else with



your sights on the future. You can enjoy and feel complete in the present moment. So feel your dreams NOW.

[Brief pause]

Once you witness the positive impact that self-generating energies can have on your life, you'll probably start to make the practice one of your daily priorities. You might even start your day by generating the feelings that you'd like to have at the end of the day - the satisfaction of having completed all your goals, of everything having gone smoothly, just the way you hoped. You can even do the same thing on a moment to moment basis. For example, when starting a conversation, you might generate the feeling that the

conversation has already unfolded as you wish... maybe create a sensation of accomplishment for having reached an agreement; A feeling of excitement for having made a date; Or a sense of strong social connection if that's your objective.

By starting from the end with everything you do, you'll find a lot more things going your way.

Theoretically, you could use the same approach with everything that happens. However, if you try to do this too soon, there's a good chance it will result in frustration. You'll likely discover that having to find a specific energy for each and every task or event that comes along can become overwhelming. So although the primary objective here is to get you

generating specific energies associated with your primary desires, daily life presents us with a plethora of little situations and possibilities that can be detrimental to happiness if we let them. For this reason, you might sometimes choose one broad feeling to generate continuously as you approach the flow of events during your day. One energy that's particularly effective for this purpose is the energy of WELL-BEING. Well-being can be described as the feeling that comes with having everything go right for you, in all ways and all the time - the feeling that you'd expect to have if everything you desired were constantly appearing before you in every moment. It's the feeling of having wealth, health, love, and abundance in all forms constantly flowing into your life, and knowing that nothing bad can

touch you. For practice, try generating such a feeling now. It's the body energy you'd expect to have if everything in life were just going right for you... if good things and good luck just kept flowing your way. You might start with a feeling of good luck that you experienced in the past, and then expand it. Please experiment with this for a couple minutes now.

[2 minute pause]

Try generating the energy of well-being during your daily activities from time to time, and see what happens. You'll likely find that feelings of things going right in your life actually **CAUSES** them to go right. You should always start with the pure foundation

that comes with eyes-closed practice, but when you hold that body energy in real-time, things just start falling into place, and tendencies toward worry, anxiety, or other negativity soon disappear. Sure, things may not always go perfectly; But when seemingly bad things happen, remind yourself that good and bad are just interpretations of your perception, and that there may very well be something positive in the experience that you don't yet see. For example, if you've been generating the energy of loving your job and then you get fired from your job, you might react by judging the experience as negative, sink into a depression, and give up on your new energies. But maybe getting fired is exactly what you needed to get out of a rut, free of the past, and open to the much better job that you've been feeling

yourself into. As another example, if you're stuck in traffic and starting to feel stressed, would you be reacting that way if you knew that the delay were a reflection of your well-being and had actually caused you to avoid a serious accident? Of course not. And of course you might never know. But it makes sense to assume that there's something good in the seemingly bad - so that the energy you generate will stay in harmony with well-being, and you'll continue attracting the good things to you. Choosing to react with negative energy would be counterproductive. And remember what the priority is.

On another level, imagine who you would be now if you had never experienced any adversity in your life at all - if you had never suffered, never

been sick, never experienced lack, never felt loss or failure... would you possess the depth of character, insight, and humanness that you do now? Many people derive the most cherished memories of their lives from times of trial. Sometimes experiences that seem negative while we're in them, contain lessons and opportunities that in retrospect contribute the most beauty, growth, strength, and happiness to our lives. Experiencing adversity, or what we don't want, helps us to decide and find what we do want. The contrast motivates us and points us in the right direction, and brings appreciation for what we want. So as difficult as it may be to acknowledge such a positive possibility while experiencing something seemingly negative, viewing things from this perspective will keep

you in the energies that attract goodness. In this way, the truest happiness includes an ability to appreciate unhappiness.

If this particular perspective doesn't work for you, be creative in finding another one that does - one that keeps your energies in line with what you want. The more regularly you can keep the energy of well-being flowing, the more regularly you'll see it reflected in your life.

Well-being is also a great body energy to generate if you're having trouble with insomnia. Sleep disturbance almost always originates internally - often with an overly active, anxious, or worried mind. In addition to stilling your mind using the exercises from last week, try



immersing yourself in feelings of well-being beginning a half hour before going to bed, and you'll quickly dissolve sleep hindering worries. This is pure gold if you're a person that suffers from sleep difficulties.

[Brief pause]

Okay, rather than get into a zillion specifics, I'm gonna wrap it up here, and then you can feel free to ask any questions afterward.

So, I hope you find the ideas presented here to be as valuable to your life as they have have been to my own and many others. I really encourage you to review your notes periodically to make sure you're getting the most from your efforts

- and you can also access the recordings on the website for an occasional review.

The techniques that you've learned here are extremely practical, and can be truly life changing. But keep in mind that you're reversing long-time energy patters. So as you get started with your efforts, don't be surprised if you fall back on your old ways from time to time. Setbacks are a normal part of the process.

Also, remember to continue using the listening exercises from last week, so that you balance your creation of new energy with acceptance for the old. By frequently affirming your ability to handle any feelings in your body, you won't make the mistake of using

transmutation as a tool of suppressing or avoiding them. Although you may achieve very high states with transmutation, your emotions, your relationships, your career, and all areas of your life will go through cycles. As smooth as things seem now, there will be dips if you're living an active life. Disappointments, failure, loss; Your ability to feel the emotions that come with seemingly negative events is what makes you human. Real happiness comes when you're able to experience the whole range of emotions. The depth to which you can feel the lows, and the height to which you can feel the highs, together define your capacity to live fully. And the extent to which you can go through feelings like fear and failure determines your capacity to find success regardless of what your definition of it

may be. Eventually you'll reach a point where each failure just becomes a stepping stone to your next success; Each rejection a stepping stone to your next connection; Each low a stepping stone to your next high... And you'll no longer fear these setbacks. You'll find yourself moving more and more rapidly from peak to higher peak in your life, while even appreciating the valleys in between.

The techniques of energy awareness and transmutation can be powerful tools for entering this state of being, and the benefits you'll receive from their implementation will grow quickly. If you make it a daily priority to more fully observe your inner energies as they are, and to more accurately produce the energies of your desired conditions, soon

you'll find yourself not only appreciating your present moment, but also becoming like a magnet for an even greater future. As I mentioned earlier, the ability to produce this state of consciousness is like a muscle - it grows stronger with use. Like any physical activity, a few minutes of exertion might be difficult at first, but endurance builds.

In the beginning, I recommend devoting at least 10 or 15 minutes a day to sitting down and putting your full focus on the process. And then experiment with what durations work best for you.

If you often have trouble finding that amount of time to practice, remind yourself of the nature and value of what

you're doing. If other desires are getting your focus, then use THOSE as your daily practice. Generate the feeling of having attained those desires before proceeding further. Feel what you want from life now. Don't get caught up in "struggling" to get there, because in that mindset it will never come - the feeling won't be what you expected, or it won't last. So feel and live it NOW. Doing this, you'll likely find yourself moving much more quickly to the results you want, without surrendering the present moment. This moment is all you ever have, and when you learn to appreciate the now - As It Is AND As You Wish It To Be simultaneously - life becomes a great journey. Thomas Paine once wrote, 'The mind once enlightened cannot again become dark'. In this course, I hope that you've found some tools that will help

make your life into what you want it to be. They'll always be there for you - to help you be wherever you are, and to help you get wherever you want to go. I wish you well on your journey, and Thank You all for coming.

Does anyone have any questions?

*Please find the Q&A and additional Part 2 readings in "Rich Bum: Journey to Happiness" at [www.richbum.org](http://www.richbum.org)*