



Think Better. **LIVE BETTER.**

5 STEPS TO CREATE
THE LIFE YOU DESERVE



FRANCINE HUSS

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Published 2014

Printed in the United States of America

ISBN: 978-1-938314-66-7

e-ISBN: 978-1-938314-67-4

Library of Congress Control Number: 2014930751

For information, address:

She Writes Press

1563 Solano Ave #546

Berkeley, CA 94707

Interior design by Tabitha Lahr

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Acknowledgments

About the Author

For Your Group of Organization

Part I

YOUR BETTER LIFE NOW

[change • improve • dream]

Chapter 1

SOMETHING BETTER

ON A BITTER-COLD JANUARY EVENING, I arrived in Harrisburg, Pennsylvania, for a four-day visit with my mother. She had been officially diagnosed with Alzheimer's disease a couple of years before, but in hindsight, we suspected she had it, and hid it, even longer. The line between ditziness and dementia can be blurry.

As my uncle drove me from the airport to her facility, he found it hard to believe I was actually going to stay with her for several days. He told me he couldn't bear to visit her for even an hour, because she seemed so unlike the sister he remembered and loved. It was unimaginable to him that I would be able to spend that much time with her. "Your mother just isn't who she used to be," he said.

He probably took my hesitation to mean that I was reconsidering my plans, but in fact I was trying to figure out how to say what I needed to say without contradicting his experience with her. After all, we should get to have our own experience without anyone telling us the experience is wrong or that we're wrong in some way for having it.

I believe we create our experiences—yes, the good ones and the unbearable ones. And I believe it's less important to argue about whether we choose our suffering and more important to search the experience for a silver lining that

might lead to something other than suffering. The truth is, in every experience there is infinite potential for something to be created from it, and even because of it. Every experience offers the possibility of something better.

What does “better” mean? It means something different to every person. Better is relative to what is. It’s often the next step up, according to what you value. When it’s beyond what we can reasonably expect or what we can logically explain, it’s not just better—it’s a miracle.

My work is about helping people use a creative process to create something better. My work exposes me to miracles. So I gave careful thought to my response to my uncle. After all, I hadn’t seen my mother in months, and there was no predictable pattern to the progression of her disease. Since Alzheimer’s affects each person differently, there was no way to know what I would face on this trip. There was no mark on my calendar for the day that she wouldn’t recognize me at all.

“I understand how difficult it is to see your sister with this disease,” I said. “Clearly, it’s a painful experience. But, with all due respect, I believe there is a light within her that is untouched by this disease—a light that shines as brightly as ever. It’s that light I came to see, the part of her that can never be changed.” And that’s exactly what I experienced.

Did I create that experience? You bet I did—using everything I had learned and everything in this book. Oprah often tells people to take responsibility for the energy they bring into a room. What I brought into my mother’s room was a different way of thinking (about her diagnosis) and a different way of seeing (beyond her physical condition). I took responsibility for creating within myself a belief that something better was possible. I took steps to allow a new

possibility to happen. And I take credit for having used the creative power of my thoughts.

During my visit at her facility, there was a snowstorm that kept everyone indoors. I couldn't even take my mother for a walk outside. Some of the staff couldn't make it to work, so the usual activities that punctuated the day were canceled. My uncle was probably waiting for my pleas for rescue.

After lunch one day, I guided my mom to sit with me near the windows to watch the snow blanket the garden and the birds gather in the bare trees. I held her hand and tried to get her to recognize these things she so loved, snow and birds. No luck.

However, somewhere in those moments, I became aware of a very powerful, loving connection between us that I hadn't felt in many years. It was the kind of love many feel as a child when it seems nothing in the world exists but your mommy and you. In all these years, there have been other people and other distractions but never as strong a bond as I was feeling at that moment. So many people never get this feeling from a parent, or never again after growing up, or especially once a disease takes claim. I just sat quietly with her and let myself feel this love. In that moment, there was no disease and nothing that separated us in any way. Instead, there was love—only love. This was how I experienced the light I came to find. This was the first of many miracles.

A miracle isn't the suspension of physical laws.

A miracle is evidence of higher law.

For me, miracles are a gift of something greater, deeper,

and wiser than I knew before. Miracles are evidence of Life working on my behalf. Like a door that opens to let the light flood in, a miracle beckons us to experience Life in a completely new way.

No matter how you experience your life right now, you can probably imagine something better—everyone can. If you are suffering, “better” is relief from suffering. If you are happy, “better” will make you happier or will include more meaning and fulfillment. If you are having trouble making ends meet, “better” is seeing a way to get all your bills paid. If you are lonely, “better” is feeling loved. If you already have the best of everything, “better” might be the answer to why your stuff doesn’t make you feel more alive.

No matter what “better” means to you, imagining it is one of the keys to realizing it. It is your nature to want a good life. It is your nature to want everything in balance and in abundance—health, wealth, love, and happiness. It is Life’s nature to help you experience it.

Because you are inseparable from Life’s power and possibilities, you can use its creative process for whatever you desire. In truth, Life needs you to bring new forms, creative expression, and experience into the world. Therefore, your desire is Life’s desire, too. When you partner with Life, Life works *for* you.

“Life” with a capital “L” is used to refer to that greater something of which you are a part. “Life” with a lowercase “l” refers to how you experience your own life.

This may be a new way of organizing your thoughts: about Life in general, your individual experience of it (your life), and your relationship to it. This book will introduce you to many new ways of thinking, because different thinking will create a different experience. After all, certain ways of thinking (or, more likely, *not* thinking) created your current situation. Changing your situation requires a new way of thinking about it.

Better thinking creates better living.

It doesn't matter if you're down and out or if you want more of the good life you already have. It doesn't matter if you're down to your last dollar or your last million. It doesn't matter if you haven't had a job interview in months or a date in years. Dissatisfaction of any kind feels the same. Hopelessness of any kind feels the same. Being stuck at any level feels the same. The desire for improvement is the same. Fortunately, the way to create something new is also the same. It's possible for everyone. It's possible for you.

Not only is it possible to create something better, it's also easier than you think. In fact, it's about *what* you think. If you can choose a better thought, you can choose a better

experience of life. It may sound too good to be true, but it is truly that easy. It's easy because it follows Life's natural and abundant flow. It's easy, even though you live among millions of people who believe otherwise. It's easy, but it requires understanding, effort, and commitment.

.....

“You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you.”

—James Allen, *As a Man Thinketh*

.....

Though you dream of a better life, you may hesitate in making a commitment toward creating it. You may be skeptical. Or you may be in so much pain and suffering that you simply can't imagine the life you want. Still, maybe you can be willing—to be willing. Willingness alone can activate a new experience—like prying open a stuck door. An open heart and an open mind become the portals to new possibilities. Be willing to be willing.

If you are already imagining better experiences and better things, you are already in the process of creating them. Your receptivity to a new way of thinking and living is already creating it. Everything begins within you. Indeed, making improvements, living in whatever way is “better” to you—or achieving your dream life— completely *depends* on you.

You are an endless resource of possibilities waiting to be created. Your dream of better possibilities activates a powerful process that creates them.

.....

When you believe it is possible to create something

better, something better will be created.

It's About Being Instead of Getting

No doubt you do believe something better is possible, eventually. No doubt you're working very hard to achieve it. Most of us have been taught that we have to *get* everything we need in order to *do* what we want so we can ultimately *be* living the way we really want.

“When I can pay off all my own debt, I'll travel with my grandchildren, and I'll finally feel prosperous.” “If I can just earn one more promotion, I'll be able to spend more time at home and finally become a novelist.” Doesn't it seem no matter how you try to get everything in place for what you really want, what you really want moves further and further away from you? You're not alone. Many Americans expect to work beyond the typical retirement age of their parents' generation in order to get what they *think* they need to finally be happy. If you're one of them, how about thinking differently?

Try this new thought: Your state of being activates getting. This is true for every form of good, no matter what you desire. Everything in your life gets created according to your state of being. When you focus on the state of being that you ultimately want, everything else will be created to match it. This book will teach you how to achieve the state you want and how to work *with* Life to create what you want.

By focusing on *being*, you start experiencing your life as you want it, starting now, and direct Life to produce everything else accordingly, starting now. You might wonder, *How, exactly, can I start being rich when I can't even pay all my*

bills right now? The purpose of this book is to show you how to change your thoughts, as well as your words and your actions, to match what you do want, in order to set a natural creative process into motion to produce it. Can you start imagining what it would be like to pay all your bills in full and have money left over? Can you start using words in your everyday conversation that speak of plenty and abundance, instead of lack and limitation? If being rich would make you feel free and lighthearted, can you think of ways to generate those feelings now, like lying on the grass and watching the clouds drift by?

You create what you think about and focus on. If you think about lack and limitation, you'll create more of it. Instead, focus your whole being on the opposite, and start taking on the life you really want.

No matter what is "better" to you, no matter what you dream, start with the state of being in it now, and all else that follows will correspond to it. Whatever you require to have and to do becomes possible and tangible, because your state of being dictates it.

Entertain the thought of being rather than getting, because Life works with you to give you everything you desire. Your better state of being *includes* getting the things that make you happy and being able to do what suits you. You may not have to wait until retirement to achieve it.

If you ultimately want to feel prosperous, choose that state now. Life's natural creative process will infuse prosperity into every area of your life. It doesn't happen by chance or luck. Life works for you, according to principles that are as reliable as gravity, as unquestionable as the presence of the sun in a cloudy sky, and as simple as $1 + 1 = 2$.

Let me share my own experience. I started my first “business” when I was nine and got my first paying job when I was ten. I didn’t need to work, but the work ethic in my family was strong. My years of hard work contributed to groundbreaking research, award-winning advertising campaigns, record-breaking video games, and numerous “firsts” in the corporate world. I helped companies grow and CEOs get rich, and I became an entrepreneur.

Working hard helped me become an expert in creativity and creating success. You could say that working hard worked for me (though we all know that hard work doesn’t guarantee success).

Then I discovered a different way, a way of thinking and creating that works *with* Life—a way that always starts with being my true self and always leads to something good. For many years, my focus was doing more and having more. I gained an extraordinary knowledge of how creativity works, and I can turn on a constant flow of creative ideas, for myself or for my clients or audiences.

Shifting my focus to being instead of getting added a rich dimension to my life that was previously missing. Now, when I live first from the qualities I want in my life, I still experience doing and having what I choose, and my life is *more* creative and abundant than ever. The difference is that I live *from* the state I desire, and the doing and having generally fall into place. It feels as though I’ve shifted from swimming upstream, always fighting against the natural flow, to swimming—no, actually, being carried—downstream. I use the principles and process of how Life works, and Life works *for me*. Now, my idea of a better life is helping you create something better, in a way that doesn’t have to be hard and

doesn't have to be work.

The Principle of the Thing

Life operates by principles. There are principles of physics, principles of chemistry, and principles of mathematics. We can use physical principles for positive outcomes or disastrous ones. For example, we can use the principle of electricity to provide warmth in our home or to burn the house down.

There are also principles that govern how everything is created. They dictate the way invisible possibilities become visible form and experience. And we can use these principles in many ways, with positive or negative results.

The principles of Life will create what we want—or what we don't want—depending on our use, misuse, or just plain ignorance of them. It doesn't matter whether we are aware of Life's principles or not. We can work against them, creating resistance and making our life more difficult than it has to be. Or we can learn how to use them to our benefit. Many people have experienced the benefits of working *with* Life, and you can, too.

Ageless Wisdom. Modern Results.

The quotes throughout this book will show you many of the diverse thinkers who have discovered and used Life's principles that underlie the creation of everything. No one owns these ideas. Anyone can use them. In your hands rests the decision about how much you are willing to believe, to become, to do, and to receive.

You may discover principles you never knew existed. You may learn things you have observed without realizing their

significance or how to apply them. You'll probably become more aware of other people who use these principles to achieve peace of mind, an easy, abundant life, and even great fame and fortune.

You may recognize these principles as simple common sense. That's because their absolute truth naturally resonates with your inner being. You know truth when you hear it. Your heart attunes to it. Your soul sways with it.

You may conceive ways to begin incorporating these new ideas into your daily life and toward your lifelong dreams. That's good, because when you begin using these ideas, your life *will* get better. It is virtually unavoidable.

Better Is a Thought Away

Your thoughts are creative. Everything in your life—everything you touch and every experience you have—began with a thought. Thoughts are individual packets of creative energy, and a belief is a collection of your thoughts.

Thoughts become created in your life as forms and experience—the ones you like and the ones you don't like. When you replace thoughts and beliefs that are creating what you don't want with ones that correspond to what you do want, something better will be created. The beginning of your better life is only a thought away.

“Change your thinking, change your life.”

—Dr. Ernest Holmes, originator of the Science of Mind philosophy

In my experience with my mother's disease, I chose to

think differently. The diagnosis of Alzheimer's triggers fear and dread in most people, including me. What will it be like as my loved one deteriorates mentally and physically? How will I handle her own fears of losing her memory and conscious thought process, much less my own? What happens at that moment when, after a lifetime together, I am a complete stranger to her?

I realized that all of these thoughts and fears were based on how this disease was experienced by many others before me. But what if principles were not bound by precedence? What if something else were possible? Here are my choices, which I offer to you to use for any condition or circumstance that you might want to experience in a new way:

- I can choose to allow something beyond average.
- I can choose to look beyond what my physical senses tell me.
- I can be receptive to the infinite potential that exists in everything.
- I can let this experience take me on a new path instead of a dead end.
- I can be open to learning something that transforms me and those around me.

In other words, I can change my thinking *about* this, and thus change my experience *of* this ... and create a new and better future *because* of this.

The Five Step Treatment

One of the most powerful tools to shift into a new, creative, and more powerful way of thinking is the Five Step

Treatment, the focus of Part III.

The Five Step Treatment is based on an affirmative form of prayer developed by Dr. Ernest Holmes, who studied truth common to world religions, philosophies, and ancient traditions. You can learn more about this method and the principles behind it in his flagship book, *The Science of Mind*.

The Five Step Treatment is a technique to change your thoughts to realize that because you are a vital part of Life, Life already offers everything to you. It's a way to shift your thoughts to realize that whatever you require for your highest good and greatest joy corresponds to Life's natural (and powerfully creative) tendency to give it to you. It will help you develop empowered, confident thoughts and beliefs.

It is called a "treatment" because, in the same way you would visit a doctor for a treatment to restore your body's well-being, this is a treatment to restore your mental well-being. It's about realigning thoughts with your true nature, because your true nature and your desires go hand in hand, and they are directly tied to your true happiness and fulfillment.

Treatment is used every day by thousands and thousands of people (who refer to it simply as "treatment"). It helps them consciously direct their own lives instead of being at the whim of others. It conjures peace of mind within any situation. It creates instant access to love, compassion, and understanding. It builds fortress thinking to withstand anything the world puts in their path. It fosters a sense of flowing abundance and possibility, regardless of economic conditions.

Create Your Experiment

Many people have used the principles and tools in this book successfully for years. Nevertheless, you are not reading this book in order to see how someone else has created happiness or prosperity. You want change in your own life.

KEEP A JOURNAL

This book will ask you to suspend old assumptions, examine fundamental beliefs, and change limiting thought patterns. Uncomfortable feelings may arise. A journal will help you process your thoughts and feelings, chronicle the changes in how you look at Life, and affirm what you want to think about Life. You may be pleasantly surprised to see how much change you undertake.

Principles and tools of any kind are meaningless until you see how they work for you and how you can utilize them for your own benefit. You won't truly appreciate the power of these principles until you achieve your own success and start to experience something better. As you put them into practice and apply them toward your dreams, you will be astonished by the results.

Test the principles for yourself. Approach your better life as an experiment. What have you got to lose? The worst that can happen is that you'll continue to experience your life the same way it is right now. And the way it is right now isn't what you'd like, or you wouldn't still be reading this. On the other hand, the best that can happen is beyond anything you can imagine.

To create your experiment, use the Personal Life Inventory exercise that follows. The Personal Life Inventory is designed to provide both measurable and subjective data to see the

improvements you'll achieve using the material in this book. It guides you to identify how you're experiencing all the areas of your life right now, and also what you think and believe (and might believe better) about them for the future. There are no right or wrong answers, because it's your personal inventory. The purpose is to identify how *you experience* these areas now so you can evaluate your progress later.

What if you want to change only one area of your life now? Include all areas in your inventory, whether they seem relevant or not. When some things in your life change, other changes generally follow, whether or not that was your intention. Actually, sometimes changing *something* changes *everything*. Once you notice progress in any particular area, you'll be glad you captured this information for every area. This is a really good reason to do the inventory.

Exercise: Personal Life Inventory

Use five pieces of paper and label each one with one of these five main areas of life: health, wealth, love, happiness, livelihood.

Create new pages, labeling each one with any of these other areas that apply to your life: relationships, family, marriage, parenting, creative endeavors.

Assign a satisfaction rating to each area, from 1 to 10 (1 = dissatisfaction; 10 = your dream experience).

Make relevant notes about your experience in each area. Include facts such as employer/boss, bank balance, health data, dating schedule, etc.

Identify three current beliefs for each area. For example: a belief about work might be that work is unpleasant and that's why you get paid to do it.

Write at least one “better” belief for each area. In the example of work, a better belief might be that it is the outlet for one’s creative talents and that’s why you get paid to do it.

As you apply the information and tools in this book to any (or every) aspect of your life, feel free to go back to your inventory and observe changes in your thoughts and beliefs. Make note of the facts in your life that change, too. See how your new thoughts create new facts.

Personal Life Inventory Tips

1. Define areas of life to track. You don’t have to use the labels suggested in the exercise. Create your own. Add as many areas to your inventory as are important to you:

- Confidence
- Leadership
- Sports
- Play
- Family
- Friendship
- Relationships
- Career/Work
- Joy
- Beauty Fulfillment
- Peace
- Health
- Faith
- Social Life
- Abundance

- Connectedness
- Satisfaction
- Creativity

2. Determine measurements of satisfaction and dissatisfaction. In the area of finances, for example, 1 may represent enormous debt, worry, and feelings of inadequacy, while 10 may represent complete sense of freedom from worry about money, a feeling of prosperity, and a sense of capability and responsibility. A 5 for health will mean something different than a 5 for relationships.

3. Make notes. Include notes that create a picture of your current situation and current mindset. In some areas, you might feel as though you are doing okay but experience constant fear and worry that something will go wrong. For instance, maybe you have plenty of money in the bank, but you feel constant stress that it will be depleted by an unexpected emergency. Make any notes that help you capture how this area is manifesting and how you are feeling about it at this point.

Whether you are aware of them or not, you have thoughts and beliefs about all of these areas. What are your beliefs about health, wealth, love, happiness, and livelihood? For example, you might write, “No matter how much money I have, it is never enough,” or “I believe I inherited this health problem,” or “Everyone else always seems happier than I am, because happiness eludes me.” Try to identify at least three current beliefs for each area.

4. Consider “better” beliefs. If you can imagine having a

better experience in each area of your life, a better belief corresponds to it. Whether you want to change your experience in all the areas or not, write a better belief about each one anyway. One way to identify a better belief is to first envision yourself in the scenario you want. Imagine having the ideal experience in that area. Ask yourself this question: “What do I think one would believe who has this experience?” Compare the belief that you associate with *having* the ideal to your current belief that is creating a less-than-ideal experience. Notice the difference in these beliefs and commit to changing your belief to a better one.

“Better” is whatever you say it is. If you’re experiencing a lot of distress, you may just want to reach a stable state. What’s important is what’s better for you, whether or not it’s a better experience for anyone else. You could also identify an area that’s already good but that you’d like to become better than ever. For example, here are some better beliefs about money:

- I feel stability and support that my needs are met.
- Money is no longer an issue in my life.
- Money flows, so I always have plenty.
- I am a money magnet. Everything I touch becomes golden.
- I always have enough money to share with others.

5. Evaluate along the way. Choose when to reevaluate your list and the numbers you have assigned each item. After you have read this book and put the Five Step Treatment to work, you will see the results for yourself. These principles work. They work for everyone, not just for some. They will work for

you if you work with them.

It's not uncommon to think better and feel better about a particular area before you see evidence of any improvement in the facts and circumstances of it. Why? Because thought precedes the creation of new form, experience, facts, and conditions. Inner change guarantees outer change. Your better thoughts and feelings are proof that something better *is being created*.

Here is an example in the area of finances. (Money and/or abundance are often used as examples throughout this book, because virtually everyone desires a better experience with money.) Let's suppose you have a lot of debt, your income is not sufficient to pay your bills, and you constantly worry about finances. You will probably assign this area a low number. Once you start practicing the Five Step Treatment, you may notice that you're worrying less and feeling more in control. This new confidence may tempt you to give this area a higher satisfaction rating, yet your debt hasn't changed, your bank balance is the same, and your income is still insufficient. In fact, something extraordinary has changed—you—and outer changes will follow.

6. Pay attention to feelings. Notice shifts in your feelings that indicate change is taking place—*creating something better*. Everything in your life (in this example, either debt or income) is created by your thoughts, and it will be changed by different thoughts. Your decreased worry and increased confidence are the precursors to changes in your debt and income, as long as you stay committed to thinking and believing according to what you want.

7. Keep going. As the numbers inch their way up the scale away from 1 and closer to 10, you'll see measurable results of your commitment. Resist returning to old habits and old ways of thinking at the first signs of improvement. Continue with your experiment. Don't stop short of your goals. Your intention with this book is to create significant improvement and lasting change. Isn't it?

I've done this inventory myself, with amazing results. Of course, like you, I'm still a work in progress, so I continue to fine-tune my beliefs in areas of my life that are important to me.

Chapter 2

WELCOME CHANGE

NO DOUBT YOU ALREADY HAVE IN mind the change that would create something better. However, change doesn't happen in a vacuum. You can't change one part of your life and expect the other parts to stay the same. Every part overlaps with every other part. When you change one thing, everything shifts around to accommodate the change.

There are no limits to the possibilities that are within you and for you. Maybe you've been conditioned to think otherwise and see more limitations than boundless possibilities. However, regardless of the limitation, there has been someone who has overcome it and has proven a different possibility to the rest of us. Someone born into poverty became a billionaire. Someone with physical disabilities became a top athlete. Someone sexually abused became loving, compassionate, and forgiving.

Life works for everyone. What's possible for anyone is possible for you. The power and possibility for change are within you. Once you have a better understanding of your power, you might start thinking of new possibilities.

“There are two ways you can change your life: (1) Change your conditions; and (2) Change your mind.

Sometimes you can change your conditions. Always you can change your mind. Ultimately, mastering your mind yields far more success and reward than rearranging conditions.”

—Alan Cohen, author of *Enough Already: The Power of Radical Contentment*

Four Kinds of Change

Change takes several forms. You probably want one of the following kinds of change: 1) to eliminate something you don't like; 2) to transform something from the way it is to the way you hope it can be; 3) to create something entirely new that you haven't experienced before; or 4) to multiply what you already love and appreciate. Let's look at some of the possibilities in these four kinds of change.

1. ELIMINATE THE UNDESIRABLE

- Rid myself of pain, suffering, and health issues.
- Banish worry, doubt, fear, mistrust, indecision, or insecurity.
- Wipe away debt.
- Eliminate financial stagnation.
- Stop addiction to alcohol, drugs, sex, gambling, etc.
- Dissolve loneliness, apathy, self-loathing, or unworthiness.
- Remove myself from toxic, codependent, abusive, and/or Life-draining relationships.

TO JOURNAL

Which of these statements matches your current desire for change?

Which of these statements elicit strong negative reactions or discontent?

Identify what appeals to you and what repels you.

If your life is a growing garden, what are the seeds of something new that you'd like to plant and cultivate? What are the weeds of discontent that are keeping your garden from being what you dream?

What kind of change do you want? Relief from what you don't want? Trading for something better? Creating something new? Or more of what's already good?

2. TRANSFORM INTO SOMETHING BETTER

- Become a better version of myself that I love and others love.
- Feel as if I matter. Believe I make a difference in the world.
- Turn insecurity, indecision, negativity, and pessimism into confidence, positivity, and optimism.
- Turn patterns of victimhood, failure, and drama into patterns of confidence, success, and harmony.
- Make my life more purposeful, creative, and productive, and contribute to the world.
- Turn feelings of loss and lacking into satisfaction,

gratitude, and abundance.

3. CREATE SOMETHING NEW

- Achieve a balanced life of health, wealth, love, and happiness.
- Become energized by my life purpose.
- Feel that my life has meaning—that I am connected to something greater than myself.
- Anticipate exciting new possibilities. Feel that possibilities are within my reach.
- Feel that Life is with me and not against me. Live the good life.

4. MULTIPLY WHAT IS GOOD

- Create a career, lifestyle, relationship, and wealth that work for me.
- Achieve greater prosperity to influence change—locally and globally.
- Be more loving, forgiving, giving, and accepting.
- Serve and help others.
- Tap into an endless stream of creativity.
- Experience more ease, balance, harmony, order, and peace.

Changeable vs. Changeless

Change is inevitable, because Life is constantly creative. The basic nature of Life never changes. What Life is and how Life works is made of principles and laws by which form and conditions are created. The principles and laws are changeless; not only are form and condition subject to

change, they are in constant flux.

It is *our use* of principles and laws that creates everything, and anything that has been created can be changed. Life doesn't change. But what can change constantly are the *results* of Life's creativity (outer form and conditions). This is the relationship between the changeable and the changeless.

Why is this important for you? The key to creating the life you desire is to work *with* the unalterable nature of Life to set into motion the changeable, creative potential of Life. More simply, you have to know what is changeless (Life's creativity), what's changeable (all form and conditions), and the determining factor between these two, which holds the key to everything you want. *You*—what you choose and how you participate—are the key to what is created.

To achieve your desires, you must start by being willing to allow change. That's often easier said than done.

Fear Creates Resistance

Change often stirs up fear—fear of the unknown or fear of change itself. However, if you want something better, something has to change.

Fear blocks your desires and prevents you from having what you want. It creates resistance that mucks up the process of creating what you want, like throwing a wrench in the works. If it is difficult to release your fear, then, for now, be willing to loosen your grip on it or step around it. If you don't know how to release fear or can't imagine yourself without it, then simply start by being willing—to be willing. Willingness alone can dissolve your resistance and move you in a positive direction.

Be willing to suspend your ideas about what changes will

occur for you and what form they'll take. Be willing to let go of fearing the unknown. The unknown is nothing more than the invisible side of Life that has not become visible. The unknown holds infinite possibilities that are for you, not against you. Once you learn about the nature of Life and your true nature (in Part II), you can have a new perspective about change.

Here's how one woman chose new possibilities. Carol wanted to use these principles to help her lose weight, to see if Life could help her create a better experience of her body. But when she explored her beliefs about this, she realized she was afraid that maybe Life intended her to be a fat person. She was afraid if she trusted Life, she might actually get fatter. This fear made only two outcomes possible: staying heavy or getting heavier.

Although it seemed that Carol was working on her weight, she was really facing her lack of trust in Life. And she was experiencing exactly what she feared most: being overweight. However, since everything else she attempted wasn't working, she was willing to try a new way of thinking and create a new life experience.

Carol worked on her beliefs about Life and her relationship with Life. She uncovered (and embraced) a new possibility, which is that Life's nature is to support her in ways that are *for* her greatest happiness. When she learned to work *with* Life, Life worked *for her*. In Carol's case, what used to be a struggle became easier once she was open to change.

The same Life that created you supports you. Life is for you. Life is on your side. It waits upon your word to deliver to you more kinds of good than you have ever experienced. Now *that's* change of a different color, isn't it? When you believe

that only good comes your way, you will welcome change instead of avoiding it. For now, be open to the possibility that you can experience your life in this new way.

“Until one is committed, there is hesitancy, the chance to draw back. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one’s favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now.”

—William Hutchinson Murray (often attributed to Goethe)

Allowing vs. Resisting

Are you willing and available to receive Life’s infinite possibilities? Or do your thoughts, beliefs, and fears create resistance and keep your good beyond your reach? A state of resistance prevents the flow of good. A state of allowing cultivates it.

How can you tell the difference between these two states? If it feels bad or it’s unappealing, it creates resistance. Doing something you don’t want to do creates resistance. Going

someplace you don't want to go creates resistance. Anger, resentment, obstinance, mistrust, stubbornness, contrariness, animosity, judgment, blame, spite-fulness, and revenge are feelings that create resistance.

Conversely, anything that feels good or appeals to you creates a state of allowing. Allowing creates flow and is marked by a sense of ease. Doing what you love creates the state of allowing. The feelings of allowing include joy, passion, enthusiasm, love, generosity, appreciation, celebration, and attraction.

When you remove resistance, good can flow. As you choose new and better thoughts and beliefs, the shift into a state of allowing corresponds to the manifestation of new and better forms and experiences.

When the state of allowing becomes a habit, your experience doesn't just get better; it gets easier. Challenges will still appear, but if you respond to them from a belief that Life is with you and for you, indeed Life will show up to help you. Empowered beliefs and a habit of nonresistance can smooth, and soothe, whatever arises.

Vision Creates Flow

Either we're pushed to change or we choose change. In other words, either we're pushed by fear (of what we *don't* want) or pulled by vision (of what we *do* want).

When we try to avoid pain or get relief from whatever is causing our suffering, we are motivated by fear. The energy of fear feels like tightness, anxiety, and confusion. We might experience it as resistance when we feel stuck and nothing is changing (even though we may want change).

There's an important difference between putting your

attention on what you don't want and how to escape it and putting your attention on what you do want and how to achieve it. Fear has creative energy, like any other thought or feeling. Focusing on what you don't want creates more of it. Become aware that you can choose your thoughts. Realize there's a better use of your attention—focusing on and creating what you do want.

Life's nature is to circulate, to move, and to generate more Life. A body of water becomes stagnant without circulation; our lives can become stagnant, too. We settle into routines, become complacent, and go through every day on automatic pilot. Without growth and forward movement, creativity is hampered. In this state, we might not be suffering, but we're not feeling alive and happy, either.

Sometimes it seems as though nothing is happening, and this is frustrating when you want something new. Quiet moments are necessary for new ideas and new thoughts to percolate and come into your awareness. This state is simply part of a creative process. Even in this period of seeming inactivity, beneath the surface of your awareness, creativity is happening and change is afoot. So, when it seems nothing is happening, you can anticipate that something new and exciting is brewing.

Allowing is conducive to the flow of creativity. It's the ideal state for creating something new. When we are pulled by our dreams, we feel alive, and in this state we are nonresistant. Our dream is like an irresistible invitation.

WHAT IS YOUR DREAM?

Write down everything you dream in your life. Revive old dreams you've abandoned. Invite new ones.

Be playful. Be creative. Have fun. No one else can dream your best life better than you.

The vision of what is possible and what our life might become is inspiring and exciting. Its energy propels us forward. This positive flow feels like being carried in a moving current toward something good. Whatever you want that is better, whatever you dream, it is your personal vision of what can be.

Let yourself feel hopeful for the change you want. Let yourself get excited by the better life you envision. Allow yourself to accept the invitation of what might be. Keep your thoughts focused on what you desire to be, to do, and to have. Stop worrying, running imaginary negative scenarios, and having imaginary arguments. Start dreaming. Create a vision of what can be.

Whatever Life gives you to dream, it guides you to manifest.

Chapter 3

YOUR LIFE ... UNTIL NOW

Beliefs About Life (in General)

Do you believe in a friendly universe or an unfriendly universe?

Albert Einstein posed this question, and it may be the ultimate indicator of one's life view—and one's life experience. What do you believe? It's important, because *what you believe about Life becomes how you experience your life*. Your answer reveals whether you believe the universe is for you or against you.

In *Excuses Begone*, Dr. Wayne Dyer writes, “When you believe that the universe is friendly, you see friendly people. You look for circumstances to work in your favor. You expect good fortune flowing into your life.

“When you believe in an unfriendly universe, life is unfriendly. You see meanness and spitefulness, greedy ulterior motives, qualities that separate and create hate, frowns and grimaces, bad luck and obstacles.”

An unfriendly universe entails judgment, obstacles, competition, blame, shame, regret, suffering, and struggle. It appears that some people are chosen for bounty and others receive the leftovers. In an unfriendly universe, living a good, clean life doesn't guarantee any reward. Luck trumps equality and justice. How can there be a formula for success (or the

possibility of a better life) if good isn't equally available to everyone?

On the flip side, a friendly universe is fair and pleasant. When you believe Life is for you and for everyone, what you believe becomes what you experience. You see positive qualities in everything and everyone, beauty everywhere, a stream of opportunities, common good, generosity, and evidence of unseen helpful creativity.

In Part II, you will learn that the universe is innately giving and friendly. The nature of Life supports you and helps you toward your greater good. Cooperating with a friendly universe gets you closer to your dreams, as opposed to what you could accomplish if you were operating in a universe that was unfriendly, unsupportive, punishing, and unjust. Fortunately, you get to choose what to believe.

WHICH IS IT?

Do you live in a friendly universe or an unfriendly universe? What has been your experience? What do you choose now? What does a friendly universe look like to you? Write down your thoughts.

If you are unwilling to accept the possibility of a friendly universe, this book is not for you. This book is not about managing your life in a world that is basically unjust and set against you. It will not teach you to swim upstream, sail a sinking ship, or create your dream with one hand while slaying a dragon with the other. On the other hand, if you are willing to believe in a universe that is friendly, supportive, unconditionally loving, and as reliable as $2 + 2 = 4$, you will learn how to partner with Life's inherent power and natural impulse to give you whatever you dream.

Beliefs About Your Life (in Particular)

Your beliefs influence your life. What you believe about Life becomes your experience. Your experience influences your beliefs about yourself. There's an inseparable connection between what you believe about Life (in general) and about yourself (in particular).

Here's an illustration of how beliefs work. A camera captures the image that's in front of it, based on the lens or filter on the camera. A clear lens mirrors the image exactly. Other lenses magnify, widen the view, add brightness, create

a more beautiful hue, or turn existing light into glittering stars.

Your beliefs represent a lens through which you see life. Your beliefs form the image in your mind. Your beliefs function as a filter that affects how you perceive the events of your life. You perceive the world according to what you believe.

If you believe the world is unjust, you notice inequality everywhere. If you believe in a fair world, that's what you see. It's as if your mind gathers evidence that proves your belief. Just as you can change a camera lens, you can change your beliefs to change your perception and change your experience.

Is your glass half full or half empty? Similar to Einstein's question about Life in general, this question reveals what you believe about your individual experience of life. It's about whether you believe your life is full or lacking (or something in between). Consider these possible answers:

- My glass is overflowing. It is always full even if I share with others.
- My glass is empty. It's always been empty.
- What glass? I don't have a glass.
- I once had a glass, but someone stole it.
- My glass is broken.
- Do I get only one? I want more glasses!
- My glass used to be full, but now it's all drained.
- No matter what you put in it, my glass leaks.
- My glass is damaged and barely being held together.
- Why are you asking? Do you want to steal it?

JUST FOR FUN

As you consider these possible answers, replace the word “glass” with the word “life.” Journal your response to these questions: Do you relate to any of these statements? Do they trigger thoughts or feelings to explore?

Do you know people who are never happy, no matter how much good surrounds them? Where others see fairness, they see inequality. Where there is plenty, they see lack. In the presence of love, they insist on its absence. Their beliefs affect their ability to see and appreciate all the good that exists.

We form most of our beliefs about Life in early childhood. We get our beliefs from others, from our personal experience, or from some combination of both. At an early age, we learn how to work life so that it works for us, at least in ways that make sense to our young, mostly uninformed and unskilled little selves.

Some beliefs are created out of the necessity to succeed (or survive) in our own circumstances. For example, a child living in an abusive home learns that becoming as invisible as possible (physically hiding or emotionally withdrawing) lessens his suffering. Another may simply develop a belief that conceding her own needs to favor others' will guarantee greater reward (such as praise). Each of us forms our own ideas about how to accommodate our fears, get our needs

met, minimize suffering, and maximize joy.

It's important to realize when your beliefs aren't benefiting you, have outlasted their initial reason, or are no longer necessary. For example, if you received praise for putting your needs aside for others, you may have become a very thoughtful and kind person. But maybe this belief is the reason you feel like a doormat everyone is stepping on. Or maybe you are still harboring hateful thoughts about an old conflict, even though the fight ended long ago for your opponent. Or maybe you've forgotten what you were fighting for in the first place. Or maybe your abuser isn't even in your life anymore, but you're still carrying out the same pattern of hiding and avoiding attention. Maybe you were taught to squelch your dreams, underperform, or hold back your gifts and talents to appease someone whose approval no longer matters.

If any of these situations touches a chord in you, you can be sure you have a belief about it that's worth changing.

Belief Becomes Experience

Your beliefs become your experience. Conversely, your experience of life reflects your beliefs. To change your life, you must change your thoughts and beliefs—about Life in general and about your life in particular.

Let's look at an example of how circumstances can reveal beliefs that correspond to those circumstances. Once again, we'll use money and finances as the example.

Let's say Carmen is experiencing financial difficulties. Her income does not cover her ever-increasing expenses. No matter how much Carmen intends to reduce her debt, she can't seem to get ahead and actually owes more with each

passing year. Unexpected expenses add new burdens. Savings, investments, or retirement funds appear hopelessly out of reach. She might describe her situation this way: “It is a struggle to pay my bills. There is never enough money. No matter how much I try to cut back on expenses, I always come up short. I get my bills paid, but there’s nothing left for savings or for the extra things I want. If my income goes up, my bills go up, too, and I never seem to get ahead.”

What are Carmen’s beliefs about money? Here are some things she might believe: *There is never enough. Money is only for the smart, lucky, and privileged. Sometimes Life goes up, but it always goes down. There is always more need than supply. Good fortune isn’t available to everyone.*

What about Carmen’s beliefs about herself and her experience with money? Here are some possible beliefs she might have learned or developed: *I’m not good enough (with money). Bad luck finds me. I’m always going to be in debt. Things go wrong for me. Nothing works in my favor. I never get any breaks. I’m not meant to be rich. I’m not worth much. My life’s never going to change. Wealth is out of my reach. A better future isn’t possible for me.*

Notice that Carmen’s beliefs about money go hand in hand with her beliefs about herself and her experience with money. Can you see how any of these beliefs, or a combination of them, might be contributing to her actual experience? Can you see how different beliefs (about something and about ourselves) can feed off each other—in Carmen’s case, creating a perfect storm for her struggle? Can you see how Carmen’s beliefs distort how she might perceive every situation, not just her experience with money?

It’s possible that she *does* get good breaks, things *do* go

right, and there *is* potential for more good, but Carmen probably doesn't notice. Her beliefs are a filter through which everything looks dark and dismal. Regardless of how she got these beliefs, can you see how they might be keeping her from a better future? If Carmen were your friend, you'd probably see the connection between her thoughts and her experience.

Are you aware of what you believe about Life (in general) and about your life (in particular)? The truth is, you voice your beliefs all the time. "No one has ever ..." "Most people ..." "Most likely ..." "Usually ..." These generalizations reflect beliefs. They touch every part of your life—health, relationships, career, finances, family, and so on. They limit your experience now and your expectations for the future.

ASK A FRIEND

You might not be aware of whether you constantly use the words “always” and “never,” but others are. Ask a friend or partner about this. Be willing to hear their answers.

Write down any personal assumptions you might be making that you think are being revealed.

Shared Beliefs

What if you can relate to Carmen’s hardship but not to her beliefs about it? If you don’t share her beliefs, how can you be having her experience? The answer is that some beliefs are so commonly shared by millions of people that they are ingrained in our culture. We may not even be aware that we have these beliefs. And if we were aware and gave them some thought, we might not even agree with them. Without consciously knowing or choosing common beliefs, we pick them up and accept them by default.

Let’s be more specific. “Life is hard” is a common belief. It’s nearly impossible to escape this belief in some form through the course of the day. You might not think you believe it, but what if the evidence of your life points to the obvious: that it *is* hard? Well, consider that you foster this belief without being aware of it.

Or you simply don’t deny the power given to this belief by all those surrounding you who *do* believe in it. Think of how pervasive this belief is in the world, that your life is

something to bear, to get through, to survive. Notice how often you hear others say how difficult life is, as if it is a fundamental assumption.

We get many of our beliefs from others (parents, educators, the media, respected leaders, and so on) when we simply accept their ways of thinking without realizing it. We are born into families with beliefs, and it's common to adopt their beliefs as ours without question. Did we stop to consider the beliefs we allowed as our own without giving thought to whether we truly agree with them or not?

“There is never enough” is another common belief that spans cultures and generations. This belief creates poverty, debt, loneliness, unprofessional behavior, and questionable ethics. It fuels sibling rivalry, business competition, and global wars.

“I'm not good enough” is a personal version of “not enough.” Once again, it matters little where you may have picked up this belief. What really matters is how this single, overarching belief can affect (and limit) every aspect of your life. This limiting belief makes it impossible to feel satisfied or purposeful or to appreciate your full potential. You might produce riches, a loving partner, and a great career, but if you believe you're “not good enough,” you won't feel good about any of these.

“I am not a good enough parent, spouse, child, student, professional, talent, athlete, businessperson.” You name it. This belief really says, *I am not good enough at who I am, not good enough just being me.* The truth is, who you are is the key to everything you want. Your true self is a miracle. Life created you to be exactly who you are. Life doesn't need a do-over with you—it may be your thoughts about yourself that need

reworking.