



CHANGE YOURSELF, CHANGE YOUR LIFE

Empowering Stories Of Transformation



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Change Yourself, Change Your Life

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Dedication

I dedicate this book to my clients, friends, and the other important people in my life. This book would not be possible without you, for these stories are the stories of your experiences, and some of them are even in your own words (indicated by italics). Thank you for sharing your experiences and your words!

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Introduction

I once lived a life that was filled with fear and thoughts of death. I didn't understand other people or the world or even my own thoughts, feelings, and desires. I've been all the way to the end of the road to the edge of the cliff, with one foot off, looking down, multiple times. Now I travel the road in the other direction—in the direction of life—with a clear awareness of where backward leads. Backward doesn't lead to anything I was searching for. Forward leads to all of it and more. And now I can share with people how they can travel in either direction and what they'll find there. I can help them navigate a world in which I was once so lost but in which I am now aware of the way.

I aimed to find a reason to go on and to understand how to live life. I got much more.

I've learned several things over the course of this life journey up to now. Among these, perhaps the most significant are: I am not a victim of life circumstances, having no say in them, but am actually the sole creator of them. Life and the world outside me are not beyond me, that they ought to be overwhelming and terrifying as they once were; they are completely within my grasp, for they are merely a mirror of the world within me. The God that I sought was actually me all along, and the

purpose that I sought was actually mine to create, and it was not actually me searching, it was my creation searching, looking to me—looking to me for purpose, looking to me for understanding, looking to me for fulfillment. And in order to experience everything I truly want, I needed only to turn around and respond to my creation and focus on the experiences I actually want to have here. This way my creation—my internal GPS—knows what it can guide me toward and shape for me here in order to please me and get my positive attention—so that it can be happy, and so that I can feel its happiness, which is what I truly sought to experience all along.

Over the many years I've been guiding others in working with and listening to their own internal guidance, I've had many incredible, often seemingly miraculous, things happen. In this book, I share some of them with you. May they inspire you, empower you, and help you recognize how completely your life is within your own hands to shape and mold however you wish—simply with the focus of your attention.

Following these stories, I'll be sharing with you some ways you can follow up on what you read here and learn how to create these kinds of miraculous transformative experiences in your own life and in others' lives. So read through to the end to discover how you can bring about a new, spectacularly fulfilling beginning.

Career

The Perfect Internship

I have a client who was in a very-low-paid internship that was merely busy-work, sitting at a computer all day. She was miserable here, and felt weighed down by it (and was heavier than she wanted to be as a result of her mindset here, which led her to sit the whole time and eat a lot). She told me this is what internships were like.

I pointed out that not all internships are like this. What if next year she had the perfect internship, doing what she really wanted to be doing and being paid a good amount of money for it?

“What should I be doing while I’m at my internship this year?” she asked.

“Create your perfect internship for next year,” I said. “Notice what you don’t like here and imagine what it would be like to have what you’d like instead next year.” So instead of focusing on the poor lighting and the small space, I suggested she imagine how great the lighting will be in her spacious office next year. Instead of focusing on how uncomfortable the seating is, I suggested she imagine how comfortable her chair and the couch for her clients will be next year. Instead of

focusing on how unfulfilling working at the computer all day is, I suggested she imagine how fulfilling it will be next year to be working with people one-on-one as she was going to school—to a PsyD program—to be able to do in the first place. As she started to imagine her experience next year instead of just focusing on her experience this year, she felt less weighed down by her internship and she lost some weight.

When it came time to look for internships for the next year, she thought to contact some psychologists in the area where she was moving to, to see if they had any internship openings to work with them, since this is what she really wanted to be doing. One of the psychologists got back to her saying that she had been thinking about creating an internship, so she would create one now for my client.

My client ended up working with clients one-on-one in the most spacious office in the whole place, because it was the extra room, and she had everything she had imagined in terms of the environment, the experience, and much higher pay than she ever believed she could get in an internship! Then, as soon as she got licensed, she already had a whole bunch of clients and was simply paid all of what they were paying instead of just part of it, while other people with whom she'd graduated were struggling to get clients and build up a practice.

A Voiceover Agent

One person I was helping at one point was looking for a voiceover agent. She wanted voiceover jobs and believed that getting an agent was the way to do this. So she sent out a whole bunch of postcards to many different agents. She didn't receive any responses.

"Why am I not getting an agent?" she asked?

At this time, her desk was completely covered in books and papers and all sorts of other things a couple of feet high. Her voiceover equipment was buried under and behind all of this.

"Clear your desk, and you'll get an agent," I said.

"How's that going to get me an agent?" she asked.

"If you got an agent tomorrow and the agent immediately got you a voiceover job, you wouldn't even know where to start because you can't even access your voiceover equipment to create a recording right now. When you're actually ready for voiceover jobs, which is why you want to get an agent in the first place, then you'll get an agent."

She insisted on continuing to send out postcards and pens with her name to agents, doing what she felt was the more direct and proactive route to getting an agent. She did this for three more months. And she didn't clear her desk. And she didn't get an agent.

Then she cleared her desk. And she got a voiceover agent the next day.

More Money

I'm sure you heard this story a thousand times but I'm going to share mine with you. The other night we were talking about focusing on what I want in a positive way. I said I wanted "more" money. Well I got what I wanted. One of the attorneys that works in our office space (he doesn't have an assistant- so I usually help him out) gave me what I call a bonus. Funny thing is he gave me more than last year. My goal is to use the money for something that I want but wouldn't buy for myself normally, to treat myself instead of using the money for bills.

If I wanted to be rational I could say its a coincidence - I knew I was getting a bonus from him but I didn't know when or how much it would be. But I'm working hard to believe that I got the bonus the day after I had that conversation with you because I put it out there and I got it! I also was able to find a parking spot easily when I came home - I couldn't believe it so I kept looking for a hydrant or a sign saying you couldn't park there but it was a real spot. Also after our conversation I told myself that I am going to start feeling better and guess what I am! Slowly I'm starting to believe....

A Job

I had one client who had been trying to get a job for a year. He wasn't sure which state he wanted to be living in, hadn't clarified exactly what type of job he wanted or what salary he'd be okay with, and wasn't yet completely clear that he wanted to be getting a job because he also really wanted first to find success with a book he'd written. So I helped him get clearer about wanting a job right now, and that he could work on revising the book at the same time, about wanting to live in the state he was in for at least the next few months and then considering moving, and about what specific type of job he wanted for now and what salary he'd be okay with.

Once he was clear about all of these things, he finally sounded fully on board with getting a job. I said to him, "Now you're ready to get a job. You'll have a job within the next two weeks."

A week and a half later, he emailed me saying, "I'm going to need to reschedule our appointment for this week because I'm starting my new job on Monday, as you predicted."

\$100,000 And A Business Partner

I have a client whom I'm helping build his business. I guided him in imagining what it would feel like to have a really successful business, and in envisioning the next

steps over the next several years, seeing how his business could be expanded and become very profitable and successful.

He recognized that in order to get there and to be comfortable with it and to be able to manage it, he would need money and eventually someone to help him manage the extra crews. He thought about taking out loans.

He was holding back with things, though, because he had a worker who wasn't pleasant to work with. My client held onto this worker because the worker knew a lot, but I pointed out a couple of times that this worker was not going to help him get jobs as much as he was going to lose him ongoing clients and keep him from being comfortable building his business further. He also didn't want to cause conflict with the worker. I told him that if he does what's best for him, it will be best for the worker, too. And I pointed out that the only way he was going to move forward comfortably and confidently and build his business is if he let go of that worker. "When you let go of that worker, you'll move forward," I said.

After a few weeks and more evidence that clients were being lost and that keeping the worker was holding him back, my client decided to let go of the worker.

"Bridge burned!" he texted me.

During the next session, my client told me that after he let go of the worker, the worker quickly found another job that was more of what he actually wanted. Meanwhile, also right after he let go of the worker, my

client was introduced to someone who was looking to invest \$100,000 into a business and to become a partner in that business. My client described to this person the vision that he and I had formed together—how his business could be expanded. And this person was excited about this vision, believed in it and felt resonant with it, and decided that he wanted to invest his \$100,000 into my client's business and become his business partner.

So now my client had the money he needed without taking out relatively small loans that wouldn't have been enough to go forward full-force and that he'd have to pay back. He had someone else to help him manage the crews as his business expanded so he wouldn't have to take care of everything himself. And he had someone with more financial sense to help him actualize his vision for his business and make it really successful. He had never even thought before this of getting a partner or having someone basically hand him money. He had gotten everything he had asked for and in an even better way than he had imagined.

Relationship

The Perfect Someone

I had a client many years ago who was in her thirties and single and didn't believe she'd ever find anyone. She thought she was too old. I pointed out that she wasn't too old, and when she was really ready, she would find someone.

She had a bunch of issues with her family and clearly wasn't enthusiastic about the idea of having more of it to have issues with. So I helped her address her issues with her family and get to a place where she was feeling better about family.

She also had negative ideas about relationships from past experiences that made her afraid to be in one. We addressed these and got her to a place where she was feeling more ready and open to a positive relationship. I guided her in acknowledging what she liked and didn't like about her past relationships, and what she'd like instead of the things she didn't like. I helped her recognize what she really wanted in a relationship and got her imagining what it would be like to have this.

Eventually, she stopped coming to me.

Two months later, I got a call from her. She said that she'd met someone and she was engaged, that he was everything that she and I had discussed that she was looking for, and that she wanted to invite me to the wedding!

Everything I Ever Wanted

In the last couple of months, I've received more than what I could ever imagine. I started focusing on what I wanted for my life instead of focusing on trying to change the things I didn't like and fighting an uphill battle against myself (no one will ever win when it's a battle against oneself). I'm most surprised by how quickly my life produced the results I always prayed for.

Within the last three months, I met my best friend (my fiancé). Not only is he everything I ever wanted in a guy, but I'm marrying into a family that is so kind and giving. My relationship with my own family is even better than it was before and I've never felt as supported to follow my dreams as I do now.

So what did I do differently? After truly grasping Jonathan's ideas, I began to treat myself with kindness and allowed myself to follow my own bliss. That is what made all the difference. I now cherish every day and feel truly blessed as I'm experiencing the life I've always prayed for.

A 100% Match

I have a client who started coming to me when she had just broken up with someone definitively after a relationship that had been on and off for about seven years. I pointed out that she had stayed with him for the illusion of having what she wanted, because she never really had what she wanted with him. She agreed. And we addressed many things that that relationship had brought up for her.

Ultimately, she really wanted to meet the right person for her. I told her that what she *really* wanted was to *be* the right person for her—to be what she was looking for in another person. If she was what she was looking for, she would meet someone who was what she was looking for.

We got her thinking differently about every area of life, from relationships, to money, to health, to family, to living situation, and more. She ate more healthfully and began to exercise because it made her feel good (and so she lost a lot of weight), bought a house, vastly improved her relationships with her family, became so much calmer, more positive, and more trusting in her ability to shape her life and in things to go her way, and much more.

At one point, she called me and told me about a date that she had just gone on that was terrible. I pointed out that this guy was showing her how she had treated herself primarily in terms of her health, because she had just started really taking care of herself on a

whole new level recently—being much more active the way she had wanted to be and the way she had wanted someone she was with to be.

She told me that she saw on a dating site that week that she was a 100% match with herself—with what she was looking for. And I told her that she was ready to meet the right person now. “Within two weeks, you’ll meet someone who could actually be the right person for you.”

“Really?” she asked, excited to hear me say this. “Within two weeks—that’s so soon!” she exclaimed with happiness that she had gotten here.

“Well you’re now the kind of person you’ve been looking to meet,” I said.

Just under two weeks later, I got a missed call from her and then a text from her saying that she just got back from a wonderful brunch date. I called her back. She had met him a couple of days earlier on the phone and this had been their first in-person date. And it had gone really well, and they were both clearly interested. He was so much of what she’d been looking for; she finally felt what she wanted to feel with someone in a relationship context—for real, this time.

Health

Quitting Smoking

Once, I had a free consultation with a client where I helped her imagine what it would feel like to have a healthier life where she was excited about her career and was in a positive relationship. During the first session after this, she told me that she quit smoking right after our consultation because it didn't fit the positive feelings we'd created and imagined.

Another time, I had a client who had been referred by her friend, another client of mine. I was helping this client imagine and take steps toward a more fulfilling career. I found out from her friend that she quit smoking. I'd only met with either of them on the phone.

"I didn't even know she smoked!" I said.

Weight Loss And Getting Healthy

I had a client whom I only met on the phone. One of the topics we discussed was her health. She had been eating poorly and not exercising for most of her life, and whenever she did get herself to exercise, it was by sheer

force, so she always ended up rebelling against getting the results she actually wanted.

I got her imagining where she wanted to be in terms of every area of life and what this would feel like. In regard to going to the gym, I got her imagining how amazing she would feel coming out of the gym rather than telling herself that she had to go. In regard to eating healthfully, when she was trying healthier diets, I pointed out that rather than focusing on what she couldn't eat, which would only make her feel limited, she could focus on what she could eat, which would make her feel free and like she has options. We also addressed what her weight represented to her and what reasons she had to hold onto it.

A couple of years later, I heard from her sister, who had referred her to me, that my client had lost about 100 pounds! I didn't know this because I was only speaking with her on the phone, I had never met her in person, and she'd never told me. Then my client posted a new photo of herself on Facebook and I could see the dramatic difference from older photos of herself there!

So I brought this up to her. Why hadn't she told me this? She would grow faster in the direction she wanted to if she acknowledged and celebrated her progress. It was time to recognize and acknowledge that weight, which had always been an issue for her up until then, was now a non-issue. This was clearly the right time to be addressing this, because in that same conversation, she told me that her brother was in the hospital at that

time because of health problems due to his weight and his not taking care of himself.

“That could have been me,” she said, “and it’s because of you that it wasn’t.”

Focused And Seeing Clearly

I have a friend who’s been doing an amazing job of applying my ideas in her life. And she’s been ecstatically happy, with the people around her believing her life is some sort of fairy-tale because of the way everything works out for her so magically.

Recently she had a situation with her eyes where she was having double vision and none of the doctors she went to had any idea what the cause was. She discussed this condition with me, so she could address the emotional roots of this. She didn’t want just to try to do a surgery that might help without addressing the emotional roots, because she knew that if she tried the quick physical fix approach as she’d done before, the problem could come up again in some way even if it were effectively resolved now.

This wasn’t the first time she had brought up vision-related issues with me. She had previously been forcing herself to go to a job where she wasn’t pursuing her passion. The money and outward success of the situation kept her there. But she wasn’t happy. And she was out in the sun all the time for her job and it was affecting her skin and eyes negatively. I had pointed out

to her then when her distance vision was getting worse that she was being shortsighted in her life goals and career path—that she would benefit from creating and really imagining more long-term emotional and physical aims. Then she started to pursue writing screenplays more actively on the side, but she was still staying at her job and in a situation where she wasn't happy. Since then, she had left her job and been on several adventures, during which she's been pursuing her true dream. And she's been fantastically and inspiringly happy nearly all the time.

Now her vision-condition brought her back to the place where she had worked without long-term vision before. And she was able to see it in a completely new light. She recognized great people there whom she'd known before but with whom she'd never had the opportunity to connect when she'd told me the last time she was there that there were no people she could really connect with there. She recognized how happy she could be even there when she hadn't been happy there before.

She was actually complimented on her ability to focus.

I pointed out that her shortsighted vision when it came to her life goals and career path had turned into double vision in the past, where she couldn't focus on one thing at a time fully, when she'd started really to pursue screenplay writing, but not with her whole focus of attention, and was still going to a job where she was tuning out and not fully focused there, either. Now she

was really starting to focus and her body was showing her what she was doing before. All she needed to do was acknowledge what she had been doing before and keep going the direction she was going now, where she was really focused and had long-term vision and focus on her life goals that involved pursuing her passion, what made her really happy. So now that she didn't just try for the quick physical fix approach as in the past but actually took time to listen to what her feelings were telling her—with a focus on the long term—all she needed to do was listen to what felt right about how to resolve this at this point.

A couple of weeks later, she called me, as usual (now), genuinely ecstatically happy. She told me that she ended up going to see the surgeon after we talked and became great friends with her immediately. The surgeon said that day that normally there was an eight-month wait to schedule a surgery with her, but that someone had actually cancelled for next week. So the surgeon sent my friend to prep for surgery. And my friend found out that her health insurance, which wasn't that good, actually covered the surgery 100%, so the surgery didn't cost her anything at all. She also had a work trip planned for a couple of weeks from then, and with the recovery time, the timing was going to be absolutely perfect for her to be ready for the trip.

My friend had the surgery the next week and was immediately seeing perfectly, with focus. And now she didn't have to try to make a job opportunity work that was only going to be for the time she was waiting there

for the surgery for eight months and that was just to try to make the best of that time. Now she could immediately move and pursue her dream with complete focus!

Living Situation

A House

At one point, a client was moving across the country in three days and she wanted to have a house to move into. She and her husband had been looking to rent a house and tried to get a couple of them, but even when they found something they mostly liked, they didn't get there before someone else did. And they still hadn't found anything that was everything they liked and wanted.

Considering she was moving in three days, she was doubtful she'd already have a house by then. But I challenged this:

"What are you looking for? What would be your ideal house—in terms of rooms, atmosphere, and everything?"

She described a bunch of things she was looking for.

"How would you feel on Sunday (three days from then), if you're actually moving into a house that fits all of this, that feels like it's exactly what you were looking for?"

She gave me some words, “Relieved. Happy. Excited.” I suggested some more relevant positive feeling words.

She already sounded more relaxed.

“Okay, good,” I said. “So now you’ll get the house you’re looking for by Sunday.”

On Sunday, I received an email from her that was filled with excited and relieved words, “We found the house in a listing and it’s what we were looking for. My husband got there just in time, just before someone else was going to ask about the same house. We got the house!”

A Space To Exist

I had a client who was living in a small basement apartment in a small, shared room. And she could never find parking. I pointed out that she wasn’t creating a space for her own wants to exist in the way she was approaching her job, her body, and her life. She was being controlling, micromanaging and critical toward herself, and then tuning out when she wasn’t where she wanted to be.

We addressed how she wasn’t making space for her own wants to exist and got her imagining what it would be like to have what she really wanted. And she realized it was time to move.

I got her to imagine the ideal space to live next—her own room, above ground, with sunlight, with room

to move, with spaces to park, and closer to her job so it would be a shorter commute—and what she would feel there.

After she did this, she immediately came across a Facebook post that people were looking for a housemate.

It was everything she specified, and she got the room and space to exist outside herself as she'd given to herself within.

Family

Love From A Parent

I had a conversation with a client over the phone once in which she told me that her mother never told her that she loved her. I pointed out to my client that this means that she (my client) never told herself that she loved herself. We addressed how she hadn't been loving toward herself, and how she'd treated herself in other ways like her mother had treated her, and she came out of the conversation feeling much better.

Then, a couple of minutes after I got off the phone with her, I received a text from her saying, "My mother just now sent me a text saying she loves me!"

Pregnant

I have a client who had been trying to get pregnant with her husband for eight months, unsuccessfully. I could tell she had many things holding her back—her unideal relationship with her parents (since she knew she'd feel she'd have to bring her parents more into her life if she had a child), her relationship with her husband (which involved more arguments and less of a

feeling of support than she wanted to bring a child into), their living situation (they didn't own a house yet and she wanted more security there), their financial situation, her career situation (she wanted to build up her career more first), her feelings about kids, and her feelings about her body. I helped her address all these things, guiding her in changing her thoughts and her actual situation.

At one point, she said to me, "I've been working really hard on everything. Why am I not pregnant yet?"

So I asked her about each of these areas of her life, assessing where she stood in each area. After this, I said, "It sounds like you're ready. The only thing left is for you to tell the people you're working with that you're leaving the office. (She was in the process of changing offices from working with people who didn't have any children and had no desire to have any children to working with people who had young children and were very supportive of prioritizing family. And she was worried about telling the people—especially the person who had been her mentor for a while at this point and who had helped her get her practice started—that she was leaving.) So have that conversation, and within a few days, you'll be pregnant."

I recognized even as I said this that it sounded a little crazy, even to me. She had been trying to get pregnant for a long time, and I was telling her to have a conversation and within a few days she'd be pregnant. But, I thought, this whole system had worked in every

other area of life, so why not here? My client didn't question me.

During our next session, my client told me that she had that conversation and, a few days later, she took a pregnancy test, and she was pregnant.

Reconnecting With Family

I have a client who was having difficulties at work that were intertwined with issues with family members. She was frustrated, angry, and upset very often.

We uncovered the roots of her issues with family and others, the main one of which was the fact that she'd always put her family members before herself, treating them as more important than her. So then she expected much more from them because she needed someone to be there for her when she wasn't being there for herself, and they didn't treat her nearly as well as she felt she deserved.

I got her treating herself the way she felt she deserved to be treated. I pointed out that she wasn't treating herself well by focusing on all the things she didn't like about people, because this didn't make her feel good. If she focused on what she liked, instead, she'd feel better, and so she'd be treating herself better by doing this.

As she began to focus more on what she liked and what made her feel good than on what she didn't like

and what made her feel bad, she started cleaning and organizing her apartment.

More issues with family came up, and she declared several times that she'd never have good relationships with certain sisters and nieces. I told her to be open to the idea that things can change. "As soon as you get your new treadmill and start your daily treadmill routine, you'll feel much better about your family," I said.

As soon as she got the new treadmill and started exercising and eating well and really taking care of herself, she suddenly sounded much happier, more positive, and more relaxed about everything.

Especially since then, she's gotten along much better with her sisters and her nieces, not reacting to them nearly as much, and being able to create her own experience much more, even when they're in the picture. She's even begun to be more social and build some positive friendships, so there's much less pressure being placed on getting everything from her family as she builds other relationships, too.

She had one sister with whom she hadn't spoken for ten years because she so much didn't get along with her. When she first came to me, this was the person she seemed to feel the most negatively toward of anyone. It turned out that this sister was one of the people my client had most put above herself for her entire life. And once my client started really taking care of herself and putting herself first, she started feeling like she might call her sister, considering this possibility, and she ended up calling her to wish her happy birthday. And

she told me that the conversation went well, and she spoke really positively about it, smiling the whole time!

Respect From A Son

I have a client who has a son who is grown up with a family of his own. He told me that his son has always been extremely negative and critical and disrespectful of him, and he didn't believe his son could, or would, ever change. I told him to be open to his son changing, and I addressed how he was treating himself the way his son was treating him.

In regard to career and money, my client was always focusing on what wasn't good—on all the bills he had to pay, on the lack of money coming in, on the lack of good workers. And he was putting his wife's demands above himself and above building his business for a really long time no matter how disrespectful toward him she was, because he really didn't know how to make things better and so he just tried to avoid things being bad. He was essentially being negative and critical and disrespectful of his own internal GPS, which was guiding him toward exactly what he was asking for with the focus of attention. It was up to him to focus on something different if he wanted different results. I helped him imagine what it would be like to have all his bills paid off and ultimately to feel respected and successful and like people paid him positive attention.

To feel respected and worthy of respect was what he most wanted.

He began to prioritize himself and what felt right and what he really wanted over his wife's demands, and even over his customers' requests. He turned down small jobs that involved a lot of wasted time and effort and very little pay, and took on bigger jobs that could actually get him the results he wanted, with less wasted time and effort, more pay, and more respect.

At one point, he noticed the kinds of workers he had gotten (one who was much of what he wanted and several who were far from it), and rather than just getting upset and critical of the workers and the situation, he recognized that this was a reflection of what he had previously asked for with the focus of his attention and the way he had treated himself. I guided him in suggesting the kinds of workers he really wanted—reliable, loyal, good at what they do, capable, really enjoying their job and eager and happy to do it, respectful and communicative and easy to work with, among other things. Then he came in a week or two later and told me that he got a great new worker. This person didn't even pursue several other possible job offers as soon as he interviewed with my client because he liked that my client was patient and positive and was respectful toward his workers, and part of the reason this person had left his previous job was that there was too much yelling there. My client had succeeded in creating with himself, and was creating with his business, the respectful and positive atmosphere he had

wanted all along. He was finally truly respecting himself.

And then my client began to choke up with emotion as told me in the same session, soon after this, that he had just stayed with his son for the weekend and had had a really positive two-hour-long conversation with him. His son had been positive and respectful, and even when his son had touched upon anything at all negative, he merely offered suggestions in such a kind way for what could be done about these things. My client was so appreciative that he had been able to have such a good conversation with his son, and that his son had been so respectful toward him. He hadn't believed before that this could even be possible, and now it had happened!

Happiness And Gratitude

A Life Truly Worth Living

Where do I begin? The journey I've been going on with Jonathan has been nothing short of a miracle. I've been to many therapists but none of them were as intuitive and insightful as him. I was living my life 'safe'. But really, I was scared. I was scared to take the steps necessary to make the changes that would enormously increase my fulfillment and happiness with life. Jonathan opened my eyes to all the possibilities and directions my life could take. He took the blindfolds off and guided me to a life that is vastly different than the one I had. He was and is my life coach in every way. He showed me that what I deemed impossible was not only possible but actually at the tips of my fingers!! It was my lack of belief in possibility that was inhibiting me from being happy. He held my hand the entire way and brought me to a life that I never even knew to dream of. I am now able to love myself and be present to the beautiful world around me. There are not enough words to thank someone for giving me the greatest gift in the entire world, a life truly worth living.

The First Step To A Better, More Connected Life

Meeting Jonathan was one of the greatest things to have happened to me. He has completely revolutionized the way I relate to myself which, as you will hopefully soon find out, dictates how one relates to everything in his/her world. After spending time learning from and interacting with Jonathan, I begin to see life as a collection of possibilities rather than a narrow path which has been largely chosen for me. I am now able to hear and listen to my intuition more clearly as I select from the opportunities in my life the one that feels best and that will allow me to reach my ultimate goal. I feel empowered in my day to day and I am excited for what's to come!

Swimming In Bliss

Jonathan's teachings have transformed my life forever. This past year has been unlike any other because I'm experiencing true happiness and joy on a daily basis. I used to think that consistent good feelings were unrealistic, that life was a roller-coaster that could only be weathered. All that did was make me numb and exacerbate the highs and lows. I feel like an entirely different person as everyday I find myself swimming in bliss, excitement and appreciation - it's truly remarkable. Not only do I feel different but everyone and everything around me has reflected the change. People who have

met me in the last year can't fathom that I haven't always been this way. Jonathan's guidance has been an invaluable resource in getting me to this place and I'm so eager to continue on this path.

Awareness And Understanding

Learning with Jonathan Wachtel for nearly 2 years now, I've experienced tremendous leaps in my personal growth and development, awareness about my unique motivations and role in the world, and consciousness about how others experience reality differently from me. I've opened to such deep understanding of myself, my relationship with others, and dynamics that keep the world moving. I am now better able to assess the roots of conflict when they arise and deal with the ebb and flow of life from a centered, calm and accepting place. Jonathan's commitment to authenticity, to serving the world, and making a profound impact in people's lives is unprecedented. His approach to growth is compassionate yet very focused and he will gently direct you toward the shift necessary in your thoughts, emotions, and/or behavior to bring about a sense of greater completeness to your life. There's no hype here. Having been a personal growth junkie for many years, worked with many coaches and mentors, and currently providing professional and personal coaching to others myself, I can attest to the fact that Jonathan Wachtel is the real deal. I'm so grateful for

his presence in my life as a teacher, guide, messenger and friend.

Live Your Truth

There are no adequate words, but I write whatever comes from my heart and hope it speaks my intent and meaning.

In my experience, Jonathan has been so much more to me than a spiritual guide and friend. He is a reflection of my light in times I could not feel my spirit, a safe place at times I could not find internal security, and an objective set of eyes to see, celebrate and announce my growth, in times all that spoke to me within was self judgement.

I personally have always preferred a doctor who has been a patient, a therapist who has sat in the client's chair, a teacher who remains student...Jonathan is a self created person and for that, he lives and breathes his teachings of self creation. His motivation and persistence through his own experiences of contrast, his use of every experience, encounter and circumstance in his life seen as a lesson for expansion, an opportunity for gratitude, a deeper level of self insight...is the highest form of example and guidance. There is no greater teaching, to me, than learning from another just by witnessing the way in which they live their truth.

In times of great despair and "non-self", I am supremely blessed that Jonathan was there for me as an external reflection of the guiding light within me I felt at a loss in finding internally. With all of my mistrust in the intent of others, I know no one can fake a gentle heart and pure loving, positive intention. It is one thing to advise someone based on your own beliefs, and another to humbly meet them where they are and help support and guide them toward their own internal guidance system.

In my opinion Jonathan's therapy approach is so uniquely and specifically one he has so carefully defined, discovered within himself, practiced, and personally "trialed and errored"--in a way I can't imagine it being possible to find elsewhere. It is an approach that is loving, compassionate, motivating, mentally stimulating and empowering...and he lives and "be's" it in every sense.

For a bit over two years I had been listening to many speakers and authors online for hours a day teach the beautiful art of happiness...these were, for me, guiding examples of the power we hold within ourselves to always claim our internal answers and askings and the desired reality we prefer to exist in and therefore create. The first time I spoke with Jonathan I felt as though I had manifested the sacred information I had been seeking in my computer screen and books, finally in my reality, on the phone, in person, in a friend. I was proud of myself for having grown toward a place within where such wisdom

and teaching can become in my life in the equality of learning together in life's classroom.

I highly recommend Jonathan as a spiritual life guide however I more so recommend to anyone reading this to ask yourself whether or not you are honestly ready to step into who you truly are and to live your truth with complete abandon and openness. If so you are in the right place. I am honored to share this.

Peace and blessings!

Create Miraculous Life Transformations Of Your Own—In Your Life, And In Others' Lives

Get A Free Life-Transformation Jumpstarter Session!

Now that you've read some of these other people's experiences, wouldn't it be wonderful to have some amazing transformative experiences like these of your own?

Imagine living in abundance in your ideal career where you get paid simply for being yourself and doing what you love!

Imagine having the relationship you've only dreamed of with intense mutual attraction, connection, and so much love!

Imagine having a healthy and attractive body that helps you live an amazing and energizing life!

Imagine thriving in the perfect living situation.

Imagine having the supportive and proud family you've always wanted!

Imagine living a life filled to overflowing with happiness in every part of it!

Imagine waking up each morning feeling so deeply and fully alive, so present, and so excited and driven by purpose to achieve what once seemed unimaginable to you but is already actively becoming your experience of life!

If you're ready to begin living the life you've always wanted to be living, call me at 516-500-3728 or email me at jonathan@jonathanrwachtel.com to schedule a free Life-Transformation Jumpstarter Session!

In this free 30-minute session, held over the phone, Skype, or Google Hangouts (so you can benefit wherever you are in the world), you'll:

- * Get completely clear about what you truly want.*
- * Become aware of exactly what actually has been holding you back from getting what you want up until now.*
- * Leave the session renewed, re-energized, and inspired, with a clear purpose and direction, knowing exactly what you can do—beginning now—to get what you want in every area of your life (career and money,*

romantic relationship, body and health, living situation, family, friends and community, etc.)!

Have you been wanting finally to make some significant changes to some area (or to several areas) of your life, and you'd like clarity about exactly what changes to make and how?

Have you been wishing you could take your fulfillment in life up to the next level (or several levels)?

Would you like to be pointed in the right direction to reach all of your goals and realize all of your dreams?

Would you like to be provided with the tools you need to create your ideal life, and perhaps also with some support and guidance along the way?

My clients are some of the best people I've known, and I love learning and growing with them.

Would you like to be one of those people?

Contact me today and let's get started!

Get Certified In The Life Guidance System!

Also, if you would like to learn how to guide other people in creating these kinds of life transformations, you can do this, too!

Imagine working with people to help them change their lives, and getting miraculously powerful results!

Imagine the excitement of being part of such transformations, and the appreciation and gratitude that is paid to you in addition to the money!

Imagine the joy of watching your own growth being reflected in the lives of everyone around you—of watching everyone benefit from your own development!

If being a brilliant lighthouse for guiding others toward their own dream lives energizes and excites you, ask about my Life Guidance System Certification Program!

The amazing transformations discussed in this book were obtained through the use of the Life Guidance System, which I developed throughout my own journey of transformation and through years of working with clients to help them get their desired results in their lives.

Want to learn how you can get certified in the Life Guidance System and guide others with deeply fulfilling and awe-inspiring results?

Is this for you? Could you benefit from getting trained and certified in the Life Guidance System?

- Are you a:
- Life/Relationship/Career/Business/Executive/Etc. Coach?
 - Psychologist?
 - Psychiatrist?
 - Therapist?
 - Social worker?
 - Counselor?
 - Teacher?
 - Coach of anything (any sport, etc.)?
 - Parent?

Are you in some other guiding profession or role?

If you are in any guiding role, then the answer is YES! You and everyone you guide will definitely benefit tremendously from your getting trained and certified in the Life Guidance System.

Would you like more powerful tools to share with your clients?

Are you ready to be able to address anything your clients bring up with confidence, no matter what?

Would you like to increase the effectiveness and value of what you offer so your clients benefit even more than they already do from coming to you?

Would you like working with clients to be even more fulfilling as you help them get even more fantastic results?

Would you like more high-paying clients and a more lucrative practice so you can devote as much or as little time as you want to guiding people in their own transformations and still produce a comfortable and vast income for yourself, your family, and whoever else depends on you?

Call me at 516-500-3728 or email me at jonathan@jonathanrwachtel.com to discuss details about what you'll learn, what's involved, the benefits of being certified in this amazingly effective system, pricing, and when the next certification course is being held.

Certification courses are held virtually, so you can get certified and reap the benefits of the Life Guidance System's power to change your life, your life-guidance-related business, and the lives of those you guide, no matter where you are in the world as long as you have an internet connection.

Contact me today, and let's discuss how you can get everything you want in your life-guidance-related business and have an even more powerfully positive impact than you've already been having on the lives of the people who look to you for guidance!

Get An Engaging Speaker For Your Event!

Looking for an inspirational, motivational, and captivating speaker for your event who will provide your audience with powerful tools for transformation and leave them feeling fantastic about your event?

Want to leave your attendees talking about your event for weeks, months, and even years to come because of the tremendous positive impact it had on their lives?

Here's a list of some of the engaging topics I can speak about with a wealth of passion, knowledge, and unique insights you won't hear anywhere else:

** Your Thoughts, Feelings And Instincts Speak To You: How To Create The Life You Want*

** Understanding Yourself And The People In Your Life: How To Use The Enneagram And Myers-Briggs Personality Type Systems To Improve Your Relationships*

** Exploring The Internal Landscape: How To Create More Positive Experiences*

- * Self-Actualization: How It Can Be Achieved*
- * The Purpose Of Life: What It Is And How You Can Fulfill It*
- * The World Is A Mirror: How Understanding This Can Change Your Entire Life*
- * Attracting Your Ideal Partner: How To Create The Relationship Of Your Dreams*
- * Life Is For Living: How To Create Your Dream Career*
- * Patterns Of Development And Creation: How To Create Your Ideal life Experience*
- * How To Eliminate Doubt And Fear And Achieve Anything: The Foundational Blueprints To Success In Career, Business, Finances, Romantic Relationships, Health, Family, Friendships, And Everything Else*

Call me at 516-500-3728 or email me at jonathan@jonathanrwachtel.com to discuss topics, rates, times, and dates, and book me for your next event!

About The Author



Jonathan R. Wachtel is an international inspirational life guide, speaker, Amazon best selling author, and personality expert specializing in the Enneagram and Myers-Briggs personality type systems as well as mindfulness, flow and peak experiences, and self-actualization. Creator of the JRW Life Guidance System—an innovative and powerfully effective approach to helping people actualize their ideal lives—he provides guidance in the areas of personal development, health, dating, relationships, family, career, business, and more, in person in New York and via phone, Skype, and Google Hangouts everywhere. He offers one-on-one, individualized, life guidance sessions, as well as group workshops and talks, in which he helps people create deeply fulfilling lives.

He aims to inform, inspire, and guide with his written and spoken words and is the author of

[You Are God: Why This Conclusion Is Unavoidable, And What It Means For You,](#)

[Life: The Instruction Manual,](#)

Whatever You Do, Don't Buy This Book!,

The Relationship Key: Unlock Your Ideal Life Experience,

Freedom: An Inspiring And Transformative Story Of Self-Discovery,

There is a Place, and

An Experiential Understanding of How All that Is Came to Be.

To find out more about Jonathan, visit
www.jonathanrwachtel.com.