



**GET  
BETTER RESULTS  
NOW!**

*100+ Life Questions  
Answered By A Life Guide*

**JONATHAN R. WACHTEL**

# Get Better Results Now!

100+ Life Questions Answered By A Life Guide

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# Contents

<b>Introduction .....</b>	<b>11</b>
<b>Career and Business .....</b>	<b>12</b>
How can I get the perfect job for me? .....	12
Should I stay at my job or should I leave it? How can I know what's best? .....	15
How do I get more of my ideal clients? .....	18
How can I sell things comfortably, confidently, and successfully? I feel like most salespeople are pushy and manipulative liars and thieves and I don't want to be anything like them. But I also want to succeed in my business, and I realize I need to sell my services and products in order to do this. How can I reconcile these things? .....	21
How can I make my job last? .....	23
My boss expects so much from me and I don't know how I can meet the demands of this job. What do I do?.....	25
Have other questions regarding career and business?...27	
<b>Money .....</b>	<b>28</b>
How can I make more money? .....	28
I feel like money is bad, but I need it to survive. What do I do? .....	31
What's the point of money? .....	33
How can I get people to pay me on time?.....	35
How can I get people to pay me what I'm worth?.....	37
How can I spend money on myself when I'm not confident that there will be more coming in to take its place? .....	38
Have other questions regarding money?.....	40
<b>Health .....</b>	<b>41</b>

I've struggled with digestive issues for as long as I can remember. What can I do to improve my digestion? .....	41
I haven't been sleeping well. How can I improve my sleep quality? .....	42
I've been having such severe headaches. Why am I having them and how can I stop them? .....	44
I've experienced a lot of nausea for a while now and I can't find any physical reason for it. How can I resolve this? .....	45
My legs have hurt and made it difficult and painful to move. Is there anything I can do to fix this emotionally? ....	47
I've been finding it difficult to breathe and I feel this is emotionally based. What can I do to breathe more easily? .....	49
I haven't had much of an appetite lately, food has been tasteless, and eating has become a chore. How can I get my appetite back and enjoy food again? .....	51
Have other questions regarding health? .....	52
<b>Living Situation .....</b>	<b>53</b>
How do I go about finding a new home? .....	53
Have other questions regarding a living situation? .....	55
<b>Family .....</b>	<b>56</b>
My upbringing is the reason I am the way I am, so how can I change if I can't change my upbringing? .....	56
How can I get my kids to behave? .....	57
Have other questions regarding family? .....	59
<b>Romantic Relationships .....</b>	<b>60</b>
How do I know if she's the one? .....	60
How do I know if he's the one? .....	63
Should I stay in this relationship or should I leave? How can I know what's best? .....	66

How do I get a woman interested in me? .....	69
How do I get the right man interested in me? .....	72
What is the secret to find the right partner for life? .....	75
How can I be more attractive to my partner? .....	78
How can I have better sex? .....	80
What can I do to get my partner to listen to me? .....	84
How can I increase the excitement in my relationship with my partner? .....	85
How can I make my relationship last? .....	87
My partner has been expecting so much of me. I've done so much already and it's never enough. I'm about ready to give up on this relationship. What do I do here? .....	89
Why isn't my relationship partner getting back to me? .....	91
How can I get my partner to commit to me? .....	93
How can I overcome my fear of getting close to someone? .....	94
I'm afraid of being trapped in a relationship, but I really do want a deep and meaningful relationship. What do I do? .....	97
It seems that to my significant other, everything I do is wrong. How can I possibly please my partner? .....	99
Have other questions regarding romantic relationships? ..	101

## **Other Relationships .....102**

I'm always there for others, but when I've needed people to be there for me, they haven't been. How can I get other people to be there for me? .....	102
How can I improve my communication with other people? .....	103
How can I get more attention from people? .....	105
How do I talk to someone that I am upset with? .....	108
I've been having so many arguments and misunderstandings with someone important to me in my	

life. What do I do?.....	110
How can I get other people to be more grateful for and appreciative of all that I do for them? .....	113
How can I get people to stop telling me what to do? People have been bossing me around and have been so critical of me and I want them to stop.....	116
No one understands me. How can I change this?.....	117
I feel like no one takes care of anything and I end up doing everything myself. How can I get people to do things? .....	118
No one listens to me. How can I get people to listen to me? .....	120
How can I get people to do things faster? .....	122
How can I get people to do things I want them to do? ..	124
How can I find more good friends? .....	125
I've been getting crazy yelling reactions from several people. What's going on here? .....	126
I've been reacting really strongly to people recently. Why have I been so reactive? .....	127
Have other questions regarding relationships? .....	129
<b>Wellbeing.....</b>	<b>130</b>
How can I increase my happiness? .....	130
How can I create more positive experiences in my life? .....	132
How can I be more present? .....	135
How do I get rid of negative feelings, doubts and fears? .....	137
How do I increase my energy and motivation? .....	140
How can I increase my confidence in myself? .....	142
How can I be more positive?.....	144
How can I stop feeling alone?.....	146
How can I stop feeling so stressed out all the time?.....	147



I've been having debilitating, intense anxiety and fear. What can I do to make it stop? .....	148
I've been feeling trapped and controlled. How can I feel free? .....	150
How can I get more of what I want in my life? .....	151
Life has been such a rollercoaster. How can I make my experience of life more consistently positive, rather than having all of these ups and downs? .....	153
How can I increase the love in my life? .....	154
How can I feel more alive? .....	156
How can I increase the peace in my life? .....	158
Have other questions regarding wellbeing? .....	160
<b>Success</b> .....	<b>161</b>
How can I stick to my new year's resolutions, achieve my goals, and make this year better than last year? .....	161
How do I maintain hope and keep going even when things seem hopeless? .....	165
I've felt like I'm failing at life. How can I succeed? .....	167
When I think about going forward, I get overwhelmed and do nothing. How can I progress without getting overwhelmed? .....	171
What if I try something new and different and something really bad happens? .....	172
How can I accomplish more with my days? .....	174
How can I get from where I am to where I want to be when this seems impossible to me? .....	177
How can I make a decision? .....	178
How can I prioritize to get things done? .....	179
I keep finding myself procrastinating. How can I stop procrastinating and actually get things done? .....	180
How can I let go of the past when it has made me who I am? .....	182



I feel like I have to work so hard to stay motivated and positive. How can I get rid of my internal resistance? .	184
How can I let go of the past when I'm afraid there won't be a future to replace it? .....	186
Have other questions regarding success? .....	187
<b>Metaphysical—What, How, And Why? .....</b>	<b>189</b>
How do you meditate? .....	189
What are the benefits of meditation? .....	190
How do I create good positive affirmations? .....	191
What are the benefits of setting positive affirmations? .....	193
What is the law of attraction? .....	195
How can I make the law of attraction work for me? .....	195
How can I know when to face my fears and when to steer clear of what I'm afraid of? .....	196
What are feelings and emotions? What is their purpose? .	199
Why do things always seem to get worse before they get better? .....	200
What is the purpose of life and existence? Why are we here? .....	201
Why do bad things happen to good people? .....	203
Life seems to be such a mixture of good and bad. Is it possible for it to be all good? .....	204
What is the purpose of my life? What am I supposed to be doing here? .....	205
How do I know when an issue I'm facing is a symptom of some other issue somewhere else in my life or the root cause? .....	207
Have other questions regarding the whats, hows, and whys of life? .....	209
<b>Coaching .....</b>	<b>210</b>

What is the difference between life coaching and counseling? .....	210
What's the difference between coaching and consulting? ..	211
How often should I see a life coach to achieve my goals? ....	212
How are life coaching sessions conducted; what happens during a session?.....	213
How do I find the right coach for me? .....	214
How do I become a coach?.....	217
Have other questions regarding coaching? .....	220
About The Author .....	221

# Introduction

Life is full of questions. Here are some answers that have helped me and many other people—my clients, and my friends—in profound and amazing ways. May they help you, too.

~Jonathan

# Career and Business

## **How can I get the perfect job for me?**

How do you get your dream job? It can feel sometimes like you're looking for jobs, maybe also sending out resumes, and finding no jobs that accept you or simply no jobs that are right for you with your qualifications and interests. Or like work has been too much work for too long and you're just burnt out and no longer want to work but need to and so need to find a job. What if you could find a job that wasn't work at all, but was actually enjoyable? What if you could find the perfect job for you? How could you do this?

Fortunately, what you really want is actually possible and available to you. You just need to know and apply some key ideas.

Here are 5 powerful tips to get your dream job:

### Tip #1:

Pay yourself the kind of positive attention you want to get in life from others in the position of your ideal job. In other words, imagine what you really want to feel in every area of your life—romantic relationship, family, living situation, friends and community, in addition to career and money—and come up with ways to pay yourself attention and actually do what feels right and good in your life. And act on these. And take the time to express appreciation and gratitude toward yourself for every success, no matter how small or large.

### Tip #2:

Pay yourself attention for just being you. Do things you enjoy and are good at—that combine your interests and strengths—and give them your full attention. If you are here and now more, spending time and energy on what fulfills you, you will be more likely to be able to identify what actually fulfills you and feel comfortable being paid for this. If you don't pay attention to yourself and to what fulfills you, you won't believe you can get paid to be yourself, and if you don't believe you can get paid to be yourself, you can't get a job where you get to be yourself and you actually get paid for it. Everyone else will follow your example and therefore no one will pay you to be you. So start by paying attention to yourself just for being you—for doing what you're best at and what comes easiest and most naturally to you.

Tip #3:

Be your dream boss, coworker, and client or customer to yourself and create the kind of work relationship with yourself that you'd like to have with the people in your dream position at your dream job. Treat yourself as you'd like to be treated. Be kind, respectful, appreciative, and grateful toward yourself. Value yourself above all and make your wellbeing your highest priority. Follow your own advice to others and set the example that you want followed by the people around you. Be willing to go out of your way to be there for you and to accommodate what feels good and right for you.

Tip #4:

Recognize that what you really want isn't a particular job, but the feelings that you imagine you would have if that particular job or type of job were interested in you—excitement, passion, abundance, respect, belonging, worthiness, value, etc. And you can step into these feelings right now as you imagine them. Then, if you do what feels right from this feeling place, you can

identify and attract the interest of a particular job that actually supports you in feeling the ways you want to feel—whether it's a particular job that you have in mind or a different one... perhaps one you aren't even aware of yet.

Tip #5:

Address anything you feel needs to happen before you get your dream job. This might mean taking actions (in terms of body and health, romantic relationship, family relationships, friendships, living situation, career and money, or wherever else), or simply changing your beliefs about what needs to happen first. Get yourself mentally, emotionally, and physically ready so that if you were to get your dream job tomorrow or next week or next month or next year, you would feel totally ready for this, with no fear or anything else holding you back. This way you'll get out of your own way and let yourself identify and get the right job for you.

Over many years of guiding others, I've helped many people identify and get their dream jobs using my Life Guidance System. If you'd like help identifying and getting a job that's everything you could possibly want and is absolutely perfect for you, contact me for a Free 30-Minute Get Your Dream Job Now Session, in which you'll:

- \* Get completely clear about what you truly want in a job.
- \* Become aware of exactly what actually has been holding you back from getting everything you want in a job up until now.
- \* Leave the session re-energized and inspired, with clarity about the next steps that you can take, beginning now, to get everything you want in the area of career.

Ready to get your dream job? Contact me now and let's get started getting you there!

## **Should I stay at my job or should I leave it? How can I know what's best?**

How do you know if you should stay in a job or leave it? This can be one of the most difficult questions to answer. We can stay because we hope things will get better, or because they really could get better. We can stay because we don't believe we can find something better, or because we actually have something really good. We can stay for the sake of the people at our job (our boss or coworkers or clients), or for our family or others, or for ourselves. How do you know for sure whether to stay or go?

Fortunately, with the right tools, you can determine which is best. And even more fortunately, with the right tools, you can act on the right decision for you with confidence and clarity.

Here are 5 powerful tips to know if you should stay at your job or leave it:

### **Tip #1:**

If you just keep having the same issues over and over again at your job and not only does nothing seem to get resolved or get better, but the issues have actually been getting worse, then it's probably time to leave your job. If arguments or lack of communication at your job leave a rift in your relationships with the people at your job, and this never gets resolved, but instead the rift and distance intensifies over time without



anything getting better, again, it's probably time to leave your job. On the other hand, if you are able to learn from arguments and issues you have there and you actually like your job more afterward, then you're still learning and growing here in a positive way for yourself, and you're in the right place at this time.

**Tip #2:**

If everything else in your life is improving—your living situation, your friendships, your relationships with family members, your romantic relationship, etc.—but your experience of your job is not improving with everything else despite your efforts to improve it, then it's probably time to leave your job. If, as other things in your life improve, your experience at your job improves, too, keep working on improving the other areas of your life and see what impact this has on your job, because you're currently in the right place.

**Tip #3:**

If you don't feel good the majority of the time you're at your job, and you're staying primarily because you believe it could feel better (if things changed, or if the people at your job changed, or whatever) in the future, it's probably time to leave your job. If you feel good the majority of the time you're at your job, and you're staying because there's something good here for you now and not based primarily on some future good, then you're in the right place at this time.

**Tip #4:**

If staying at your job makes you feel like a less good version of you, then it's probably time to leave. If staying at your job makes you feel like a version of you that you like being, then you're in the right place at this time.

### Tip #5:

Imagine feeling what you really want to feel at a job in a couple of years or more from now. Imagine you feel successful, accomplished, valued, fulfilled, stimulated, excited, passionate about what you do, confident about what you do, proud of what you do, etc. From that emotional place, how would you feel in a couple of years or more if you stayed in this job now? If it feels like it would feel bad if you stayed at this job now, then it's time to leave. If it feels like it would feel good if you stayed at this job now, then you're in the right place at this time.

Over many years of guiding others, I've helped many people determine if they're in the right job or not and helped them move forward with the best decisions for them from a place of confidence and clarity, using my Life Guidance System. If you'd like help determining if it is best for you to stay at your job or to leave, contact me for a Free 30-Minute Should I Stay Or Should I Go? Clarity Session, in which you'll:

- \* Get completely clear about what you truly want in a job.
- \* Become aware of exactly what actually has been holding you back from getting everything you want in a job up until now.
- \* Leave the session re-energized and inspired, with clarity about whether it's best for you to stay or to go and strength to act on this clarity with next steps that you can take, beginning now, to get everything you want in the area of career.

Ready for clarity about your job and how to move forward or move on? Contact me now and let's get started!

## **How do I get more of my ideal clients?**

How do you get more of your ideal clients? It can feel sometimes like you're looking for clients, maybe taking a lot of actions and maybe even spending a lot of money and time on advertising of various sorts, and getting few if any of your ideal clients coming to you and paying you for what you offer. How could you get a reliable, consistent stream of your perfect clients coming to you?

Fortunately, what you really want is actually possible and available to you. You just need to know and apply some key ideas.

Here are 5 powerful tips to get your ideal clients coming to you:

### **Tip #1:**

Pay yourself the kind of positive attention you want to get from your ideal clients. In other words, imagine what you really want to feel in every area of your life—romantic relationship, family, living situation, friends and community, in addition to career and money—and come up with ways to pay yourself attention and actually do what feels right and good in your life. And act on these. And take the time to express appreciation and gratitude toward yourself for every success, no matter how small or large.

### **Tip #2:**

Pay yourself attention for just being you. Do things you enjoy and are good at—that combine your interests and strengths—and give them your full attention. If you are here and now more, spending time and energy on what fulfills you, you will be more likely to be able to identify what kinds of clients you

actually really enjoy working with and feel comfortable being paid just to be yourself with them. If you don't pay attention to yourself and to what fulfills you, you won't believe you can get paid to be yourself, and if you don't believe you can get paid to be yourself, you can't get clients who are happy and grateful to pay you just to be yourself and to do what you're good at and enjoy doing. Everyone else will follow your example and therefore no one will pay you to be you. So start by paying attention to yourself just for being you—for doing what you're best at and what comes easiest and most naturally to you.

**Tip #3:**

Be your dream client to yourself and create the kind of work relationship with yourself that you'd like to have with your clients. Treat yourself as you'd like to be treated. Be kind, respectful, appreciative, and grateful toward yourself. Value yourself above all and make your wellbeing (and not your clients or money) your highest priority. Follow your own advice to others and set the example that you want followed by the people around you. Be willing to go out of your way to be there for you and to accommodate what feels good and right for you more than you would be willing to be there for your clients or for the money they're paying you (this is key).

**Tip #4:**

Recognize that what you really want isn't a particular client or clients, but the feelings that you imagine you would have if those particular clients or types of clients were interested in you—excitement, passion, abundance, respect, belonging, worthiness, value, etc. And you can step into these feelings right now as you imagine them. Then, if you do what feels right from this feeling place, you can identify and attract clients who actually support you in feeling the ways you want to feel—whether it's a particular client or type of client that you have in

mind or a different one...perhaps one you aren't even aware of yet.

**Tip #5:**

Address anything you feel needs to happen before you get your ideal clients. This might mean taking actions (in terms of body and health, romantic relationship, family relationships, friendships, living situation, career and money, or wherever else), or simply changing your beliefs about what needs to happen first. Get yourself mentally, emotionally, and physically ready so that if you were to get your ideal clients tomorrow or next week or next month or next year, you would feel totally ready for this, with no fear or anything else holding you back. This way you'll get out of your own way and let yourself identify and get the perfect clients for you coming to you and paying you for what you offer.

Over many years of guiding others, I've helped many people identify and get their ideal clients coming to them and eagerly paying them using my Life Guidance System. If you'd like help identifying and getting clients who are enjoyable to work with and are happy to pay you for what you offer, contact me for a Free 30-Minute Get Your Ideal Clients Now Session, in which you'll:

- \* Get completely clear about what you truly want in clients.
- \* Become aware of exactly what actually has been holding you back from getting everything you want in clients up until now.
- \* Leave the session re-energized and inspired, with clarity about the next steps that you can take, beginning now, to get everything you want in the area of career.

Ready to get your perfect clients? Contact me now and let's get started making this happen!

**How can I sell things comfortably, confidently, and successfully? I feel like most salespeople are pushy and manipulative liars and thieves and I don't want to be anything like them. But I also want to succeed in my business, and I realize I need to sell my services and products in order to do this. How can I reconcile these things?**

I hear you. Selling is such an important and vital part of any business succeeding, but it often seems so corrupted that it gives "selling" a bad name. But we can redefine selling and make it something positive and good so that you feel comfortable and confident with it and so that you can succeed with it, too.

The first step here is recognizing that what you've experienced, while you're not alone in this, is a reflection of how your own internal guidance has been experiencing you. There would be no reason for you to react to something outside you in other people's actions unless you were already sensitive to being treated this way—by yourself. So you want to ask yourself how you have been a "pushy and manipulative liar and thief" toward your own internal GPS.

This might seem an extreme question, but basically what you're asking yourself is where and how you haven't been honest with yourself and have forced plans of action on yourself and stolen your attention from yourself to give it to something or someone

else. In what area or areas of your life have you done this? When it comes to your career and money? Your romantic relationship? Your body and health? Your family? Your friendships? Your living situation?

Once you recognize where you have been like a corrupt salesperson toward yourself, you can make changes to this. First you can take responsibility for your experience and apologize to your internal GPS for treating it this way. Then you can let it know how you'd like to make it feel instead going forward. And then you can actually make an effort to be more honest, guiding, gentle, and straightforward with yourself, and to give yourself the attention you deserve. Make an effort to be true to your own promises to yourself, and only to make promises you can keep in the first place. As you validate how your experience initially came from you, you'll be able to take this to the next step of recognizing how it's possible to be a good and honest salesperson who actually helps people with what you sell.

Ultimately, you only want to be selling something you actually believe in. If it feels good to be associated with it and representing it, you're already on the right track. If not, you're going the wrong direction and might want to change direction.

Once you recognize that you really believe in what you're offering, the next step is to ask yourself if you actually believe other people might want this and benefit from it. If the answer is yes, you're on the right track, and if not, you might want to consider changing direction.

Now, if you believe in the service or product or whatever you're offering, and you believe there are people who might want this and benefit from it, the next step is to recognize that you're



doing people a favor by letting them know that they have this option so that they can make the choice for themselves about whether they want it or not. If this could really be benefiting people, why deprive people of the opportunity to benefit?

The next step is to recognize that not everyone you believe could benefit from this will want it, and this is okay. Your job is just to let people know that they have the option. Then let them decide for themselves. Don't decide for them. (This applies to yourself as well—let what feels right decide for you, not what you think you should do or what you logically believe makes sense or what other people would want or anything else.)

If you act from this awareness and intention—that you are just letting people know this exists and is an option for them so that they can decide for themselves what's best for them—then you will be a good, beneficial salesperson, and there will be people who will really appreciate that you let them know that this option exists for them as long as you just put it out there and continue to let people choose for themselves.

If you'd like help growing more comfortable, confident, and successful at selling, and effectively addressing your concerns about this so that you can achieve this, contact me now for a free session and we'll address your concerns and get you accomplishing your ultimate goals and aims.

## **How can I make my job last?**

In order to make a job last, you want to make sure that you always make yourself and what feels good and right for you the

priority. If you slip into making the job a priority, you actually risk losing the job.

If you make a job a priority over yourself, you end up putting more time and energy into it than you ought to, where you actually take from yourself to give to the job. Your health, relationship, family, friendships, living circumstances, etc. might suffer. Then you are inclined to put even more energy into the job because it's all you have. And then you worry more about it and how it will go and what happens if you lose it. Then because you're worrying, you can't effectively pay attention to the right things and you end up making mistakes. And if you make enough or big enough mistakes, you risk losing clients and your job. You end up overwhelmed, burnt out, and without a job.

So make yourself and what feels right for you a priority over your job, always. You'll be more likely to come across as more confident and like you know what you're doing because you've got other good things going on in your life and not as much of your well-being is riding on the job going well. So you're more relaxed and it's easier to see the bigger picture and notice the things that require your attention. Consequently, you actually take care of what needs taking care of in the best possible ways. Then your boss will make you a priority, too, even considering you for promotions. Your clients will make you a priority, too, paying you on time and continuing to work with you. And your job will last.

If you prioritize yourself, and it feels right to be at your job, your job will last as long as it feels right for you to be there. And if it ever doesn't feel right for you to be there, it will be easier to move on if you've been prioritizing yourself and what feels right all along, because you won't be getting what you

want here anymore and you'll feel like it's actually possible to get what you want somewhere else since you're already feeling what it feels like to get what you want from yourself.

If you'd like help making your job last, or getting a job that lasts, contact me for a free session now and we'll get you putting yourself and your well-being first in a way that gets you a job that lasts and that you would actually want to last.

**My boss expects so much from me and I don't know how I can meet the demands of this job. What do I do?**

I'm sorry that you've been experiencing this. The first step in resolving this is to recognize that however your boss and your job are making you feel, this is how you have made yourself feel.

In other words, your own internal guidance is telling you that you have expected so much from it and it doesn't know how it can meet your demands. If you change this, you can change your experience.

So how have you been expecting too much from your own internal GPS? How could you even do this?

If your internal GPS feels that you have been expecting too much from it, this means that you have been focusing on destinations you have not wanted to go to and then ignored, dismissed, or tuned out your GPS's directions to you, leaving it recalculating over and over again. This has made it have to work really hard to keep trying to get your attention and get

you to where you've been saying you want to go when you haven't been paying attention to it. And then you haven't been rewarding its efforts to direct you with your positive attention but instead have been focusing on what you haven't liked, further leaving it feeling like you expect too much from it because nothing it does is ever enough for you.

So where have you been doing this—focusing on what you're not wanting and not listening to what feels right or encouraging what feels right with the reward of your positive attention? Has this been in regard to your romantic relationship situation? Your body and health? Your family situation? Your living situation? Your career and money situation directly?

Wherever you've been making your internal GPS feel like you've expected too much from it, imagine what it would be like in six months, or a year, or three years from now if you were in your ideal situation in regard to this area or these areas of your life. What would you be feeling then? Make this real for yourself. And be sure also to imagine how you'd like to be feeling in a job at that time.

Then actually check with yourself and listen to yourself about what it feels right to do from this positive-feeling place. And only do what feels like it would feel good afterward to have done.

Also, be sure to give yourself encouragement and thanks when you do things or experience things in the direction of where you want to go.

Once you've changed how you're treating yourself and you're imagining how you'd like to feel in a job, if it doesn't feel right

to be in this job anymore, that would be when it's time to start thinking about searching for another job where you are capable of experiencing an accurate reflection of your then more positive and encouraging, and less demanding, treatment of yourself.

If you'd like help learning how to be less demanding and more encouraging and appreciative of yourself in a way that leads you to experience this in a job as well, contact me for a free session now and we'll get you creating experiences for yourself that you actually want to have in your job and everywhere else in your life, too.

### **Have other questions regarding career and business?**

Call me at 516-500-3728 or email me at [jonathan@jonathanrwachtel.com](mailto:jonathan@jonathanrwachtel.com) to get your questions answered and to get help applying these answers in the context of the specific circumstances of your life.

# Money

## **How can I make more money?**

How do you make more money? It can feel sometimes like you can work really hard to make money and in the end make next to nothing. How do you change this and actually earn the kind of income you'd really like to have?

Fortunately, what you ultimately want is actually possible and available to you. You just need to know and apply some key ideas.

Here are 7 powerful tips to make more money:

### Tip #1:

Pay yourself. Give yourself the kind of positive attention you want to get from a boss, clients, or customers. In other words, imagine what you really want to feel in every area of your life—romantic relationship, family, living situation, friends and community, in addition to career and money—and come up with ways to pay yourself the abundant attention that you really want. And act on these.

### Tip #2:

Invest in yourself. If you don't invest in yourself, other people will follow your example and they won't invest in you either. But if you do invest in yourself, you will be setting this example for people to follow instead. So be willing to invest your attention, time, energy, and money in whatever makes you feel good. Don't be stingy when it comes to taking care of you. Be

generous toward yourself, and other people will be generous toward you, too.

Tip #3:

Do what you're passionate about. Spend your time, energy, attention, and money on what you love, what you enjoy, what you're passionate about. When you're enjoying what you're doing, people will want to be around your positive energy and pay attention to you, and they'll pay you more money, too.

Tip #4:

Value yourself. Again, other people will follow your example, so if you value yourself, they will, too. So treat your own internal guidance—your wants, your feelings, and your thoughts—as you want to be treated, as though they are worth more to you than anyone or anything else. Listen to what feels right for you always, and act from this place, and other people will treat you as though whatever you offer them is worth a tremendous amount to them.

Tip #5:

Focus on your strengths. If you focus on what you're good at, you can delegate the rest to others—to people who are good at what you're less good at. If what you're doing isn't easy for you, you're making earning money into work. Making money shouldn't be work. If you believe it *is* and you make it that way, you'll never have very much money without a lot of work. Making money should be easy and fun. When you're doing what's easy (but challenging in a stimulating way) and enjoyable for you, the next step is just to recognize that this is exactly what you should be paid for—what is easy for you but may not be for someone else. If you focus on your strengths, you will do your job really well, you'll be less stressed and more relaxed, you'll make more money, and you'll find yourself



wondering why you ever believed making money should be work.

Tip #6:

Recognize that what you really want isn't actually a certain amount of money or a certain income, but the feelings that you imagine you would have if you had that amount of money or that income—security, peace of mind, like you can relax, like you are respected and respectable, like you're worth something, like you're successful, etc. And you can step into these feelings right now as you imagine them. Then, if you do what feels right from this feeling place, you can command and bring to you the amount of money or income that would support you in feeling the ways you want to feel.

Tip #7:

Address anything you feel needs to happen before you make the amount of money you want to make. This might mean taking actions (in terms of career, body and health, family relationships, romantic relationships, friendships, living situation, or wherever else), or simply changing your beliefs about what needs to happen first. Get yourself mentally, emotionally, and physically ready so that if you were to get the amount of money you want or start earning the income you want tomorrow or next week or next month or next year, you would feel totally ready for this, with no fear or anything else holding you back. This way you'll get out of your own way and let yourself be paid the amount of money you really want.

Over many years of guiding others, I've helped many people increase their incomes and the money available to them using my Life Guidance System. If you'd like help making more

money, contact me for a Free 30-Minute Abundance Now Session, in which you'll:

- \* Get completely clear about what you truly want.
- \* Become aware of exactly what actually has been holding you back from getting everything you want up until now.
- \* Leave the session re-energized and inspired, with clarity about the next steps that you can take, beginning now, to get everything you want in the area of finances.

Ready to earn the income you've always wanted? Contact me now and let's get started making this happen!

## **I feel like money is bad, but I need it to survive. What do I do?**

I hear you. Considering money is so pivotal in survival in the world as it is, you probably want to get on better terms with money. The first step is to recognize why you feel like money is bad.

We are inclined to feel like things are bad when we've prioritized them over ourselves in some way. Our own internal guidance, our internal partner, will not like something if we've used that thing or person as an excuse to avoid paying attention to it. In other words, if you've made decisions based on money rather than based on what felt good and right, you're going to end up feeling bad about money because you've put it before your own internal GPS.

So the first step to feeling better about money is to start making decisions where you prioritize what feels good and right rather than where you prioritize money.

How can we apply this practically?

You might have taken jobs simply because you needed the money, rather than taking the time to find a job you actually enjoy. In this case, you want to identify what you really want to feel in a career. Then find something that fits this—that you are passionate about—to spend your time doing, where you can earn money by doing what you'd want to do anyway, even if money weren't in the picture. This way you and you feeling good are the priority and not money. Money just comes along for the ride.

You might not have purchased things you actually really wanted and that actually would have supported you in feeling good because of what they cost. In this case, you want to identify what you really want to feel in your life. Then buy the things that support you in feeling this with trust that this will lead you to having more money to spend. Be sure that you're not escaping your previous restrictions and rules about money because otherwise you won't actually be prioritizing yourself and you'll spend money in ways that will never lead to more money. But if you are actually listening to what would support you in feeling good in your life, you will spend in ways that you are truly prioritizing yourself over money, and you will end up having more money as a result, ultimately.

As you learn to prioritize yourself and you feeling good over money, you will end up feeling better about money since it won't seem to be robbing you of your own attention and restricting your freedom and control over your life. If you

make decisions that you would make anyway, money will no longer be an excuse to avoid doing this. You can actually be using money to support you in making better decisions about where you invest your attention, time and energy. And the result is that money will actually seem like a positive thing. Further, when you feel better about it, it will be easier to welcome it in, making decisions that lead you to have more of it.

If you'd like help prioritizing yourself over money when it comes to how you earn it and/or how you spend it, contact me for a free session now and we'll get you feeling like money is good and having plenty of it to thrive.

## **What's the point of money?**

Money allows for an equal exchange of energy where this would otherwise not be possible. In our interactions with other people, we can give and receive in various forms. In the best, most harmonious interactions, everyone involved both gives and receives in equal measure overall in some way. Money can help facilitate this equality of exchange.

For example, if you want food, but you have nothing to offer the grocer that the grocer might want or benefit from at that time, you can offer money and the grocer can give you food and there is an even exchange. If you want any service or product that someone can provide, but you have nothing to offer in exchange that is equally wanted by this person, you can offer some amount of money that would allow the exchange to be equal. Likewise, if someone wants a service or product that you can provide, but this person doesn't have anything to offer

you in return that you might want or benefit from, this person can offer you money, making for an even exchange from which both people can equally benefit.

If we look at money as helping us rather than hurting us, we will benefit much more from it because we will be inclined to find ways to work with it rather than fighting against it. We will be inclined to think about what we can offer where we are valuing ourselves in a way that others will value us, too, and where they will be happy to offer us something in return—namely, money, but possibly something else if there can be some other equal exchange.

If there are good feelings involved, this doesn't mean money shouldn't be. Otherwise, you'll only make money when you do things that feel bad, which isn't sustainable and certainly isn't thinking about money positively and working with it. Ideally, every interaction involves good feelings. The question is whether the exchange feels equal or not. If not, in some cases this can be balanced out with money. In other cases, it can be balanced out in other ways.

For example, if you help your friends out, and they help you out, too, at the same time or other times, this exchange can be equal. But if you're always the one helping out, eventually the exchange won't feel so equal. In this case, this isn't much of a mutual exchange—or a mutual friendship, for that matter. This isn't sustainable if you are to keep valuing you. It may be that you can help less, or it may be that your friend can help you out more in other ways, or it may be that your friend can pay you for your help, or it may be that it feels most right to let go of the friendship because the exchange will not be able to be equal and unequal exchanges are unsustainable.

If you are always the one giving and another is always taking, this cannot last. If you are always taking and another is always giving, this cannot last. If what is given is not wanted on one or both ends of the exchange, this cannot last. In some cases, money can balance out the exchange and make it so that you can keep giving or keep receiving whatever you are giving or receiving, since money is there to make the exchange equal.

If you'd like help improving your relationship with money so that you actually get to see it as benefiting you rather than working against you, contact me for a free session now and we'll get you shifting your thoughts about money and the results you get in regard to it.

### **How can I get people to pay me on time?**

I'm sorry to hear that people haven't been paying you on time. That can be really frustrating, to say the least. Fortunately, this situation is resolvable. The first step is to recognize that however other people are treating you, this is a reflection of how you have been treating yourself.

So if people haven't been paying you on time, this means you haven't been paying yourself on time. In other words, you haven't been paying your own internal GPS the attention it deserves from you. You either haven't been setting clear emotional destinations, or you haven't been listening to and acting on the directions you've been getting, or you haven't been appreciating the steps you've been taking forward and thereby staying focused on your desired destinations.

In order to get people paying you on time, you want to change this. So where haven't you been paying your own internal guidance attention on time? Has it been in the area of body and health? Romantic relationship? Living situation? Family? Friends? Career and money?

Wherever you haven't been paying your own internal guidance attention up to now, you want to pay it attention—and faster.

So step into what you would really like to feel in this area or these areas of your life where you haven't been paying yourself attention up to now. Imagine how you'd like to be feeling in six months, or a year, or three years, or whenever. Step into those feelings and make them real for yourself.

Then, ask yourself what it would feel right to have done now, and act on this. And appreciate and celebrate every step you take and everything that happens that moves you forward in this direction.

At this point, be sure also to focus your attention on where you're paid, rather than on where you haven't been paid yet.

Listen to yourself—to what feels good and right—and focus your attention on this, and pay yourself the attention you deserve, and other people will pay you, too.

If you'd like help getting clear about what steps to take to get paid on time, contact me for a free session now and we'll get you paying yourself the attention you deserve on time in ways that get other people paying you on time, too.



## **How can I get people to pay me what I'm worth?**

I'm sorry that you haven't been paid what you're worth. Fortunately, this is changeable. The first step is to recognize that other people treat you the way you treat yourself. So if you want other people to pay you what you're worth, you want to set the example that you want followed by paying yourself what you're worth.

In other words, if other people haven't been paying you what you're worth, this means that you haven't been paying yourself what you're worth.

In what area or areas of your life have you not been paying yourself the attention you're worth? Has it been in regard to your body and health? Your romantic relationship? Your family? Your living situation? Your career and money?

Wherever you haven't been paying yourself the attention you're worth, you want to start doing so. How would you like to be feeling in this area or these areas of your life in six months or a year or three years from now? Step into these feelings and make them real for you.

If any thoughts and feelings come up that make it difficult to step into these positive feelings, acknowledge and respond to these with the recognition that this is what you have made yourself experience up to now.

Once you're actually starting to feel what you'd like to be feeling, ask yourself what it would feel right for you to have done now. Then do this. And celebrate every action you take and everything that happens that is in the direction of what

you want. Give yourself this positive attention because you're worth it!

If you'd like help getting clear about how to pay yourself the attention you want in ways that get other people to pay you what you're worth, contact me for a free session now and we'll get you paying yourself all the positive attention you're worth in all the forms you truly want it so you can get this from others, too.

### **How can I spend money on myself when I'm not confident that there will be more coming in to take its place?**

The key here is to recognize that the external is a reflection of the internal: The world treats you the way you treat yourself, and thereby supports you in treating yourself the way you've been treating yourself.

So if you don't spend money on yourself, there won't be more money coming in to spend on yourself. However, if you do spend on yourself, there will be more money coming in to take its place so you have more to spend on yourself.

The only thing is that you want to make sure you're actually spending on yourself. This means that you want to be sure that when you spend, it is from a place of going toward something, where you've stepped into the positive feelings of abundance and confidence and so forth that you want to have and easily imagine you would feel good afterward if you already spent money on this or that. If you spend money from a place of

going away from something—escaping from your own control over yourself—you will never see this money again.

If you are spending in ways that you would feel good afterward, you are investing in yourself—this is actually spending on yourself. Investing in yourself yields returns on your investment; you get more money back. If you are spending in ways that you wouldn't feel good afterward, you are avoiding and escaping yourself. Spending to escape yourself is wasted money; it does not yield returns but actually results in you ending up with less money.

As far as building your confidence that this is all true and that there will be more money coming in when you invest in your wellbeing, this comes from practicing doing this—spending in ways that you would feel good afterward and seeing that this is when you get new clients, raises and bonuses, winnings, checks in the mail, etc.

When you pay yourself, you get paid by others and the world outside you, too. So pay attention to yourself. Go toward what you want. Spend in ways that you can easily imagine would lead to you feeling good afterward. Prioritize your feeling good, and your being in a good internal place, above money in this way.

If you act from the fear that money will not come in, you will get more reasons to fear that money will not come in. But if you act from the confidence that builds as you pay yourself the attention you deserve in all the forms that you deserve it from yourself, you will get more reasons to be confident that money will always come in in some way to replenish and even far more than replenish any money you spend on yourself.

If you'd like help determining how to spend money on yourself in ways that result in more coming in to take its place, contact me for a free session now and we'll get you clear about how to bring a continual and increasing flow of money into your life and confident that you can do this.

### **Have other questions regarding money?**

Call me at 516-500-3728 or email me at [jonathan@jonathanrwachtel.com](mailto:jonathan@jonathanrwachtel.com) to get your questions answered and to get help applying these answers in the context of the specific circumstances of your life.

# Health

**I've struggled with digestive issues for as long as I can remember. What can I do to improve my digestion?**

I'm sorry this has been your experience. Digestive issues can be annoying, embarrassing, and uncomfortable, to say the least.

The first step in resolving them is recognizing what these digestive issues are telling you. Digestive issues indicate that you haven't been digesting your experiences effectively and learning and applying the appropriate lessons from them.

You can be letting go of your experiences too fast and not extracting and integrating the lessons from them (diarrhea). You can be holding onto your experiences too long, rather than learning the lessons from them, applying the lessons, and letting the experiences go (constipation). You can be making your internal guidance uncomfortable because your processing of experiences really hasn't been efficient and it's been producing a whole bunch of unfavorable and uncomfortable byproducts (gas, bloating).

The key is recognizing where you've been ineffectively processing your experiences and learning and applying the lessons from them—in which area or areas of your life. For example, it could be in regard to career, money, a romantic relationship, health, family, friendships, a living situation, or somewhere else or in several of these areas.

Once you identify where you've been doing this, you want to get clear about *how* you've been doing this.

How would you actually like to feel in regard to this area or these areas of your life in a few months or a year or a few years from now?

Step into these positive feelings and make them real for you. Then ask yourself what it feels right to do from that positive feeling place. And then do this.

Once you learn and apply the lessons from your experiences, and you're therefore digesting your experiences effectively and efficiently and well, you will have no reason for the reflection and message of digestive issues, and so they will either simply be resolved or you will be guided toward what to do to bring about their resolution.

If you'd like help recognizing where in your life you haven't been digesting your experiences well and how, so that you can improve your digestion of food as well, contact me for a free session and we'll get you digesting everything effectively, well, and comfortably!

## **I haven't been sleeping well. How can I improve my sleep quality?**

I'm sorry you haven't been sleeping well. Poor quality sleep can affect our mood and our ability to focus, and negatively impact every aspect of our lives. Fortunately, it is possible to improve your sleep quality.

The first step in resolving this is recognizing what ultimately actually causes poor quality sleep. Poor quality sleep is the result of our not allowing our own internal guidance to rest. In other words, it means we haven't been listening to ourselves.

So you want to ask yourself where you haven't been listening to your own internal guidance...and therefore making it so that your internal GPS has to be continually *on*, putting ongoing work and effort into trying to get your attention, never able or allowed to rest.

In regard to which area or areas of your life is this the case? Career and money? Romantic relationship? Body and health? Family? Living situation? Friendships? Somewhere else or a combination of these areas?

Once you identify where you haven't been listening to your GPS and allowing it to rest, it's up to you to change this.

Start by imagining how you'd ideally like to feel in a week, a month, a few months, a year, or a few years from now, especially in regard to this area or these areas of your life. From that good feeling place, what feels right now? What would you do differently going forward as compared to what you've been doing up to now?

Listen to yourself and act in accordance with what would feel right from that good feeling place. The result will be that your GPS will finally feel like it can rest, and you will get "sleepy tired" (as opposed to the "exhausted tired" that your GPS has likely been feeling, and therefore that you have likely been feeling, recently). And you will finally feel like you can really rest, and you will actually sleep well.

If you'd like help identifying where and how you haven't been allowing your own internal guidance to rest, and changing this so that you can actually get the good quality sleep that you really want, contact me for a free session, and we'll get you finally experiencing some good, restful, rejuvenating sleep.

## **I've been having such severe headaches. Why am I having them and how can I stop them?**

I'm sorry you've been experiencing this. Fortunately, there is a way to get the headaches to stop.

The first step here is to recognize what is ultimately actually causing your headaches. Headaches mean your own internal GPS has basically been banging its head against the wall trying to get your attention. In other words, you've been giving your own internal GPS a headache, and you've been doing this by not listening to it and acting in accordance with its directions.

So ask yourself where you haven't been listening to yourself. Has it been in regard to your job or business? Money? A romantic relationship? Your health? Your living situation? Your family? A friendship?

Once you identify where and how you've been giving your internal guidance a headache, you'll want to change your thoughts about the situation and start approaching things differently.

Start by imagining how you'd ideally like to feel in a week, a month, a few months, a year, or more from now, especially in regard to the area or areas of life where you've repeatedly been



giving yourself a headache up to now. Step into those positive feelings and make them real for you. Then ask yourself what it would feel right to have done now from the perspective of this positive experience in the future. And do this. Once you stop giving your internal GPS a headache, and instead actually listen to it and act on its directions, your headache will cease.

If you'd like help identifying where and how you've been giving your internal GPS a headache, and changing this so that your headaches stop, contact me for a free session and we'll eliminate your headaches by addressing them at their ultimate root cause.

**I've experienced a lot of nausea for a while now and I can't find any physical reason for it. How can I resolve this?**

I'm sorry you've been experiencing this. Fortunately, it *is* possible to resolve this.

The first step in resolving this is recognizing what the nausea actually means. Nausea is a feeling of being unsettled, and it indicates that you've been making your internal GPS system—your own internal guidance—feel unsettled.

This happens when we haven't been plugging in clear destinations for ourselves in regard to some area or areas of our lives. In other words, this means you haven't been clear in your focus of attention about what you actually want to experience. You've been indecisive or focusing on conflicting experiences. If you want to feel settled, you can make yourself

feel settled by focusing on what you actually want to experience and being clear about this.

Here's how to do this:

Imagine how you'd like to feel in a week or next month, or next year, or a few years from now. If you could feel anything at that time, what would you feel?

Perhaps you'd like to feel happy, secure, good, settled, peaceful, relaxed, calm, confident, in control, powerful, worthy, valuable, like you're on the right track, like you've been making good decisions for yourself and the people around you that have been leading to good results, that things are going your way, etc.

Step into these feelings, or whatever you'd like to feel, as fully as you can, and make this experience real for you.

Address any concerns that come up that make it difficult to imagine feeling this by responding to them with the recognition that you have made your own internal guidance feel these things and you would like to make it feel different and better going forward.

When you make yourself feel settled about where you're headed and what experience you'd actually like to have, and you make decisions from this positive feeling place of imagining how you'd like to feel after any decisions were made and already led to good results, you will feel settled and your nausea will cease. You will have gotten the message and changed your focus of attention and your actions accordingly, and so there will be no reason to continue to receive the message.

If you would like help identifying exactly how you've been making yourself feel unsettled and how you can change this, contact me for a free session now and we'll get you feeling settled.

**My legs have hurt and made it difficult and painful to move. Is there anything I can do to fix this emotionally?**

Regardless of whether or not there is a physical problem here and perhaps also something to be done physically to address this, yes, there is something you can do to fix this on an emotional level. Your body reflects and supports how you have been treating your own internal GPS and how you have been making it feel. If your legs have been hurting and making it difficult and painful to move, then this means that you have been making it difficult and painful for your own internal guidance to move.

In other words, when your own thoughts, feelings, and instincts have spoken up, you haven't reacted so positively to them and you've resisted listening to and acting on their guidance. You've done things that haven't felt right and persisted doing things beyond when they stopped feeling right.

You've been slow to listen to and act on your own internal guidance and have forced yourself to stay somewhere or with someone or doing something where this wasn't in alignment with yourself and with where you actually want to go and what you actually want to experience. So if you want to address this at its roots so that you have no reason for the symptoms any

further (again, whether physical action is also required here or not to alleviate the symptoms in this case), you want to ask yourself and acknowledge where you have not listened to yourself and where you have made it difficult and painful for your own internal guidance to move.

Has this been in your career and finances? In your romantic relationship? In your body and health? In your living situation? In your family? In your friendships?

Wherever you've been making it difficult and painful for your internal GPS to move, imagine what it would be like after you already made changes in this area of your life and everything worked out and went well. What would you be thinking and feeling and experiencing in that situation?

Step into these feelings every day for at least a couple of minutes. In the morning before you even open your eyes would be a good time for this, so that you can start your day from the feelings of already having taken the leap and made changes and gotten good results.

As it increasingly becomes your reality that you've already done what you've resisted doing up to this point, you can take action with greater confidence and finally make your internal guidance feel like it's easy and comfortable to move—because you listen to it and act on its directions when it speaks up. And then there will be no more need for the reflection and message of it being difficult and painful to move in the pain in your legs. At this point, you can determine if it feels right to address anything physically also or not and act in accordance with what feels right to get the result of the elimination of your pain and of it being easy and comfortable to move.

If you'd like help determining where you've been making it difficult and painful for yourself to move and resolving this, contact me for a free session now and we'll get you making it easy and comfortable for your internal guidance, and consequently for you, to move.

**I've been finding it difficult to breathe and I feel this is emotionally based. What can I do to breathe more easily?**

I'm sorry to hear you've been experiencing this. Regardless of whether or not there is something physical here to address, there is an emotional basis for your experience, yes.

In order to determine how to resolve this on an emotional level, you'd want to ask yourself what it's making you feel. You've already said it makes you feel like it's difficult to breathe. It might also make you feel trapped, scared, or other things.

Whatever it's making you feel, this is what you've been making your own internal guidance feel. So you've been making your internal guidance feel like it can't breathe. This means you haven't been allowing it to express itself freely to you because of how you've reacted to it. Wherever you have been forcing yourself into a situation that doesn't feel good, this is where and how you have been making it difficult for your internal guidance to breathe. Wherever you have been focusing on what you don't want and telling yourself you "have to," "need to" or "should" do something—this is the source of the problem.

So has this been in the area of your career and finances? Your romantic relationship? Your body and health? Your family? Your friendships? Your living situation? Somewhere else?

Wherever you have been forcing yourself into a situation that doesn't feel good, instead identify what you truly want to be experiencing and focus on this. Fast forward a few months or a year or a few years and imagine feeling everything you want to feel in this area (or these areas) of your life. Step into these feelings and make them real for you, so that you're experiencing them right now, in this moment.

Next, ask yourself what it would feel right to have done now from that emotional place. What actions might you take? What changes might you make? What might you pursue in place of what you've been doing?

Whatever feels right, act on this.

So rather than forcing yourself into a situation that doesn't feel good and making your own internal guidance feel like it can't breathe, you are focusing on what does feel good and allowing your own internal guidance to breathe freely and express itself to you freely as you listen to and act on its directions on the way to positive experiences that you actually want here.

The result will be that you will be allowed to breathe freely, too—that this will be your experience, this is what you will feel. Then it's up to you to determine if it feels right to take any further actions at this point to address this physically as well. And you will be able to breathe freely again, as long as you listen to and act on what feels right from this place.

If you'd like help making yourself feel like you can breathe freely and easily, so that you actually get to experience this, yourself, contact me for a free session now and we'll get you breathing comfortably, freely and easily.

**I haven't had much of an appetite lately, food has been tasteless, and eating has become a chore. How can I get my appetite back and enjoy food again?**

I'm sorry you've been experiencing this. Fortunately, this is resolvable. The first step is to recognize that your body is supporting you in continuing to do whatever you've been doing and treating yourself however you've been treating yourself. In other words, in some way, you haven't been feeding your own internal guidance. You haven't been giving your own internal GPS the attention that it needs to sustain itself and thrive.

You've probably made yourself feel unworthy of the attention and like you don't even deserve it. And you're probably experiencing something like this in some other area or areas of your life, too, where you're being made to feel this by others or by circumstances.

Where have you not been feeding your own internal guidance the attention that it deserves and needs? In regard to your career and money? Your romantic relationship? Your family? Your living situation? Your friends? Your body and health?

Wherever this is, start giving yourself more attention. How would you like to be feeling in this area or in these areas of your life in six months or a year or three years from now? Step into these feelings and make them real for yourself.

If anything comes up that makes it difficult to feel these positive things, respond to this with the recognition that this is how you have made yourself feel up to now when you weren't feeding yourself the attention that you deserved.

Once you've really stepped into the positive feelings you would like to be experiencing, ask yourself what it would feel right to have done now from that positive-feeling place. And do this. Also, be sure to appreciate and celebrate every step you take and everything that happens in the direction of what you want.

Once you're feeding yourself the attention that you deserve, your body will reflect this as you make yourself feel worthy of food again, and you will get your appetite back and enjoy food more again.

If you'd like help identifying exactly how you can feed yourself the attention that you deserve and need to thrive, contact me for a free session now and we'll get your appetite back and get you enjoying food again!

## **Have other questions regarding health?**

Call me at 516-500-3728 or email me at [jonathan@jonathanrwachtel.com](mailto:jonathan@jonathanrwachtel.com) to get your questions answered and to get help applying these answers in the context of the specific circumstances of your life.



# Living Situation

## **How do I go about finding a new home?**

Trying to go about finding a new home can be overwhelming. How do you even know where to start? Fortunately, with the right tools, this process can become much easier.

Basically, you want to create the experience of your ideal home within yourself before you do anything, and then let this feeling guide you in where and how to look and for what, specifically, so that you can get the home you truly want.

Here's how to go about finding a new home in a way that the whole process can be positive and actually get you the result you want:

1) First, imagine it's three months from now, or six months from now, or a year from now, or whenever you would already be living in your new home. Imagine how you feel then in your ideal home—settled, happy, secure, comfortable, like you can easily afford your home, like you are worthy of this space, like you can relax here. Add more of your own descriptions of how you would feel if you were already living in your ideal home.

Step into these feelings every day for at least a couple of minutes. Make this experience of your new, ideal home familiar and comfortable to you. What would you be thinking then? What would your next focus of attention be when you're already settled and comfortable in your new home?

Imagine each morning when you wake up, before you open your eyes, that when you open your eyes you will find yourself in your new home. What does that feel like? What are you thinking then?

2) After doing this for a few days, maybe a week or more, ask yourself what feels like the next step to take. When you are faced with options—suggestions—of steps to take to find your new home, go through each suggestion and ask yourself how you would feel afterward if you did that.

If it feels like it would feel good if you acted on that, act on that. If it doesn't feel like it would feel good if you acted on that, don't act on that and come up with other suggestions and imagine how you'd feel if you did each of those. Go with whatever option feels best at each step of the way.

3) Then, any specific options for homes that are presented to you or that you come across can either be something that feels right for you for now, or something that feels right in certain ways but not right in other ways. If it feels right in certain ways but not in other ways, use this option to refine and clarify what you really want to feel and what specific aspects of a home might support you in feeling this—where it's located, how big it is, how many rooms it has, how much natural light it has, how much it costs, what the neighborhood is like, etc.

So for each option presented to you, ask yourself what feels right about this and what (if anything) doesn't feel right about this, and then what would you like instead of what doesn't feel right here. Then imagine having everything that feels right here and everything that would also feel right instead of what doesn't feel right here. What would that feel like?

When you come across a home that, if you were living here in a few months or whenever, would feel good, you've found your new home. If anything doesn't work out at this point in you getting this home, you have some things to address with yourself and then you'll get another option that will feel right and will actually come through for you and become yours.

If you'd like help finding a new place to call home or finding your next dream home, contact me now and we'll get started right away!

### **Have other questions regarding a living situation?**

Call me at 516-500-3728 or email me at [jonathan@jonathanrwachtel.com](mailto:jonathan@jonathanrwachtel.com) to get your questions answered and to get help applying these answers in the context of the specific circumstances of your life.

# Family

**My upbringing is the reason I am the way I am, so how can I change if I can't change my upbringing?**

I understand how it can feel that your upbringing is the reason you are the way you are. However, ultimately, your upbringing actually isn't the root of your being as you are. In this life you might have learned from the people who raised you and from your experiences growing up, but your experiences didn't begin in this life. I could explain this further, and you can contact me to understand this further, but the important thing in changing in this life is merely to recognize that at every moment, you are responsible for your experience—not anyone or anything else.

The world merely mirrors you. The people around you and the circumstances of life treat you as you have been treating yourself. If you change the way you are treating yourself, the world will change how it treats you, just as a mirror shows the changes in you by necessity, for it is merely showing you a reflection of you.

If you blame your upbringing, your parents, or anyone or anything, including even yourself, for you being as you are or for things being as they are in your life, you will keep getting reasons to blame, and your life will not change in a direction you want it to change.

The only way to change is to acknowledge, without blame, that you are responsible for the experiences you have been having, and that you can therefore change them. And you can do this

by changing what you choose to welcome into your experience with your attention and energy and how you treat yourself. Do you make yourself feel good with where you choose to focus the attention of your thoughts and actions, or do you make yourself feel bad with your focus of attention and energy? Acknowledge and apologize to yourself for where you have made yourself feel bad, and redirect your attention to what makes you feel good.

In order to understand this further and really put it into action effectively to change yourself and your life, regardless of what has been before now, contact me and we'll get started shaping the version of you and your life that you truly want to experience.

## **How can I get my kids to behave?**

I'm sorry you've been having difficulty getting your kids to behave as you'd like them to. You can get them to behave, however. You just need to know what to change on your end to get different results with them, and then of course to actually change this on your end.

Ultimately, your children are just a mirror of you. If you are having trouble getting control of your kids, then you want to identify how and where this applies within you so you can change this.

In order to do this, you first want to ask yourself what this is making you feel. Perhaps it's making you feel out of control, overwhelmed, frustrated, angry, upset, not listened to, etc.

Once you identify what it's making you feel, ask yourself how you've been making yourself feel these ways.

Why would your own internal guidance feel out of control, overwhelmed, frustrated, upset, etc. with you, and like you're not doing what it would like you to do or what it's saying to do?

In what areas of your life might this apply? In your career? In your marriage? In your health and body? In your living situation? In your friendships? In your family, alone?

Where have you not been listening to your own internal guidance, continuing to do what doesn't feel right and not doing what does feel right?

When you don't listen to, and act on, your own internal guidance, your kids follow your example and they don't listen to you or do what you tell them to do either. When you do listen to your own internal guidance, your kids will again follow your example, and they will listen to you and do what you ask them to do, too.

So you want to imagine what you'd really like to be experiencing in the area or areas of your life where you've been making yourself feel as your kids have been making you feel (and also imagine what you'd really like to be experiencing with your kids), and step into what this would feel like. And then you want to listen to what feels right from this place and act on this.

The result is that you'll be inclined to ask your kids in different ways to do things, and to pay attention to and reinforce the behaviors you actually want rather than the ones you don't want. And you'll do this in subtle ways that you could never

manage to do while you're setting the example of not listening to yourself and then telling your kids to listen to you. So start with you. And then notice how the reflection of how you are responding to your own internal guidance changes in how your kids respond to you.

If you'd like help getting the behaviors you'd like from your children, contact me for a free session now and we'll get you listening to yourself and responding to yourself in the ways that you would like your kids to listen and respond to you, and we'll get your kids behaving as you'd ultimately like them to as well.

### **Have other questions regarding family?**

Call me at 516-500-3728 or email me at [jonathan@jonathanrwachtel.com](mailto:jonathan@jonathanrwachtel.com) to get your questions answered and to get help applying these answers in the context of the specific circumstances of your life.

# Romantic Relationships

## **How do I know if she's the one?**

How do you know if she's the one?

You're dating and you find someone and you're just not sure if this is or is not the one. How do you know for sure? You could certainly just get married and find out later that things really aren't working or simply aren't everything you really want them to be, or that they are. But if you want to know before then if she's the one you want to spend your life with, there are some key ways to determine this.

Here are 5 powerful tips to know if she's the one:

### Tip #1:

You feel like you're naturally inclined to be a version of yourself that you like most of the time you're with her. Different people bring out and reflect back different aspects of us. Different romantic relationships show us different parts of ourselves. We often need to address and change a lot of the less good things in ourselves that we see reflected back in various relationships before we meet someone with whom we actually feel like we want to feel most of the time.

### Tip #2:

When you're true to yourself and do what's good for you, your relationship with her grows and gets better overall. If being true to yourself and doing what's good for you consistently seems to make the relationship with her worse, then she's probably not the one.



### Tip #3:

You met her when you were at least somewhat open to meeting, and ready to meet, the one. If you weren't in any way asking to meet the one, then she probably isn't the one.

Let's delve deeper into this. If you still haven't figured out other significant aspects of your life—like what you want to do with your life, for example—and you really feel like you need to have other things happen or to do other things before you even *meet* the one, then you probably haven't yet met the one. This is particular to you. It depends on what you feel needs to happen first. If you feel like you need to make more money to be able to provide for someone, or to get your own place, or to get in shape, or to work out issues with your family, or to get clearer about what you want in a romantic relationship, or whatever else, in order to be able to feel confident and comfortable and ready to meet the one, then you either need to do these things first or let go of the feeling that you need to do these things first in order to be able to meet the one. So if you haven't gotten ready to meet the one in this way yet according to your own ideas about what would allow you to be ready, you probably haven't yet met the one.

### Tip #4:

You're going the direction you want to be going on the roads of life, and she's going the same direction on the same road. If you're somewhere on a sidestreet of life, not going a direction you'll be going for very long, and you meet someone on that street, you'll likely be parting ways at some point. But if you're on a main highway of your life, going a direction you'll be going for a long time, and you meet someone on that highway, you'll likely continue to play roles in each other's lives for a long time—be it romantic relationship, friendship, or otherwise. It's not that you need already to be where you ultimately want to be.

But if you weren't already at least beginning seriously to head the direction you want to be headed ultimately in some way when you met this person, it's unlikely that this is the one. If you were headed the direction you want to be headed ultimately when you met this person—in terms of your mindset about various things that are particularly important to you—then it's possible that she's the one. Keep in mind, though, that sometimes the one plays a pivotal role in getting you on track as you follow her lead because she's showing you, by example, the direction you would like to be headed yourself. So, in this case, you might simply have been open to going the right direction for you and not already be going it fully when you met her.

**Tip #5:**

When you really imagine how you ultimately want to feel in a relationship (five years from now, ten years from now, twenty years from now), you can imagine feeling all of this with her. If trying to imagine what you really want to feel in a relationship ultimately is extremely difficult with her in the picture, she's probably not the one.

Over many years of guiding others, I've helped many people find and identify the one, and I've helped many people improve their relationships with the one, using my Life Guidance System. So if you'd like help determining if you've met the one, contact me for a Free 30-Minute Is She The One? Clarity Session, in which you'll:

\* Get completely clear about what you truly want in a romantic relationship.

\* Become aware of exactly what actually has been holding you back from getting everything you want in a romantic relationship up until now.

\* Leave the session re-energized and inspired, with clarity about whether or not she's the one and what the next steps are that you can take, beginning now, to get everything you want in the area of romantic relationships.

Ready for clarity about your romantic relationship? Contact me now and let's get started!

## **How do I know if he's the one?**

How do you know if he's the one?

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Tip #4:

You're going the direction you want to be going on the roads of life, and he's going the same direction on the same road. If you're somewhere on a sidestreet of life, not going a direction you'll be going for very long, and you meet someone on that street, you'll likely be parting ways at some point. But if you're on a main highway of your life, going a direction you'll be going for a long time, and you meet someone on that highway, you'll likely continue to play roles in each other's lives for a long time—be it romantic relationship, friendship, or otherwise. It's not that you need already to be where you ultimately want to be. But if you weren't already at least beginning seriously to head the direction you want to be headed ultimately in some way when you met this person, it's unlikely that this is the one. If you were headed the direction you want to be headed ultimately when you met this person—in terms of your mindset about various things that are particularly important to you—then it's possible that he's the one. Keep in mind, though, that sometimes the one plays a pivotal role in getting you on track as you follow his lead because he's showing you, by example, the direction you would like to be headed yourself. So, in this case, you might simply have been open to going the right direction for you and not already be going it fully when you met him.

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When you really imagine how you ultimately want to feel in a relationship (five years from now, ten years from now, twenty years from now), you can imagine feeling all of this with him. If trying to imagine what you really want to feel in a relationship ultimately is extremely difficult with him in the picture, he's probably not the one.

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- \* Become aware of exactly what actually has been holding you back from getting everything you want in a romantic relationship up until now.
- \* Leave the session re-energized and inspired, with clarity about whether or not she's the one and what the next steps are that you can take, beginning now, to get everything you want in the area of romantic relationships.

Ready for clarity about your romantic relationship? Contact me now and let's get started!

## **Should I stay in this relationship or should I leave? How can I know what's best?**

How do you know if you should stay in a relationship or leave it? This can be one of the most difficult questions to answer. We can stay because we hope things will get better, or because they really could get better. We can stay because we don't believe we can find something better, or because we actually have something really good. We can stay for the sake of the

other person, or for ourselves. How do you know for sure whether to stay or go?

Fortunately, with the right tools, you can determine which is best. And even more fortunately, with the right tools, you can act on the right decision for you with confidence and clarity.

Here are 5 powerful tips to know if you should stay in your relationship or leave it:

Tip #1:

If you just keep having the same arguments over and over again with your partner and not only does nothing seem to get resolved or get better, but the arguments have actually been getting worse, then it's probably time to leave your relationship. If arguments or lack of communication with your partner leave a rift in the relationship where you feel further from your partner, and this never gets resolved, but instead the rift and distance intensifies over time without anything getting better, again, it's probably time to leave your relationship. On the other hand, if you are both able to learn from arguments you have together and you grow closer together and feel closer to each other ultimately as a result, then you're still learning and growing here in a positive way for yourself, and you're in the right place at this time.

Tip #2:

If everything else in your life is improving—your career, your living situation, your friendships, your relationships with family members, etc.—but your relationship with your partner is not improving with everything else despite your efforts to improve it, then it's probably time to leave your relationship. If, as other things in your life improve, your relationship with your partner improves, too, keep working on improving the

other areas of your life and see what impact this has on your relationship, because you're currently in the right place.

Tip #3:

If you don't feel good the majority of the time you're with your partner, and you're staying primarily because you believe it could feel better (if things changed, or if your partner changed, or whatever) in the future, it's probably time to leave your relationship. If you feel good the majority of the time you're with your partner, and you're staying because there's something good here for you now and not based primarily on some future good, then you're in the right place at this time.

Tip #4:

If staying in your relationship makes you feel like a less good version of you, then it's probably time to leave. If staying in your relationship makes you feel like a version of you that you like being, then you're in the right place at this time.

Tip #5:

Imagine feeling what you really want to feel in a relationship in a couple of years or more from now. Imagine you feel connected, understood, loved, in love, cared for, happy, fulfilled, etc. From that emotional place, how would you feel in a couple of years or more if you stayed in this relationship now? If it feels like it would feel bad if you stayed in this relationship now, then it's time to leave. If it feels like it would feel good if you stayed in this relationship now, then you're in the right place at this time.

Over many years of guiding others, I've helped many people determine if they're in the right relationship or not and helped them move forward with the best decisions for them from a



place of confidence and clarity, using my Life Guidance System. If you'd like help determining if it is best for you to stay in your relationship or to leave, contact me for a Free 30-Minute Should I Stay Or Should I Go? Clarity Session, in which you'll:

- \* Get completely clear about what you truly want in a romantic relationship.

- \* Become aware of exactly what actually has been holding you back from getting everything you want in a romantic relationship up until now.

- \* Leave the session re-energized and inspired, with clarity about whether it's best for you to stay or to go and strength to act on this clarity with next steps that you can take, beginning now, to get everything you want in the area of romantic relationships.

Ready for clarity about your romantic relationship and how to move forward or move on? Contact me now and let's get started!

## **How do I get a woman interested in me?**

How do you get a woman interested in you? It can feel sometimes like you're chasing women and none of them (or at least none of the ones you really want) are chasing you. How do you change this and actually get the interest of the women you actually want interested in you?

Fortunately, what you really want is actually possible and available to you. You just need to know and apply some key ideas.

Here are 5 powerful tips to get the right woman interested in you:

**Tip #1:**

Be interested in yourself. Give yourself the kind of positive attention you want to get from the right woman for you. In other words, imagine what you really want to feel in every area of your life—career, money, family, living situation, friends and community, in addition to romantic relationship—and come up with ways to show yourself that you're interested in listening to what you feel and pursuing what you really want. And act on these.

**Tip #2:**

Be your dream partner to yourself and create the kind of relationship with yourself that you'd like to have with another person. Treat yourself as you'd like to be treated. Make yourself your highest priority. Do things because they feel right and good for you and not for any other reason above this. Be willing to go out of your way to be there for you more than you would be willing to do so for others.

**Tip #3:**

Be good company for yourself. Really connect with yourself and take time to go on a date with yourself once in a while, whatever this means for you. Take time to meditate, to read, to exercise, to prepare yourself a good, healthy meal, to pursue your hobbies, etc. Spend your time and energy on you in positive ways, rather than on trying to attract or find or be

someone for someone else, and someone else—the right someone else—will, too.

Tip #4:

Recognize that what you really want isn't a particular woman's interest, but the feelings that you imagine you would have if that particular woman were interested in you—excitement, connection, love, worthiness, value, etc. And you can step into these feelings right now as you imagine them. Then, if you do what feels right from this feeling place, you can attract the interest of a particular kind of woman who actually supports you in feeling the ways you want to feel—whether it's this particular woman or a different one...perhaps one you aren't even aware of yet.

Tip #5:

Address anything you feel needs to happen before you meet the right person for the kind of relationship you really want. This might mean taking actions (in terms of career, financial situation, body and health, family relationships, friendships, living situation, romantic relationship, or wherever else), or simply changing your beliefs about what needs to happen first. Get yourself mentally, emotionally, and physically ready so that if you were to get the interest of the right woman tomorrow or next week or next month or next year, you would feel totally ready for this, with no fear or anything else holding you back. This way you'll get out of your own way and let the right woman show interest in you (and you'll recognize this interest when it comes).

Over many years of guiding others, I've helped many people bring the right romantic partner into their lives using my Life Guidance System. If you'd like help getting the right kind of

woman interested in you, contact me for a Free 30-Minute Get Her Interest Now Session, in which you'll:

- \* Get completely clear about what you truly want in a romantic partner and relationship.

- \* Become aware of exactly what actually has been holding you back from getting everything you want in a romantic relationship up until now.

- \* Leave the session re-energized and inspired, with clarity about the next steps that you can take, beginning now, to get everything you want in the area of romantic relationships.

Ready to get interest from the right woman? Contact me now and let's get started making this happen!

## **How do I get the right man interested in me?**

How do you get the right man interested in you? It can feel sometimes like you get interest from men but never from the right one. How do you change this and actually get the interest of the men you actually want interested in you?

Fortunately, what you really want is actually possible and available to you. You just need to know and apply some key ideas.

Here are 5 powerful tips to get the right man interested in you:

Tip #1:

Be interested in yourself. Give yourself the kind of positive attention you want to get from the right man for you. In other words, imagine what you really want to feel in every area of your life—career, money, family, living situation, friends and community, in addition to romantic relationship—and come up with ways to show yourself that you're interested in listening to what you feel and pursuing what you really want. And act on these.

Tip #2:

Be your dream partner to yourself and create the kind of relationship with yourself that you'd like to have with another person. Treat yourself as you'd like to be treated. Make yourself your highest priority. Do things because they feel right and good for you and not for any other reason above this. Be willing to go out of your way to be there for you more than you would be willing to do so for others.

Tip #3:

Be good company for yourself. Really connect with yourself and take time to go on a date with yourself once in a while, whatever this means for you. Take time to meditate, to read, to exercise, to prepare yourself a good, healthy meal, to pursue your hobbies, etc. Spend your time and energy on you in positive ways, rather than on trying to attract or find or be someone for someone else, and someone else—the right someone else—will, too.

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Recognize that what you really want isn't a particular man's interest, but the feelings that you imagine you would have if that particular man were interested in you—excitement, connection, love, worthiness, value, etc. And you can step into these feelings right now as you imagine them. Then, if you do

what feels right from this feeling place, you can attract the interest of a particular kind of man who actually supports you in feeling the ways you want to feel—whether it's this particular man or a different one...perhaps one you aren't even aware of yet.

**Tip #5:**

Address anything you feel needs to happen before you meet the right person for the kind of relationship you really want. This might mean taking actions (in terms of career, financial situation, body and health, family relationships, friendships, living situation, romantic relationship, or wherever else), or simply changing your beliefs about what needs to happen first. Get yourself mentally, emotionally, and physically ready so that if you were to get the interest of the right man tomorrow or next week or next month or next year, you would feel totally ready for this, with no fear or anything else holding you back. This way you'll get out of your own way and let the right man show interest in you (and you'll recognize this interest when it comes).

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Ready to get interest from the right man? Contact me now and let's get started making this happen!

## **What is the secret to find the right partner for life?**

How do you find the right partner for life? It can feel sometimes like it's impossible to find the right person or to know if it's the right person even when you find him or her. How do you find the person you want to be with for the rest of your life?

Fortunately, what you really want is actually possible and available to you. You just need to know and apply some key ideas.

Here are 5 powerful tips to find the right partner for life:

### **Tip #1:**

Imagine what it would be like to have found the right partner for life. Let's say it's a year from now or whenever and you've already found the right person. Or let's say it's twenty years from now and you've been having the most amazing relationship with this person for a long time now. Imagine how you feel then in the ideal. Perhaps you feel happy, excited, grateful, loved, in love, attracted, attractive, like you have the best partner ever, like you are the luckiest person in the world to be with this person, like you can talk about anything with

this person, like you have someone to share your life with and grow with and create amazing experiences with, etc. Once you step into these feelings, ask yourself what it feels right to do from this place, and act on this. Acting from these feelings and letting them guide you will lead you to external support for these feelings, and ultimately to the right partner for you. So step into these feelings for at least a couple of minutes every day; this way you'll always be acting from them toward more reasons to experience them.

Tip #2:

Be the right partner for yourself. Give yourself the kinds of positive attention you want to get from another person. Be the kind of company, support, and companionship for yourself that you want in a partner. Build the kind of relationship with yourself that you'd like to have with another person. Treat yourself as you'd like to be treated. Listen to what feels good and right for you and act on this and put what feels right above everyone and everything else.

Tip #3:

Get on the main highway of your life. If you're on a sidestreet of life, going a direction you don't intend to be going for very long (with your career, health, and other areas of your life), you're not going to meet anyone with whom your relationship will last for life. If you're going a direction you'd like to be going for a long time—perhaps even for the rest of your life—you can meet someone who is going that direction, too, and therefore you'll be going the same direction and your relationship can last when you each just continue to do what's good for yourselves in life. So be true to yourself and pursue what really fulfills you. Do what you've been wanting to do. When you're on track for your own life, you'll meet someone who likes you this way, fits this, and supports this.



Tip #4:

Recognize that what you really want isn't actually another person, but the feelings that you imagine you would have if you had another person in your life—excitement, connection, love, worthiness, value, etc. And you can step into these feelings right now as you imagine them. Then, if you do what feels right from this feeling place, you can attract the interest of the kind of person who actually supports you in feeling the ways you want to feel.

Tip #5:

Address anything you feel needs to happen before you meet the right person for the kind of relationship you really want. This might mean taking actions (in terms of career, financial situation, body and health, family relationships, friendships, living situation, romantic relationship, or wherever else), or simply changing your beliefs about what needs to happen first. Get yourself mentally, emotionally, and physically ready so that if you were to find the right person tomorrow or next week or next month or next year, you would feel totally ready for this, with no fear or anything else holding you back. This way you'll get out of your own way and let yourself find and identify the right partner for life for you.

Over many years of guiding others, I've helped many people bring the right romantic partner into their lives using my Life Guidance System. If you'd like help finding the right partner for life, contact me for a Free 30-Minute Find My Perfect Partner Now Session, in which you'll:

\* Get completely clear about what you truly want in a romantic partner and relationship.

\* Become aware of exactly what actually has been holding you back from getting everything you want in a romantic relationship up until now.

\* Leave the session re-energized and inspired, with clarity about the next steps that you can take, beginning now, to get everything you want in the area of romantic relationships.

Ready to find the right partner for life? Contact me now and let's get started making this happen!

## **How can I be more attractive to my partner?**

If you'd like to be more attractive to your partner, aim to be more attractive to yourself. Or, more importantly, make yourself feel more attractive to you.

When you want to be more attractive to another person, this is your own internal guidance saying to you that it wants to be more attractive to you. This means you haven't been focusing on what you want and listening to what feels good on the way there. Considering this, here are some ways you can make yourself feel more attractive:

1) Spend some quality time with yourself.

Take time to meditate, to exercise, to prepare yourself a good meal, to read, to listen to yourself, to spend time with friends, and to do whatever else you've been wanting to be doing but haven't gotten around to.

2) Do for yourself what you want your partner to do for you that would make you feel attractive to him/her.

Go on a date with yourself. Do an activity that you enjoy. Tell yourself that you love yourself. Show yourself that you care about yourself.

3) Re-evaluate your priorities and consider how you might fill more of your time with whatever most excites you, interests you, and really, deeply fulfills you.

4) Do what you really want to do and not what you don't want to do.

If you're in a job that you don't want to be in, imagine what it would be like to be in a job you love, ask yourself what feels good from this place, and pursue this.

If you've been wanting to lose weight or tone your body or improve your health, imagine what you would really like to feel about yourself, ask yourself what feels good to do from this place, and act on this.

If you have had issues with family, ask yourself what you'd really like to be feeling and act on whatever feels good once you're feeling this.

If you've been wanting to pursue hobbies, imagine what that would feel like and pursue them.

If you've been wanting to spend time with friends, imagine what it would feel like actually to be doing this, and go do it.

5) Make yourself your highest priority.

If you are not your priority, you won't be anyone's priority. So ask yourself what you'd like to feel about your life in the ideal, step into that feeling place, and always listen to and act on what feels right and good for you from there.

If you'd like some guidance putting these ideas into action and making yourself feel more attractive to yourself and to your partner, contact me now for a free session and we'll get started right away!

## **How can I have better sex?**

How do you make sex *spectacular*?

Rules ("should"s and "should not"s) and fears can hold us back from completely letting go and allowing ourselves to enjoy our sexual experiences fully.

How can we relax and really enjoy everything that sex can be?

The key is to address our experience with ourselves first. Only then can we experience what we want to with another person.

Here are 6 simple secrets to spectacular sex:

Simple Secret #1:

Imagine the experience.

Imagine all the excitement and pleasure and ecstasy, the comfort and connection, the intimacy and relaxation. Imagine the feelings and sensations fully enough that you're already experiencing them.

This way, you'll already feel like this is real for you — that you can experience this (since you're already getting quite a good internal preview of what this feels like) — and you're priming yourself for having this kind of experience supported by your life.

Simple Secret #2:

Let go of the rules.

“Should”s and “should not”s have no place in any positive relationship — with yourself or anyone or anything else. They shut us down rather than opening us up.

In a positive relationship (with ourselves and with another) — where deep, comfortable, pleasurable intimacy is possible — there's openness of communication and the feeling of freedom to express ourselves as we are — what we think, what we feel, and what we want. There is only what you would like to experience and what it feels right for you to do or what it doesn't feel right for you to do from that place.

So, rather than imposing rules to try to get what you want out of fear that you won't, just focus on what you want to experience and listen to and act on what feels good and right from there, and you'll actually get the results you want — smoothly, naturally, and effortlessly.

Simple Secret #3:

Accept yourself and get comfortable with yourself.

Imagine what you'd like to experience ultimately, and accept where you are on the way there. You don't need to arrive at perfection or success or whatever to be there. You need only to be headed in that direction. Good feelings (and bad feelings) tell us the direction we're headed, not where we are.

So focus on what you'd like to experience, and take action from there, and accept where you are at each step along the way since you're on the way toward more external support for your desired internal experience. And you'll feel good about yourself, and you'll feel good in general.

Simple Secret #4:

Be the kind of person you want to be with.

Be kind, be respectful, be appreciative, be attentive, be interested in your own well-being. Act on what feels good, and not on what doesn't feel good, in every area of your life — your body, career, living situation, family, friendships, and everything else.

If you attend to and focus on your feeling good and act from good feelings, you'll get more reasons to experience good feelings. (If you focus on your feeling bad and act from bad feelings, on the other hand, you'll get more reasons to experience bad feelings.)

Simple Secret #5:

Connect with yourself.

Recognize that what you want isn't actually an experience with another person; it isn't actually physical sex. Lust is an expression of your internal guidance system communicating to you that it wants to connect with you.

So connect with yourself—in regard to every area of your life, including your body, career, living situation, family, friendships, etc.

Rather than tuning out and avoiding and escaping yourself, tune in and face yourself. Imagine experiencing what you truly want to experience, respond to your doubts and fears, and do what you've been wanting to do that would make you feel closer to yourself. Pursue whatever would make you feel fully alive and fully yourself.

Simple Secret #6:

Enjoy the journey.

It's not about the destination. If you're always trying to get to some experience, you'll never get to it. Be in it and present to it now.

Enjoy the tension, the buildup. Enjoy the dance, enjoy the rhythm. Enjoy the journey. And you'll experience what you want to experience every step of the way, making every aspect of it pleasurable.

Over many years of guiding others, I've helped many people create spectacular experiences in their lives (of every sort) using my Life Guidance System. If you'd like help creating

spectacular experiences in your life — in a relationship, career, or any other area — apply for a Free 30-Minute Spectacular Experiences Now Session, in which you'll:

- \* Get completely clear about what you truly want.
- \* Become aware of exactly what actually has been holding you back from getting everything you want up until now.
- \* Leave the session re-energized and inspired, with clarity about the next steps that you can take, beginning now, to get everything you want.

Ready to create spectacular experiences of every kind? Contact me now and let's get started making this happen!

## **What can I do to get my partner to listen to me?**

I'm sorry to hear that your partner hasn't been listening to you. It definitely doesn't feel good when a partner isn't listening.

You can ensure you get different results in the future, because ultimately your experience begins with you, and it can therefore be changed by you.

Your partner is just reflecting back at you how you've been treating yourself and making yourself feel. So if you want your partner to listen to you, ask yourself how you haven't been listening to yourself, apologize to yourself for not listening, and start listening to yourself.



Perhaps you haven't been listening to yourself about your job, or your health, or your friendships, or your family, or your living situation, or your romantic relationship, itself, or perhaps something else or several of these areas of your life. Wherever you haven't been listening to yourself, listen. Once you do, your partner will listen to you, too.

If you'd like help learning how to listen to yourself in a way that results in your partner listening to you, too, contact me for a free session now and we'll get started on changing your experience right away.

## **How can I increase the excitement in my relationship with my partner?**

If you'd like to increase the excitement in your relationship with your partner, the first step is to increase the excitement in your relationship with yourself.

If you are unexcited about your own life, there is nothing your partner is going to be able to do to get you feeling excited. You'll end up expecting a lot of your partner and these expectations will be left unmet and you will be disappointed. Meanwhile, you'll make your partner feel like nothing he or she does is enough, and eventually your partner will stop trying. So you'll actually dampen and even eliminate the excitement in your relationship if you aren't excited about your own life.

If you are excited about your own life, your partner will reflect this excitement as long as he or she is capable of this. In other words, if you are excited about your own life and the direction you're headed and where you are on the way there, then as

long as your partner is open to heading this direction, too, for him/herself, you'll get to share your excitement with each other and be excited together. But you'll never know if your partner is ready to join you on the road of excitement unless you actually get on that road yourself for a while and then see if your partner joins you.

So let's focus on you right now. What do you feel has been keeping you feeling unexcited about your life? Your job? Your body and health? Your living situation? Your friendships and community? Your family? Your romantic relationship, itself?

Where have you actually been making yourself feel unexcited? Where have you been keeping yourself in a situation that you're not excited, not happy, not fulfilled, not feeling so great at all?

What would it be like if, in six months, or a year, or three years from now, you're feeling excited in that area of your life? You don't know yet now what specific details are there or what specifically has physically changed, but you're feeling excited, happy, fulfilled, free, in control, and powerful. Separate from the specifics and just live in those feelings for a while. Step into those feelings every day for at least a few minutes. Before you even open your eyes in the morning would be a good time to do this so you can start your day from this place.

Then notice what's been holding you back from feeling these things. What comes up that makes it difficult to sustain these feelings?

How have you been making yourself feel these ways that the world is reflecting back at you?

How would you like to be making yourself feel instead going forward so that this would be more aligned with and supportive of you feeling what you really want to be feeling?

Notice the things that actually excite you as you become more aligned with actually feeling excited. And follow this. Fill your life with activities that and people who support you in feeling excited.

Then, when you're feeling more excited about your own life separate from your partner for a while, you can see if your partner comes along to support you in your excitement. If yes, you've got what you want! If no, you might want to consider letting go of your partner who has supported you up to here but may not be able to support you in going further from here. If you are on the road you want to be on in life, you want to keep the people around who are on this road with you and let go of the people who are on different roads. This way you can continue in the direction that feels right and good for you and everyone in your life will support you in this.

If you'd like help increasing your excitement in your relationship with yourself so that you can increase your excitement in your relationship with your partner, contact me for a free session now and we'll increase the excitement in your life!

## **How can I make my relationship last?**

The key to making a relationship last is to remember that your partner is just a reflection of you. However you treat yourself,

your partner will treat you. However you make yourself feel, your partner will make you feel.

If you prioritize your partner over yourself—over what feels right for you—your partner will not prioritize you either. If you look to your partner for something—be it connection, love, validation, listening, or anything else—you will not get this from your partner until you give it to yourself first and stop looking to your partner for it. Once you're getting what you want from yourself—once you're treating yourself as you want to be treated in regard to every area of your life, including career, money, health, living situation, family, friendships, etc.—you will see this reflected in the mirror of your partner.

If you experience something in the mirror of your relationship with your partner that you like, keep giving this to yourself rather than looking to the mirror to find it, and you will keep experiencing it in the mirror. If you experience something in the mirror of your relationship with your partner that you don't like, change how you are treating yourself and you will experience something different in the mirror.

So prioritize what feels right for you in every case, always. Be there for yourself. Give to yourself what you want to receive. And as long as it still feels right to be with your partner when you are being there for yourself, your relationship will last.

If you'd like help making your relationship last, contact me for a free session and we'll get you recognizing your partner as a mirror of you and building the kind of relationship with yourself in regard to all areas of your life that you want to experience with your partner.

**My partner has been expecting so much of me. I've done so much already and it's never enough. I'm about ready to give up on this relationship. What do I do here?**

I hear you. The only way we can understand other people's actions sometimes is to understand the root of them: Our interactions with other people are always reflections of our interactions with ourselves. If your partner has been expecting a lot of you and it seems like nothing is ever enough no matter how much you do, then your own internal GPS has been experiencing this very same thing with you.

In other words, your own internal guidance is saying to you that it feels like you have been expecting too much of it, like it has done so much already and no matter how much it does, it never seems to be enough for you. And your own internal guidance has gotten to the point that it's about ready to give up on this relationship with you.

So why would your internal GPS be saying this to you? You can understand this better if you pay attention to exactly how your partner has been treating you and making you feel these things. For this is how you've been treating your internal GPS. In this case, your partner probably hasn't been acknowledging all of the work you've done and all of the attention you've given already. Instead, your partner has probably been focusing on what you haven't done. And this is what has been making you feel like nothing you do is ever enough and that you are about ready to give up.

The solution here begins with you asking yourself in which area or areas of life you have been focusing on what you haven't

done yet instead of appreciating what you have already done, and on what hasn't happened yet instead of appreciating what has already happened. Has this been in your career and money situation? In your body and health situation? In your family situation? In your living situation? In your friendships? In your romantic relationship, itself?

Once you recognize where you have been treating yourself as your partner has been treating you, you can change how you've been treating yourself. Here, you can focus more on what you've already done and what has already happened and take some time to appreciate this, express gratitude for this, and thereby encourage more of this, rather than focusing on what you haven't done yet and what hasn't happened yet, which is just discouraging and demotivating and makes you not want to do anything anymore.

The result is that the mirror of your relationship with your partner will come to reflect these changes in your focus of attention and the way you are treating yourself. And you will be supported in being made to feel how you are now making yourself feel, instead—like your efforts matter and are appreciated.

If you acknowledge that you've been making yourself feel what your partner has been making you feel, and you change how you make yourself feel (which may take some time and practice), the mirror of your life must change. If your relationship doesn't change much or at all after you've actually made changes for a while, this is when it is time to ask yourself whether it is in regard to your relationship, itself, that you have been expecting too much of yourself—by staying in it in the first place.

But first, make changes to yourself. Because if you get rid of the mirror of your relationship when it is time to be learning and applying the lessons from it, you will end up needing to learn these same lessons somewhere else, often in a more intensified form even than here. So you might as well make these changes now and then see where this leads you. Because you will see how you've been making yourself feel at some point, somewhere in your life. And the goal is to expand to new areas of your life, rather than to avoid things and shrink your existence due to unpleasant, but accurate, reflections of your own treatment of yourself.

If you would like help navigating and applying the lessons of your relationship and creating more positive experiences for yourself here and elsewhere, contact me now and we'll immediately get started recognizing and making changes in your relationship with yourself so that you can experience something new and better in the mirror of your relationship with your partner.

## **Why isn't my relationship partner getting back to me?**

I'm sorry to hear that your relationship partner hasn't been getting back to you. The important thing to recognize here in order to get the results you want is that your relationship with your partner is just a mirror of your relationship with yourself. Your relationship partner is just reflecting how you have been treating yourself up until now.

So perhaps you have just shifted in how you've been treating yourself in some other area of your life. Maybe you just started

getting back to yourself when it comes to your career or your family or your body and health or your living situation or your friendships. Whenever you make a change in the right direction in some area of your life, you experience reflections in other areas of your life of how you have treated your own internal guidance up to now. This way you can acknowledge this and redirect this and definitively and consistently make changes in the direction you want to be going from here.

In other words, your relationship partner isn't getting back to you because you haven't been getting back to yourself. Now you can experience how you have made yourself feel when you weren't getting back to yourself up to now. And so you can apologize for this by telling yourself exactly what you'd like to hear from your partner now. For example, you can say to yourself something like, "I'm sorry I took so long to get back to you. I really do care about you. I'm sorry I made you question your relationship with me. I want you to feel like I'm all in this going forward."

Next, you want to respond to whatever comes up, recognizing that this is your internal guidance speaking to you about how you have made it feel up to now; it is not about anyone or anything else.

And then you can actually do what you're saying you'd like to do. Do whatever you've been doing increasingly recently or what you'd like to be doing that would feel right that you haven't done yet—whatever would be you getting back to yourself.

The result is that either your partner will start getting back to you, or you will begin to feel clearer that it's time to move on. This will depend on whether you've already been increasingly



headed the right direction for you or whether you actually need to be making big changes to be doing so. But do what feels right for you, and recognize that right now, your relationship situation is very likely not about your relationship at all. It could be, but this would mean you have already addressed other areas of your life for a while now.

If you would like help getting clarity about what your relationship experience right now is telling you so you can take the appropriate steps to change it, contact me now and we'll get you getting back to yourself and creating a relationship experience (and a life experience) for yourself that you truly want.

### **How can I get my partner to commit to me?**

If you'd like your partner to commit to you, then you first want to recognize that your relationship with your partner is just a reflection of your relationship with yourself. Your partner will treat you however you treat yourself.

So if you want your partner to commit to you, you want to commit to yourself.

How have you not been committed to yourself up to now? In what areas of your life might this apply? In regard to your career and money? Your body and health? Your living situation? Your friendships? Your family? Your relationship, itself?

Wherever you haven't been committed to yourself, you want to commit to yourself. In other words, wherever you haven't been

fully on board with doing what feels right for you, but instead have been avoiding this or doing something else or prioritizing someone or something else over what feels right for you, you want to get on board with doing what feels right for you.

So imagine what you would really like to be feeling in six months or a year or three years from now in this area, or in these areas, of your life. Really step into these feelings and make them real for you. And from this positive-feeling place, ask yourself what it would feel right to have done now. And then do this.

Always do what feels right for you—what it would feel good and right afterward to have done. Commit to yourself in this way and you will experience this reflected by a partner outside you, too.

If you'd like help getting clear about how you haven't been committing to yourself and what you could do to change this, contact me for a free session now and we'll get you committing to yourself in a way that gets you commitment from your partner.

## **How can I overcome my fear of getting close to someone?**

I hear this fear. Fortunately, you can overcome this fear. The first step in doing this is to recognize that what you experience with other people is a reflection of what you have made yourself experience.

In other words, if you are afraid of getting close to someone, this means that your own internal guidance is afraid of getting close to you.

You can find out why by asking yourself what you're afraid of in getting close to someone. Perhaps you're afraid of being hurt in some way—maybe of getting close and then losing the person somehow. If this is the case, this means that your own internal partner in the creation of your life is afraid of getting close to you because whenever it has gotten close to you before, it has lost you. You stopped listening to what felt right for you and started putting someone or something else first, or for some other reason stopped being there for yourself.

So to address this fear, you want to acknowledge that you realize that you have made your own internal guidance afraid of getting close to you and that you're sorry. And let your internal GPS know that you'd like to stay with it this time.

And, of course, actually do your best to stay with your internal guidance this time—to continue to listen to what feels right for you no matter who or what else is in the picture.

This is how you overcome the fear of getting close to someone; this is how you address it at the core of what it truly is—the fear your internal guidance has felt about getting close to you because of how you have treated it before.

If you'd like help overcoming your fear, contact me for a free session now and we'll address everything that needs to be addressed for your fear to disappear and for you to feel safe, comfortable, and confident when it comes to getting close to someone.

I'm afraid my significant other will cheat on me. How can I know my partner will be faithful and trustworthy?

The first step here is to recognize that your feelings about your significant other are the feelings of your own internal guidance about you. In other words, if you are afraid your significant other will cheat on you, this means that your own internal GPS is afraid that you will cheat on it.

What does it mean to cheat on your own internal guidance? It means to prioritize someone or something over it—to do something other than what feels right because you are putting someone or something other than yourself first.

If you have been doing this, you want to change this. Be faithful and trustworthy to yourself as you would want your significant other to be. Make yourself your highest priority in the sense that you always put what feels right for you first above everyone and everything else. If it doesn't feel right, don't do it—no matter what. And if it does feel right, do it—no matter what. If you focus on what you'd like to be experiencing and you listen to what feels right along the way, you will always get positive results. You have no reason to doubt this, and your faith and trust in this will increase as you practice it.

Once you're being faithful and trustworthy to your own internal guidance in other areas of your life, you can imagine what you'd like to be feeling in a romantic relationship in six months or a year or three years from now. Step into these feelings and make them real for you.

Then, from this positive-feeling place, ask yourself how you would feel if you are with your current significant other at this future time. If you can imagine feeling these positive things

with your current significant other at this future time, you are in the right place to be learning about how you've been treating yourself and you want to keep addressing with yourself the experiences that come up. If you can't imagine feeling these positive things with your current significant other, you probably want to consider the possibility of not being with this person. Because in this case, you will likely never feel what you want to be feeling with this person, while you could be feeling what you want to be feeling if you are not with this person.

If you'd like help getting clear about how you've been cheating on yourself and how you could be faithful to yourself, contact me for a free session now and we'll get you being more committed and trustworthy to yourself in a way that gets you a relationship with a partner that reflects this.

### **I'm afraid of being trapped in a relationship, but I really do want a deep and meaningful relationship. What do I do?**

The first step in resolving this is to recognize that however you feel about anything is how your own internal guidance feels about you. In other words, your own internal GPS really wants a deep and meaningful relationship with you, but it is afraid of being trapped in a relationship with you.

Why would your own internal guidance be afraid of being trapped in a relationship with you? You can answer this by asking what you're actually afraid about when it comes to being trapped in a relationship. Perhaps you're afraid of losing control over your own life, of being controlled, of having your options limited, etc.

Whatever you're afraid of, turn around and respond to your internal GPS, for it is afraid of this in its relationship with you. For example, it might be afraid that a relationship with you means losing its own independence and freedom and being forced into situations it doesn't want to be in (if this is what you're afraid of in a relationship with another person).

And whatever your internal GPS is afraid of, this fear is based on its past experiences with you. So apologize for treating it in less-than-ideal ways and making it feel these things, and let it know how you'd like to make it feel instead going forward. For example, you might say to yourself, "I'd really like to make you feel that you can be free with me, that you can be yourself, that you can continue to take care of yourself when we're together and even that I support you in taking care of yourself and doing what's good for you."

Imagine what it would be like if in a few months or a year or whenever, you're in a deep and meaningful relationship and it actually feels good in every way. You feel free to be yourself and to do what's good for you and you feel supported in this. What would that be like?

Once you've stepped into that positive-feeling place, do whatever feels good and right from there, and you'll be showing your internal GPS that you actually mean what you're saying—that it can just be itself and be free and be supported in this, as you listen to and act on exactly what it says with acceptance and appreciation.

If you'd like help building the kind of relationship with yourself that allows you to believe that you can have the kind of relationship you want with someone else, so you can actually

get this, contact me for a free session now and we'll get you experiencing everything you truly want.

**It seems that to my significant other, everything I do is wrong. How can I possibly please my partner?**

I'm sorry you've been experiencing this. Fortunately, you can get the experience you want. The first step to this is to recognize that however your significant other treats you and makes you feel, this is how you have been treating yourself and making yourself feel.

In other words, your own internal guidance is saying that you have been making it feel like everything it does is wrong and like it can't please you. So if you identify where this is the case and change how you are treating yourself, you can get different results.

Where in your life have you not been listening to your own internal GPS, that it would feel like everything it does is wrong? Where have you been unpleasable, where you haven't acknowledged good things that have happened and have instead focused on what you haven't liked and what hasn't made you feel good? Has it been in regard to your career and money situation? Your body and health? Your living situation? Your family? Your friendships? Your romantic relationship, itself?

Wherever you've focused on what's wrong, it's time to start focusing on what's right. Rather than criticize, judge, and dismiss what you don't like, focus on what you like about what's happening, on every step in the direction you want to be

going with things. Encourage along your own positive actions and any positive things that happen in the direction you want to be going.

Notice how when your partner makes you feel like everything you do is wrong, it's very de-motivating. It makes you not want to do anything anymore. So this is how you have made yourself feel, too, by focusing on what isn't good yet rather than on what is already good and moving in a good direction.

Treat yourself as you would like your partner to treat you, and your experience with your partner will change—as long as you allow it to. So after you've changed how you treat yourself here, the next step is to imagine what it would feel like to be able easily to please the person you're in a relationship with and to feel like everything you do is right in your relationship. And if you actually do encourage yourself along, giving yourself positive feedback rather than being unsatisfied no matter what, and your partner doesn't eventually start to treat you this new way, too, it won't feel right to be in this relationship and this will feel clear, and it will also feel clear that you can be in a relationship with someone who makes you feel like everything you do is right—because you'll already be in a relationship with yourself that is like this, where you are making yourself feel this way.

If you would like help making yourself feel like everything you do is right and good and worth the effort so that you can experience this in your relationship with your partner as well, contact me for a free session now and we'll get you creating the experience that you really want—in your relationship and everywhere else in your life, too.



## **Have other questions regarding romantic relationships?**

Call me at 516-500-3728 or email me at [jonathan@jonathanrwachtel.com](mailto:jonathan@jonathanrwachtel.com) to get your questions answered and to get help applying these answers in the context of the specific circumstances of your life.

## Other Relationships

**I'm always there for others, but when I've needed people to be there for me, they haven't been. How can I get other people to be there for me?**

I understand what you're going through here. It doesn't seem to make any sense and it feels totally wrong when you do everything you can for others and they don't return the favor when you need them.

The key to understanding this is that people don't treat you the way you treat them; they treat you the way you treat yourself. When you're going out of your way to be there for others, you neglect yourself in the process. And as long as you aren't there for yourself, no one else will be either.

So the solution here is to stop putting others before yourself and to only help out when it feels good and right for you to do so. Value and take care of and listen to yourself in the process of being there for others. If you are there for yourself in this way, only doing what feels good and right for you, then others will be there for you, too.

To understand this better and put it into action, contact me for a free session. We'll go over how you can really be there for yourself in the way you want others to be and make it so that when others treat you the way you treat yourself, you're actually getting the results you want.

## **How can I improve my communication with other people?**

This is such an important question. Our communication with other people has a tremendous impact on the quality of our interactions and relationships with them, and our relationships with other people have an immeasurably large role (in most, if not all, cases) in determining the quality of our lives.

So if we could improve our communication with other people, we could dramatically improve the quality of our lives. Fortunately, we can do this.

The secret to improving your communication with other people is to improve your communication with yourself. However poorly or well you communicate with yourself, this will be reflected in your communication with other people. After all, if you aren't even on the same page as yourself, how could anyone else possibly be on the same page as you? And if you *are* on the same page as yourself, others can actually know where you stand, too.

So how can you improve your communication with yourself? Here are the three keys to doing this:

- 1) Get clear about what you actually want.

We often think we want specific physical things or people or circumstances. But what we actually always want is the thoughts and feelings that we imagine we would have if we had those things or people or circumstances.

In other words:

It's not the relationship you actually ultimately want, it's the feelings of connection, love, being loved and cared for, being understood, etc.

It's not the job or specific career results you actually ultimately want, it's the feelings of security, belonging, accomplishment, being respected and respectable, being in the right place, making progress, worth and value, etc.

It's not the money you actually ultimately want, it's the feelings of being able to relax, having everything you need, having plenty available to you, being able to provide, security, confidence, accomplishment, value, worth, etc.

It's not the body you actually ultimately want, it's the feelings of being attractive, healthy, energetic, alive, capable, etc.

2) Listen to yourself about how to get what you want and act on this.

Once you step into the experience—the thoughts and feelings—you'd like to have, and you make this real for yourself in your imagination, be sure to act in accordance with what feels right from this place.

Check with yourself, "How would I feel if I did this?" If it feels good, do it. If it feels bad, don't do it.

3) Remember that the world is just a mirror that reflects what is within you.

If you try to change the mirror or simply react to the mirror and act from this reaction, you'll only increase the lack of

communication. Instead, ask yourself, “How have I made myself think and feel what this other person (or event or experience) is making me think and feel?”

Once you acknowledge and apologize to and appreciate yourself, be sure to redirect if necessary to what you would like to make yourself think and feel instead going forward. (“What would I like to make myself think and feel instead going forward?”)

If you’re feeling positive, be sure to express appreciation and gratitude to yourself for creating this positive experience and to your own internal guidance for guiding you to support for this positive experience in the world around you.

If you remember and apply these three keys, you will dramatically improve your communication with yourself and consequently also with other people.

If you’d like help better understanding how exactly to apply these three keys in your own specific life circumstances, contact me now for a free session and we’ll vastly improve your communication with yourself and with everyone in your life beginning right now.

## **How can I get more attention from people?**

If you’d like to get more attention from other people, make it so that you’re getting more attention from yourself. In other words, give yourself more attention. If you do, you will command it from other people, too.

When you want to get more attention from other people, this is your own internal guidance saying to you that it wants to get more attention from you. This means you haven't been focusing on what you truly ultimately want to experience and listening to what feels good on the way toward shaping your life around this. Considering this, here are some ways you can make yourself feel like you're getting more attention (specifically, more attention in the forms you actually want it):

1) Spend some quality time with yourself.

Take time to meditate, to exercise, to prepare yourself a good meal, to read, to listen to yourself, to spend time with friends, and to do whatever else you've been wanting to be doing but haven't gotten around to.

2) Do for yourself what you want other people to do for you that would make you feel like you're getting attention from them.

Do an activity that you enjoy. Tell yourself that you appreciate what you've accomplished. Take time to express gratitude even for the little things that are what you've wanted. Take time to celebrate your successes, however small, for every success is of supreme importance in shaping the life you want to be living. Show yourself that you care about yourself. Go out of your way to be there for you and to do what feels right and good for you.

3) Re-evaluate your priorities and consider how you might fill more of your time with whatever most excites you, interests you, and really, deeply fulfills you.

4) Do what you really want to do and not what you don't want to do.

If you're in a job that you don't want to be in, imagine what it would be like to be in a job you love, ask yourself what feels good from this place, and pursue this.

If you've been wanting to lose weight or tone your body or improve your health, imagine what you would really like to feel about yourself, ask yourself what feels good to do from this place, and act on this.

If you have had issues with family, ask yourself what you'd really like to be feeling and act on whatever feels good once you're feeling this.

If you've been wanting to pursue hobbies, imagine what that would feel like and pursue them.

If you've been wanting to spend time with friends, imagine what it would feel like actually to be doing this, and go do it.

5) Make yourself your highest priority.

If you are not your priority, you won't be anyone's priority. So ask yourself what you'd like to feel about your life in the ideal, step into that feeling place, and always listen to and act on what feels right and good for you from there.

If you'd like some guidance putting these ideas into action and giving yourself the kind of attention you want from other people so that you can get it from them as well, contact me now

for a free session and we'll get you feeling that you have the attention you want and deserve!

## **How do I talk to someone that I am upset with?**

If you are considering talking with someone you are upset with, pause and have a conversation with yourself first. Otherwise, you will only guarantee an interaction that will lead to you feeling more upset with this person no matter what you try to say or do.

This person is just showing you what you have been making yourself think and feel. And if you haven't heard your upset feelings and the real reasons for them yet, this other person isn't going to hear them either. So if you try to address this directly with the other person before you address it with the person you're actually upset with (which is you), you will only end up eliciting reactions that will ensure you end up more upset.

So first have a conversation with yourself in which you acknowledge and validate your internal GPS's feelings as this other person might ideally acknowledge and validate your feelings. Say to yourself what you want to hear from the other person in the ideal. Because the person you ultimately want to hear it from is you. And only once you hear it from you will you actually be able to get it from the other person.

Let's get into this in detailed steps so you can start putting it into action:



1) If you're upset with someone, first ask yourself, "What is making me upset with this person? What exactly is this person making me think and feel?"

2) Then ask yourself, "How have I been upsetting myself in these ways and making myself think and feel these things?"

3) And then apologize to yourself, "I'm sorry for making you upset with me." (What else has this person supported you in feeling that you'd also like to apologize to yourself for? Remember that this person is just reflecting what you have made yourself feel in the first place, treating you the way you have been treating yourself.)

4) And redirect, "Going forward, I would really like to make you feel so much better about me. I would like to give you so many reasons to appreciate me and be happy with me." (Add to this based on your own specific feelings—what is the opposite of all that this person has supported you in feeling that isn't good.)

5) The next step here would be to ask yourself how you would feel afterward if you talked with the other person now. If it feels like it would feel good, do it. If it feels like it would feel bad, don't do it. In many cases, it will feel unnecessary and even bad to talk with the other person about this after you've actually addressed the root of your negative feelings about the person with yourself, because the only person you actually needed to hear anything from and communicate with about this was you (since it was actually ultimately about you and not about the other person in the first place). If it does feel like it would feel good to have talked with the other person about this at this point, then there's more to learn here, so go for it.

If you would like help implementing these tools and approaching important conversations with people in ways that get the results you actually want, contact me now and we'll get started revolutionizing your interactions with other people immediately!

**I've been having so many arguments and misunderstandings with someone important to me in my life. What do I do?**

I'm sorry that you've been experiencing this. When we have arguments and misunderstandings with someone important to us, it can be so frustrating and upsetting, and sometimes even seem hopeless.

Fortunately, this situation can be resolved when you know how to do this.

The first step is to recognize that these are reflections of arguments and misunderstandings within you. In other words, in some area or areas of your life, you haven't been listening to your own internal guidance. You've kept yourself limited in your conception of what is possible for you to experience. You've focused on what makes you feel bad, and ignored, dismissed, or tuned out your own internal guidance. And you've essentially been in the wrong place and doing the wrong thing in some way in relation to what would actually lead you to the experience of life that you want.

First, ask yourself, "What have these arguments and misunderstandings made me think and feel?"

Perhaps they've made you feel misunderstood, not listened to, ignored, dismissed, tuned out, unimportant, like you're causing conflict or like conflict can't be avoided, like you can't do anything right, like you're walking on eggshells, worried, afraid, like you can't speak, like you don't have any control, etc.

If you pay attention to the details of the arguments and misunderstandings with this person, you can get a better idea of where your arguments and misunderstandings with yourself have existed. When you look in the mirror, you see an accurate reflection of yourself. So are the arguments and misunderstandings about your career? Money? Your health? Your living situation? Your romantic relationship? A friendship? Your family?

Once you identify what these arguments and misunderstandings have made you feel, and in regard to which areas of your life you've been making your own internal guidance feel this, apologize to your internal guidance for making it feel these ways, and let it know what you'd like to make it feel instead going forward. In other words, tell yourself what you'd ideally like to hear from this other person.

For example, you could say to yourself something like, "I'm sorry I've misunderstood you and turned our conversations into arguments. I'm sorry for not really listening to what you've been saying to me and trying to communicate to me. I realize I've made you feel like you're not being listened to, like you're not important to me, like you can't do anything right and like you just cause issues by speaking up to me and even just by being yourself. I'm really sorry for this. I'm sorry for making you so afraid, for making you feel like you can't speak and like you don't have any control over your experience."

And then you could say, “Going forward, I’d really like to make you feel like I’m listening to you—*really* listening to you. I want you to feel like I understand what you’re saying, and like I’m making the effort to understand because you’re so important to me. I want you to feel like you do everything right and make things better by being you and by speaking up to me. I want you to feel like I really want to hear what you have to say. I want you to feel like you’re safe, like you can speak, like you have control over your experience with me because I’m listening to everything you say to me and acting in accordance with this.”

You’ll notice that you immediately start to feel different when you say these things to yourself. That’s your internal guidance responding to you. So if other thoughts or memories come up that bring up bad feelings, respond to these in the same way, since this is your internal guidance speaking to you and having a conversation with you. “I’m sorry I made you feel this way. Thank you for speaking up to me. Going forward, I’d really like to make you feel this other way instead.”

When you’ve addressed the concerns of your internal guidance, you will feel better. This is your internal guidance saying it feels good that it’s gotten your attention.

Next, ask yourself how you’d really like to feel in regard to the area or areas of life that came up here. If you could feel anything in a few months, or a year, or a few years from now, what would you want to feel?

Imagine feeling all of these things, separate from any specific things or people or circumstances that might make you feel these things.

Then ask yourself what feels right in regard to this area or these areas of your life from this positive feeling place. What actions feel right to take now from this positive feeling place? Be open and willing to do or change anything.

Be sure to listen to yourself now—to understand yourself now—and act on what feels right from here.

This is how you resolve the arguments and misunderstandings within you, and consequently outside you as well.

If you'd like help identifying what your arguments and misunderstandings with another person mean for you and exactly what actions to take (and in what areas of your life) to resolve them with yourself and with that other person, contact me for a free session now and we'll get started right away creating much more harmonious and understanding communication within and outside you!

### **How can I get other people to be more grateful for and appreciative of all that I do for them?**

I'm sorry that people haven't been more grateful and appreciative toward you. The first step in changing this is recognizing the ultimate cause of this experience. Other people cannot make you feel anything that you haven't already been making yourself feel. So if you've been feeling underappreciated, you've been underappreciative toward yourself, and this is what we want to change in order to change how others treat you, too.

In other words, if you want other people to be more grateful for and appreciative of all that you do for them, then you want to be more grateful for and appreciative of everything that you experience that is on the way to what you want. You generally want to be more appreciative of every success and every accomplishment and every good experience, no matter how small. If you take time to acknowledge and celebrate even the little things that are in the right direction, even if they're not everything you want yet, then you will be inclined toward helping others in ways and at times that actually lead to gratitude and appreciation.

This is for several reasons:

For one, if you aren't grateful and appreciative toward yourself, you will be inclined to try to do things for people that aren't necessarily wanted in an effort to get the gratitude and appreciation you've been lacking from yourself. But this will never get you what you want, which is gratitude and appreciation from yourself.

Also, if you aren't grateful and appreciative toward yourself, you will be inclined not to be as grateful and appreciative toward others, even in ways you don't realize, and this will make it more likely that others will reciprocate your lack of appreciation.

Further, if you aren't grateful and appreciative toward yourself, you are setting this example for other people to follow about how you should be treated. And, ultimately, when it comes down to it, other people will treat you the way you treat you, not the way you treat them.

And if the world is a mirror, and other people can only reflect your treatment of yourself, then when you look in the mirror, you will see how much or how little you have been appreciative toward yourself and all that you do.

So, if you want other people to be more grateful for and appreciative of all that you do, stop focusing on doing things for them, and start focusing on doing things for you. Because you deserve this positive attention and feedback from you that you've been giving away and then seeking in return from others rather than simply giving to yourself. If you give more positive attention and feedback to you, you will be getting more positive attention and feedback.

Then you'll help others only in wanted ways where you'll actually be appreciated. You'll be more grateful and appreciative to others and elicit more appreciation from them. You'll be setting an example of how you deserve to be treated that you actually want followed. And you'll see in the reflection of the mirror of the world exactly what you want to see and experience.

If you want help getting more gratitude and appreciation in your life, contact me for a free session now, and we'll get you experiencing the positive feedback from yourself and others that you truly want.

**How can I get people to stop telling me what to do?  
People have been bossing me around and have been  
so critical of me and I want them to stop.**

I'm sorry you've been experiencing this. We can resolve this, and we can do this by first recognizing that other people treat you the way you treat yourself. So if other people have been telling you what to do and you don't like it, this means that you have been telling yourself what to do, and this isn't appreciated.

When you focus on what you don't want and then you tell yourself that you "have to," "need to," or "should" do things in order to fix or avoid experiencing what you don't want, you come across to your own internal guidance as bossy and critical, always telling it what to do. And then you experience this reflected in the way other people treat you, too.

The solution is to focus on what you actually do want and then tell yourself "I'd love this," "I would be so appreciative and grateful if I had this," "It would be so wonderful to experience this," "I'd love to experience more things like this," or something else similarly positive and encouraging. Imagine if other people spoke to you like this! What different feelings this would bring about in you! You'd be much more likely to want to accommodate their requests then, right?

Well, the same is true for how you talk to, and treat, yourself.

As compared to focusing on what you don't like and being critical and telling yourself what you have to do, you'll get very different results if you focus on what you like already and encourage more of this, and on what you ultimately want to experience and express appreciation for it. And if you make



this change, you'll experience this change reflected in the way other people talk to, and treat, you, too.

If you'd like help changing the way you speak to and treat yourself so that other people will also be less bossy and critical, and instead be more accepting, encouraging, and appreciative toward you, contact me for a free session now and we'll make your experience here much more positive.

### **No one understands me. How can I change this?**

I'm sorry to hear that you've felt like people don't understand you. Fortunately, it is possible to change this. The key to changing this is to recognize that no one can make you feel anything that you are not already making yourself feel. In other words, if you are feeling like no one understands you, this means that your own internal guidance—your own thoughts, feelings, and instincts—has been feeling like you haven't understood it.

So if you've been making yourself (your own internal GPS) feel misunderstood, and these feelings have been supported by other people, then if you want to feel understood, all you need to do is start making yourself feel understood. Then you'll end up feeling understood by others, too.

The question then becomes, "How can I make myself feel understood?"

Your internal GPS feels misunderstood when you haven't been acting on its directions. If you're ignoring or reacting to what it feels right to do—instead of acting on this—in any area of your

life, this is the source of the problem here. So where might you have been doing what doesn't feel good and right instead of doing what does feel good and right? Has this been in regard to your career and money? Your romantic relationship? Your body and health? Your living situation? Your family? Your friends?

Once you identify where you have been making your own internal GPS feel misunderstood, it is up to you to respond and make changes to this. "I'm sorry for making you feel like I haven't understood you. I'd really like to make you feel like I understand you going forward." And then actually listen to what feels good and right where you haven't been doing so, and act on this.

If you'd like help recognizing where and how you've made yourself feel misunderstood and making yourself feel understood instead, contact me for a free session now and we'll get you feeling understood by the people in your life and the world around you.

**I feel like no one takes care of anything and I end up doing everything myself. How can I get people to do things?**

I'm sorry to hear that this has been your experience. Fortunately, there is a solution to this. The first step to resolving this is to recognize that people are just reflecting back and making you feel what you have been making your own internal guidance feel.

In other words, your internal GPS is saying to you that it feels like you haven't been taking care of anything and that it has ended up doing everything itself. It feels this way because you have been trying to figure out the directions to get places in life and forcing and controlling and micromanaging to make certain things happen that you believe should happen, and to avoid other things happening, when you haven't even decided on where you actually want to go yet. In fact, you've probably been focusing on where you don't want to go and trying not to go there, or you've been focusing on the physical things that you believe need to happen for you to get where you want to go rather than focusing on where you actually want to go, ultimately, in the first place.

Your job as the driver in your life is to plug a destination into your internal GPS (and this destination is the emotional experience you ultimately want to have—what you want to be feeling ultimately) and then to listen to your internal GPS as it gives you directions to get there and act on these directions so you actually get there. If you are trying to do all the work of figuring out directions and things that should or shouldn't happen and people who should or shouldn't be involved, you're actually making your GPS do a whole lot more work since it has to keep trying to get your attention as it keeps recalculating and asking you to plug in a clear destination in the first place so it knows where to direct you.

If you start focusing on the experiences you actually want to have, listening to yourself along the way, being open and accepting to the idea that the best route to getting where you want to go is not necessarily the one you think you should be taking, and being more appreciative of the things that are moving in the right direction, then you'll start getting this reflected back at you.

The result is that you'll find people start seeming to take care of things around you. Partly because you ask them differently—with less control and more guidance; less focus on what hasn't been done yet, and more focus on what has been done already; less frustration, upset, and expectation, and more acceptance, appreciation, and encouragement. And partly simply because this is the example you set yourself, since you'll actually be taking care of your end of things in your relationships with other people and in your life in ways that you haven't fully recognized that you actually haven't been up to now.

If you'd like help getting people to take care of things so that you don't have to do everything yourself anymore, contact me for a free session and we'll get you creating the dynamic with yourself that leads to your desired results with other people.

### **No one listens to me. How can I get people to listen to me?**

I'm sorry you've been feeling not listened to. The first step to getting people to listen to you is to recognize that people are just reflecting how you are treating yourself. Other people and the world around you can only make you feel what you are already making yourself feel. So if you are feeling that no one listens to you, this means that your own thoughts, feelings, and instincts—your own internal guidance—feel that you haven't been listening to them.

So if you want to get people to listen to you—if you want to experience this in the mirror of the world—then you want to listen to your own internal GPS.

How do you listen to your own internal GPS, you ask? Begin by focusing on the experiences you actually want to have—the ones that feel good. Whenever you focus on an experience you don't want, you are making this your destination in your GPS, and your GPS will direct you toward this, and you will be inclined to dismiss, ignore, and tune out its directions and get upset at it when it gives you what you asked for with the focus of your attention. When you focus on an experience you actually do want, you make this your destination in your GPS, and your GPS will direct you toward this, and you will be inclined to accept, pay attention, and tune in to its directions and be appreciative toward it when it gives you what you asked for with the focus of your attention.

So if you want to get people to listen to you, begin by acknowledging that you haven't been listening to yourself, and that you're sorry for this, and that you would like to listen to yourself more going forward. And focus on the experiences you actually want to have—the ones that feel good—and listen to yourself and acknowledge all the old destinations that come up—however bad the experiences seem—and redirect these toward where you actually want to go instead. Get yourself focused on what you want and appreciating everything that's on the way there, and other people will listen to you, too.

Ultimately, this will require a bit more than this since you'll want to recognize in what areas of your life—romantic relationship, career and money, body and health, family, living situation, friendships, etc.—you particularly haven't been listening to yourself and have instead been doing things that don't feel good or right. And you'll want to imagine what you would feel if you actually had everything you want in those areas of life in a few months or years from now. Then, you'll

want to apply everything we just said here—acknowledge old destinations and ways of treating yourself as they come up reflected in the world around you, and redirect these to what you would like to experience instead going forward. And listen to what feels right and good and act on this. This is ultimately how you'll get the mirror of the world to show you that you are listening to yourself.

If you'd like help identifying exactly how and where you haven't been listening to yourself and how you can change this so that you experience other people listening to you, too, contact me for a free session now and we'll get you listening to yourself in ways that get other people following your example and listening to you, also—exactly as you want them to.

## **How can I get people to do things faster?**

It can be really frustrating when you can't get people to do things as fast as you want them to. It can feel like you don't have control and like you need to assert more control to get people going. However, approaching the situation like this won't resolve it.

If you try to get people to do things faster from the feeling that they're not doing things fast enough, you're only going to bring about greater resistance in them and get the opposite of the result you want.

If you are feeling that people aren't doing things fast enough, the first step is to shift this feeling. The way to do this is to recognize that other people are reflecting you and making you feel what you have already been making yourself feel.

In other words, your own internal GPS has been feeling that you haven't been doing things fast enough in order to get the results that you've said you want to get. This could be in your career or financial situation, in your romantic relationship situation, in your living situation, in your family situation, or in some other area of your life. The key is to identify where you've been making yourself feel this way and have control over changing this rather than where you are simply being made to feel this way and don't have direct control in your hands over changing this.

Once you identify where you've been making yourself feel this way, step into a new emotional reality. What would you like to be feeling in this area of your life in a month, a year, or five years from now?

Then, ask yourself what it feels right to be doing now from this new positive feeling place. Whatever feels like it would feel good after you do it, do this. Once you are consistently taking the actions that will keep you on track toward what you are saying you want to experience, you will recognize that you don't feel anymore that people aren't doing things fast enough—that you no longer feel the need to get people to do things faster. And then people around you will actually do things faster.

If you would like help getting on track toward what you truly want at the pace that you want, contact me for a free session now and we'll get you experiencing people doing things at a pace that feels good for you.

## **How can I get people to do things I want them to do?**

It can feel like we're powerless and not in control when we can't get people to do things that we want them to do. This situation is resolvable, but only if we recognize that other people are just showing us ourselves and making us feel the way we have been making ourselves feel.

In other words, if you feel like you can't get people to do things that you want them to do, then your own internal GPS has felt like it hasn't been able to get you to do things that it wants you to do. It's been giving you directions toward where you've said with the focus of your attention and energy that you want to go, and you haven't been listening and acting in accordance with its directions.

Perhaps it has been asking you to give it clearer destinations. Perhaps it has been asking you to address something it has been bringing up to you in regard to how you've treated it in the past. Perhaps it has been asking you to take some action. Whatever you have been having trouble getting people to do is what your GPS has been having trouble getting you to do.

So whatever you've been wanting other people to do, do the equivalent of this—however this translates and applies—yourself. And then other people will reflect this and start doing this, too.

If you would like help getting other people to do things that you want them to do, contact me for a free session now and we'll identify what specifically you can do to get the reflection that you want in the actions of other people.



## **How can I find more good friends?**

If you want to find more good friends, you want to be a good friend to yourself in more ways and in more areas of your life. This will then be reflected in your finding more people who can be good friends for you.

Let's get you clear about what you truly want here and what you can do to get this:

What does it make you feel that you don't have as many good friends as you'd like? Perhaps it makes you feel disconnected, alone, like you want more, etc.

What do you imagine you would feel if you had more good friends? Perhaps you would feel connected, happy, like you have people to share experiences with, like you have people who understand you, etc.

Let's say it's six months from now and you're feeling all of these positive feelings. What would your life be like then? What would your career be like? What would your romantic relationship situation be like? What would your health and body be like? What would your family situation be like? What would your living situation be like? What would your friendships be like?

What steps would it feel right to take now to make these your realities? Whatever steps you imagine you would feel good after taking, go do these things. And reward and encourage and support yourself every step of the way with gratitude for the steps you've taken to move forward.

By creating your life with yourself like this, sharing experiences with yourself, listening to yourself, connecting to yourself, supporting and encouraging yourself, believing in yourself, etc., you are being a good friend to yourself—the kind of friend you are probably seeking in other people. The result is that you'll end up doing things that make you happy, and being in places where you are happy, and will meet people on similar paths—the kinds of people you'd truly connect with, since you'll be on a path that you are connected with, yourself.

If you'd like help being the kind of friend to yourself that you'd like to have in other people as well, contact me for a free session now and we'll get you on a track you're excited about and connected with in your life so you can meet people you can feel excited about and connected with!

## **I've been getting crazy yelling reactions from several people. What's going on here?**

The key to understanding this is recognizing that your interactions with other people are reflections of your interactions with yourself. So if you've been getting intense reactions in the mirror of other people, you'll want to ask what this means about your interactions with you.

Intense reactions from others mean you haven't been listening to and acting on a message from your own internal guidance and it has been recalculating to the point of yelling at you.

This is the result of not respecting the boundaries of your own internal GPS. When it is clear about what direction to go or not to go, you'll want to listen to this early on and not keep going

against its directions. If an animal shies away from you, indicating that it doesn't want you to come closer, and you disregard this message and keep moving toward it, you can expect that it will lash out and make noise or attack. The same is true of everyone and everything. And it all begins within you. If you respect your own boundaries by listening to what feels right for you, and what doesn't feel right for you, and acting in accordance with this, you will end up respecting other people's boundaries, too. The result will be calm, harmonious responses from and interactions with other people.

If you'd like help recognizing where in your life you haven't been listening to yourself and respecting your own boundaries and where you have thereby been eliciting intense reactions, contact me for a free session now and we'll get you on track toward the kinds of interactions you really want with other people.

## **I've been reacting really strongly to people recently. Why have I been so reactive?**

The first step in understanding this is to recognize that our experiences with other people are reflections of our experiences with ourselves. In other words, if you have been reacting strongly to other people, this means they have been treating you in a way that you have been treating yourself where you haven't liked this.

If someone were to throw salt at you, you'd probably be confused. But if someone were to throw salt at you when you have open wounds, this would really hurt and you'd likely react very strongly. If you are reacting strongly to people, this means

you are already sensitive to being treated the way they're treating you because you have been treated this way by yourself.

So ask yourself how you've treated yourself in the way these other people have treated you, how you've made yourself think and feel the way these other people have made you think and feel. Why would your own internal guidance have had reason to react so strongly to you? How have you treated it that you have elicited these entirely valid reactions?

Be sure to recognize that these reactions are, in fact, valid. They might seem out of proportion to what happened when you just consider what some other person did to you, but they are entirely justifiable and valid when you consider that you've treated yourself these ways probably for a very long time and this is what the reaction is really about.

So be the one to be accepting and acknowledging and validating toward your own reactions, and apologize to yourself for doing what you did that brought about these reactions.

What exactly did you do that brought about these reactions? You can discover this more specifically by asking yourself what the other person did and made you think and feel. But, ultimately, it will have something to do with your not listening to your own internal guidance when it said no or yes. You've crossed and disrespected your own boundaries by doing things that didn't feel right and not doing things that did feel right instead. And then you've likely dismissed and invalidated the resulting reactions from your own internal guidance after you've ignored its expressed wishes and boundaries.

Identify where in your life you have been doing this and apologize to yourself and change this. Listen to yourself going forward. Do not keep doing what doesn't feel right anymore. Do what feels right instead. And validate any reactions that come up within you as being proportionate to how you have treated yourself and entirely acceptable in this light—as a reaction to you and not to any other person or thing or circumstance.

If you are listening to your internal GPS when it whispers or hardly even speaks at all—rather than waiting until it has been recalculating to the point of frustration, upset, and anger—it will have no reason to end up yelling at you, and so you will not find yourself reacting strongly to other people around you either.

If you'd like help identifying how and where in your life you have given your own internal guidance reason to react strongly to you so that you can change this, contact me for a free session now and we'll get you validating your reactions and moving past them to calmness and much more positive experiences, where you actually get what you want because you've listened to your own internal guidance as it directs you to this.

## **Have other questions regarding relationships?**

Call me at 516-500-3728 or email me at [jonathan@jonathanrwachtel.com](mailto:jonathan@jonathanrwachtel.com) to get your questions answered and to get help applying these answers in the context of the specific circumstances of your life.

# Wellbeing

## **How can I increase my happiness?**

How do you create happiness? When you feel like things aren't going your way, and life seems lifeless, filled with negativity and sadness, how can you be happy? And when you feel like things are good, but not spectacularly amazing, how can you be happier?

Here are 5 powerful tips to help you choose happiness:

### Tip #1:

Meditate. Spend at least a few minutes every morning and every night simply sitting and focusing on the sensations of breathing, or walking back and forth across the room and focusing on the sensations of walking. Whenever you notice that you've wandered from your point of focus, notice where you've wandered to and bring your attention back to your point of focus. You'll be more present to all of your experiences throughout the day and really be able to enjoy them to the fullest, and you'll also sleep better at night, if you do this. So you'll actually be HERE to be happy!

### Tip #2:

Focus On What You Want. Give the majority of your attention to the experiences you like and want more of, and to the experiences you imagine and would really like to welcome into your life. Acknowledge anything in your experience that isn't what you want and redirect your attention to what you'd like instead of this. Whatever you focus on, you will get, so focusing on what you want ensures that this is what you'll be guided

toward and end up with as a result of whatever actions you engage in. And when you're getting the experiences you actually want, you'll be happier!

Tip #3:

Be Grateful. Take at least a few minutes everyday to acknowledge a few things you're grateful for. By giving your attention to these and taking time to acknowledge them, you're letting yourself and the world and everyone around you know that you'd like more of them. So expressing gratitude leads to more reasons to express gratitude, which leads to happiness.

Tip #4:

Surround Yourself With Positivity. Read, watch, and listen to positive, inspiring, uplifting books, articles, movies, videos, music, etc., and generally surround yourself with positive experiences. This way, you'll be focusing more on experiences you want than on experiences you don't want; so you'll end up noticing more positive experiences in your life in addition to welcoming in more positive experiences to notice! And when you're continually having positive, inspiring, uplifting experiences, you're guaranteed to be happier.

Tip #5:

Do What Makes You Happy. If you do what makes you happy, you'll be happy. How much more straightforward can this be? Even if you have to really challenge yourself to find or remember things that make you happy, it's worth the effort. When you find or remember something, act on it. You'll be happier because of it.

Over many years of guiding others, I've helped many people create happiness and fulfillment—even when life seemed

lifeless, disappointing, and sad, or when it just wasn't everything they wanted it to be—using my Life Guidance System. If you'd like help creating more happiness in your life, contact me for a Free 30-Minute Happiness Now Session, in which you'll:

- \* Get completely clear about what you truly want in your life.
- \* Become aware of exactly what actually has been holding you back from getting everything you want up until now.
- \* Leave the session re-energized and inspired, with a renewed sense of happiness, and with clarity about the next steps you can take, beginning now, to get everything you want in your life, along with the motivation to take them.

Ready for a life filled with happiness? Contact me now and let's get started!

## **How can I create more positive experiences in my life?**

How do you create positive experiences? Rules (“should”s and “should not”s) and fears can hold us back from completely letting go and allowing ourselves to enjoy our experiences fully. How can we relax and really enjoy everything that life can be?

Fortunately, what you really want is actually possible and available to you. You just need to know and apply some key ideas:



Here are three steps to creating more positive experiences in your life:

- 1) Imagine and step into the experience that you'd like to have.
- 2) Respond to the experiences that come up that are incompatible with this experience that you'd like to have and redirect them.
- 3) Listen to yourself and take action in accordance with what feels right and good for you from the place of feeling what you'd like to feel.

You can apply these three steps to creating any new positive experiences in your life in any area (career, relationship, health, family, friendships, living situation, etc.).

Let's explore these steps in more detail:

#### #1: Imagine The Experience You'd Like.

Before we can experience something in the world, we need to imagine it, create it in our minds, make it real for ourselves as an experience of thoughts and feelings and desires about it before it has any physical reality associated with it. Notice how as you imagine this experience, you're already experiencing it. This is the key to bringing about a physical reality that supports this experience.

So step into this experience as fully as possible in your mind, feel it in your body, live in it for a little while.

#### #2: Respond And Redirect.

When you're trying to imagine the experience you'd like to have, address and redirect any thoughts, feelings, or desires that come up that are negative and incompatible with the positive experience that you'd like to have. The way you do this

is by first acknowledging that every thought, feeling, and desire that comes up is not you speaking; it is about you. It is your internal guidance, your GPS, speaking to you about you, and not about any other person or anything else.

So if there are reactions within you seemingly to someone or something outside you, this is your thoughts, feelings, and desires speaking to you; it is not you speaking and it is not about anyone or anything outside you. Therefore, in order to address these concerns, it is up to you to take responsibility for making your GPS experience these things and to validate the feelings by saying something like, “I’m sorry I’ve made you feel these things (and be specific by putting the negative feelings into words). Going forward, I would love to make you feel these other things instead (and be specific by stating the opposite of the negative feelings you just mentioned).”

If you experience anything that doesn’t fit the experience you’d like to have, do not ignore it and talk over it with forced positivity, dismiss it as unworthy of your attention, or tune it out, or you will create more negative experiences for yourself. Validate the experiences you have in reaction to the world as being reactions to you—reactions by your internal guidance to how you’ve treated it and made it feel. Remind yourself that the world is just a mirror and this will be easier, because then it is obvious that it is showing you nothing but what is within you. And only if you change what is within you can you change what you experience in the mirror. So respond to the thoughts, feelings, and desires that speak up within you, for they are speaking to you about you, and not about anyone or anything in the mirror.

#3: Listen And Act.

Listen to yourself. Listen to what feels right about what specific actions to take and when. If you don't listen to yourself, you won't get the experience you want in the mirror of the world either. But if you do listen to yourself, the experiences you thereby create for yourself will be reflected and supported by the people and the world around you.

Over many years of guiding others, I've helped many people create more positive experiences in every area of their lives using my Life Guidance System. If you'd like help creating more positive experiences in your life—in a relationship, career, or any other area—contact me for a Free 30-Minute More Positive Experiences Now Session, in which you'll:

- \* Get completely clear about what you truly want.
- \* Become aware of exactly what actually has been holding you back from getting everything you want up until now.
- \* Leave the session re-energized and inspired, with clarity about the next steps that you can take, beginning now, to get everything you want.

Ready to create more positive experiences in your life? Contact me now and let's get started making this happen!

## **How can I be more present?**

Presence is the first step to change and fulfillment. You can practice being more present in any moment that you are aware

enough to decide to focus your attention on what is happening and what you are experiencing in this moment.

Pay attention to what is happening within and around you whenever you get the chance. This becomes a natural process when you practice something like meditation daily. If you have a daily routine in which you begin every day with some form of meditation, you will be reminded, even when you aren't aware, to become aware again and to step out of thoughts and feelings about the past and future and alternative versions of the present, and return to the present moment as it is with acceptance of it as it is.

In addition to a daily meditation practice, even if it is only a few minutes, choose to carry this presence into the day, to practice being present as often as possible. So breathe, and focus on your breathing. Walk and focus on your walking. When you're talking to someone, focus on the meaning you're conveying. When someone else is talking to you, focus on the meaning he or she is conveying. Choose a point of focus, an anchor, in each moment—the one thing that most requires your attention and energy in that moment. And whenever you notice that your attention has wandered from this point of focus, choose to bring your attention back to your point of focus.

In addition to meditation, exercise daily, get outside daily, do yoga if this resonates with you. And listen to yourself throughout your days about where it feels right to be. If you are in a job or relationship or living situation or engaged in some activity that doesn't feel right and you need to tune yourself out in order to stay there, imagine what you'd like to be experiencing instead and, when it feels right to do so, leave and move toward what you actually want to be experiencing. If you aren't listening to yourself in any area of your life, you will

gradually become less present in other areas of your life, too, as you try not to listen to yourself. So listen to yourself about what feels right for you always, and act on this always.

If you'd like help understanding how to listen to yourself, and ultimately how to be more present so that you can reap all of the benefits of peace and fulfillment and love that this provides, contact me for a free session now and we'll get started right away!

## **How do I get rid of negative feelings, doubts and fears?**

How do you get rid of negative thoughts and feelings, doubts and fears? When it seems like they're getting in the way or taking over, and you've tried to be positive, and you've tried to distract yourself from them, and nothing is working, what do you do?

You respond to them.

Your thoughts, feelings, and desires are never speaking about anyone or anything in the world outside you. They are your own internal guidance—your GPS—telling you that you have made it think, feel, and want certain things based on whether you've been listening to it or not.

The world outside you is just a reflection of the world inside you, where people and circumstances support you in thinking, feeling, and wanting what you have already made yourself think, feel, and want. The world outside you doesn't create your experience; it simply supports the experience you have

created inside you with what you've chosen to focus your attention and energy on and how you've consequently treated yourself.

So, when you're going the wrong direction with your focus of attention in your thoughts and actions, and your GPS expresses its feelings that you aren't understanding its directions, or that it isn't successful in trying to get your attention, or that it's alone and lonely because you aren't paying attention to it, or whatever else, the only way to resolve this is to listen and respond.

If you try to talk over or distract yourself from your internal GPS's expressions to you of negativity, doubt, and fear, it only makes it more negative, more doubtful, more afraid because you still aren't listening to and following its directions toward the destinations you've plugged into it with the focus of your attention. If you ignore, dismiss, or tune out your negative thoughts and feelings, doubts and fears, you will only get more of them—you will face more circumstances in your life that give you reason to be thinking and feeling these negative things, to be doubtful, and to be afraid. If you listen and respond—with an apology for making your internal guidance think and feel these things, and with a redirection of how you'd like to make it feel instead going forward—you will immediately feel better and you will face circumstances in your life that give you reason to be thinking and feeling more positively, to be confident.

So take some time to be present to yourself and let yourself hear the thoughts, feelings, and wants as they speak up within you—seemingly about other people and the world around you. And acknowledge that they are actually about you—that all of that is a mirror of you. Take responsibility for treating yourself

as you have, even when you were unaware that you were doing so, and respond with apologies and redirection where appropriate, and with gratitude and appreciation where appropriate. Then other thoughts and feelings will come up, and you can respond to these to continue the conversation you're having with your internal guidance until you are feeling good—which means your internal guidance is feeling good, which means you have actually listened to it and understood what it is saying and your actions are in accordance with this.

In Summary:

Your negative thoughts and feelings, doubts and fears are your internal guidance telling you that you are going a direction with the focus of your attention and energy that is not on the way to where you have previously said with your focus of attention and energy that you would like to go. So don't ignore, dismiss, or tune them out or you'll keep going the wrong direction and they will only increase in intensity and frequency until you can't possibly ignore them anymore. Instead, listen to them and respond so that you can get back on track with your focus of attention and energy toward where you actually want to go. And they will transform into positive thoughts and feelings.

If you would like help with understanding this better and applying this in your own situation, contact me for a Free Life-Transformation Jumpstarter Session in which we'll eliminate your negative thoughts and feelings, doubts and fears by listening to and acknowledging what they're really saying to you, and responding to them, getting you on track with all of your actions toward the experiences you actually want to have in your life. You will leave the session feeling so much better than you came in because you will have actually gotten the

messages! And you'll have clear next steps to take to make it so that your life supports you in continuing to feel better, more positive, and more confident!

Ready to feel so much better and more confident, to eliminate all of your negative thoughts and feelings, doubts and fears, and to get on track toward all the positive experiences you truly want in your life? Then contact me now and let's get started!

## **How do I increase my energy and motivation?**

How do you increase energy and motivation? Throughout the day and throughout life there are times that we might feel tired and less energized or motivated to keep going and getting everything done that we'd like to get done, or to do anything at all.

The key to increasing energy and motivation in your life is to imagine how you'd like to feel ultimately. If you did whatever you think you want to do, accomplished whatever you think you want to accomplish, experienced whatever you think you want to experience, what would you be feeling afterward?

If you went to the gym, or you had the body you want, or you had the relationship you want, or you had the job you want, or you had the income you want, or you had a certain house, or you became a famous actor, or you became a successful businessman, or you had an attractive partner, or you had whatever else you think you want, what would you feel then?

Perhaps you want to feel relaxed, settled, confident, valuable, worthy, useful, helpful, secure, peaceful, in control, good, happy,



excited, loved, connected, like you belong, etc. So imagine what it would be like to feel whatever you want to feel, and then ask yourself from that place what it feels right to do now. Then do this. This might be the same thing that you thought you wanted to do, or it might be something completely different. Just do whatever feels right once you have stepped into the feelings that you actually want to be experiencing.

When you fast-forward to afterward and imagine feeling whatever you actually want to be feeling, and then you do what feels right from this place—rather than simply forcing yourself forward toward some undefined experience—you'll be far more energized and motivated. This is because you'll have a clear purpose and aim pulling you forward toward it, so you won't have to push or pull yourself forward on your own efforts alone, trying to get away from something rather than being pulled toward something. And this is also because to be energized and motivated is to feel something. If you want a feeling, step into a feeling and then act from there. Don't use logic or analysis or mere action to try to get to a feeling. Imagine and step into your desired feeling, and you will be motivated to do whatever would support you in experiencing that feeling.

If you'd like help getting clear about what you really want to feel and what would actually support you in experiencing these feelings—so that you can have more energy and motivation in your life—contact me now and you'll come out of the first free session with more energy and motivation already!

## **How can I increase my confidence in myself?**

This is a great question. It's terrible when you don't feel confident in yourself. It can feel like you just want to shrink amidst the fear when what you really want to feel is like you can expand and take on everything that life can offer you.

So how can you increase your confidence in yourself?

The secret to accomplishing this is to recognize that it is actually your internal guidance that is not confident...and it's not confident because it hasn't been successfully getting your attention.

Whenever you focus on experiences that you don't want and act from this negative feeling place, you are not working with your internal guidance. When you focus on what you don't want, plugging an undesirable destination into your internal GPS, you are inclined to ignore, dismiss, and tune out your internal GPS's directions. When you do this, it does not feel confident in doing its job, in directing you, in being your partner in the creation of your life.

Further, by not listening to your own internal GPS, you suggest a lack of confidence in it. But this lack of confidence is born of your not focusing on what you want in the first place. Because your internal GPS will always faithfully guide you to what you're focusing on, and if you focus on where you don't want to go, you leave your GPS wondering why it can't do anything right or well enough, or why it isn't attractive enough, etc., that it isn't getting your attention to get you to focus on what you actually want and listen to it.

In other words, if you really want to increase your confidence in yourself, focus on what you actually want to experience. Feel what that feels like. Be open to the possibility of experiencing what you actually want, and just let yourself feel it now.

Imagine experiencing what has previously seemed to you to be impossible for you. Don't place any limitations on yourself, because you don't know where your limitations are, so whatever limitations you set will keep you from recognizing what's actually possible for you, what you're actually capable of. Imagine fast-forwarding in time to after whatever you've had trouble believing in has already happened, to after it is already your reality.

And when you are open to the possibility of it, and you're feeling it, ask yourself what feels right from there. From your future vantage point in your ideal life experience: What things feel right for you to have pursued? What actions feel right for you to have taken?

Make all of your decisions from this place, and your internal GPS will become increasingly confident in getting your attention. And you will grow increasingly confident in the capability of your internal GPS to direct you toward experiences you actually want to have. You will feel better about listening to yourself, and when you are working with your GPS, rather than against it, you will recognize that anything and everything you really want truly is possible for you to attain and experience.

If you would like help identifying what you truly want and listening to your own internal guidance so that you can

increase your confidence in yourself immeasurably, contact me now for a free session and we'll get started right away!

## **How can I be more positive?**

This is a really good question. We often think that in order to be more positive, we need to talk over the negative and not give the negative our attention. However, this doesn't actually work. It actually only increases the negativity that we are trying to shut out, because if we're trying to block it out, we aren't getting the message, and the message will keep coming and intensify and appear in other forms until we do get it.

In order to be more positive, you want to acknowledge and respond to anything negative that comes up with an appropriate apology and redirection. In other words, acknowledge your role in being the ultimate origin of whatever negative experience you are having—that you are just experiencing what you have made yourself think and feel reflected back and supported by the mirror of the world. And therefore validate what you have made yourself think and feel and want that isn't positive and say you're sorry and let yourself know what you'd like to make yourself feel instead going forward.

This is key.

In addition to this, you can:

- 1) Intentionally surround yourself with primarily positive books, songs, people, etc.—with things that support you in feeling good.

2) Take care of yourself and give your attention and energy primarily to things, activities, relationships, projects, etc. that uplift, energize, and inspire you.

3) Shape your life around feeling what you really want to feel. If you shape your living environment, your friendships, your career, your romantic relationship, your days, etc. around what makes you feel good, and you make your decisions from this good-feeling place, your life will support you in being positive and remind you—with good reasons—to be positive even when you might slip from this. It won't be nearly as much work to remain positive, or to get back to this, when you've shaped your entire life around what helps you be positive, because then there are reminders everywhere to be positive (rather than the reverse).

But remember, being more positive is only sustainable if you know how to handle the negative. And the secret is to take responsibility, respond and redirect. Once you've validated—with your words and actions—that you've heard the message about what you've made yourself experience, and you let yourself know what you'd like to make yourself experience instead going forward (and you act on this), the negativity will transform into positivity and actually support you in your aim.

If you'd like help being more positive, filling your life with reasons to be positive, and learning from anything that doesn't seem positive how to be even more positive, contact me for a free session now and let's get started!

## **How can I stop feeling alone?**

I'm really sorry to hear that you've been feeling alone. Aloneness such a terrible feeling.

It is possible to change what you've been feeling by changing how you've been making yourself feel. The world can only support you in experiencing what you've made yourself experience in the first place; it cannot make you feel something you haven't already been making yourself feel.

In other words, keep yourself company and you will no longer feel alone. You'll find that even just turning around to yourself and saying something like, "I'm here with you. I'm sorry I haven't been here with you, and I'd really like for you to feel like I'm here with you." will immediately make you feel less alone.

If you want to sustain feeling connected and like you have company and a partner all the time, imagine what this would feel like and step into these feelings, and make your decisions from this feeling place rather than from the place of feeling alone. If you had the best company all the time, what would this feel like? And what would you do then? Do this. Do it with yourself, and external company will follow, and you'll actually end up having exactly the kind of company you want—because you started by being this for yourself.

If you'd like help being the kind of company for yourself that you really want to have, and creating an experience for yourself of connection, belonging, and wholeness, contact me for a free session now and we'll get started right away shifting your experience into exactly what you would really like it to be.

## **How can I stop feeling so stressed out all the time?**

It can be easy to get caught up in our reactions to life and forget to slow down and breathe once in a while.

Here are some tips to help you reduce the stress and increase the calm in your life:

1) Pause once in a while and just breathe and focus on your breathing. No matter what comes to your mind or takes your attention away, just acknowledge it and bring your attention back to your breathing. Do this for at least a few minutes. If you make it a regular practice in the morning and at night, this is even better because then you'll be present enough to remember to do it during the day when it matters.

2) Exercise daily. Get your body moving and your blood flowing and you'll feel less stressed, and more relaxed, confident, and in control of your life.

3) Get outside each day and go for a walk or a run or just sit somewhere, ideally amidst some kind of nature. Sunshine and fresh air and the vastness of outside (as compared to the limitations of walls and ceilings) help us step outside of the worlds of our minds and regain perspective. Life is always less stressful from this vaster perspective.

4) Read, watch, and listen to positive things. We get stressed when we focus on what we don't want to experience. So if we get ourselves actively focusing on what we do want to experience instead, we can calm down, trust more, and feel much better.

5) Listen to yourself. If you're not listening to yourself, you'll perpetuate situations that are supporting you in being stressed. But if you do listen to yourself, you can take actions to change your situation and create a life that supports you in being calm and relaxed instead.

If you'd like help reducing your stress and creating a life that supports you in being calm, relaxed, peaceful, positive, and ultimately deeply good, contact me now for a free session and we'll get you more relaxed immediately and start reprioritizing and restructuring your life so that it helps you sustain this.

**I've been having debilitating, intense anxiety and fear. What can I do to make it stop?**

I'm sorry you've been experiencing this. We can feel so out of control when we're feeling things like this.

Fortunately, there is a way to resolve this. The first step is recognizing what this anxiety and fear actually means.

Anxiety and fear essentially mean that we've been focusing on one thing with our attention and then going a completely different direction with our thoughts and actions that can never get us to where we've been saying with our attention that we actually want to go.

We all have our own internal GPS system. When we're experiencing intense anxiety and fear, this is our GPS saying it's been recalculating over and over again and we've so much been not listening to its directions (based on the destination that we



plugged in) that it feels like it has no control and it's afraid we're going to drive off a cliff or a bridge or something because we've so much been not listening to its directions.

In order to change this, it's up to us to recognize that we've been in the wrong place and doing the wrong thing in terms of being in alignment with ourselves. We're somewhere we shouldn't even be and doing something we shouldn't even be doing if we were listening to ourselves.

So where have you not been listening to yourself? Where has it been feeling off or bad or terrible and yet you've been continuing to go this direction and keep doing what you've been doing anyway? In what area or areas of your life has this been the case? With which people, which activities, which actions?

First, imagine what you'd really like to be feeling in your life in a few months or a year, or a few years from now. And then ask yourself what about your current life (and the people and your behaviors and where you are) doesn't fit those feelings. This could be in regard to your career, money, a romantic relationship, your health, family, a living situation, or some other area or combination of these areas.

Once you identify where you have not been listening to yourself, it's up to you to make a change. Then you will no longer experience anxiety and fear, because your internal GPS will have no reason to be afraid anymore about where you're going—since you're listening to it and making it feel confident that it has a say in your actions and control over its experience.

If you'd like help identifying where you haven't been listening to your own internal guidance so that you can alleviate and

eliminate your anxiety and fear, contact me for a free session. If you'd like help identifying exactly which changes to make in your life to achieve calm, peace, and control over your experience, and how to go about making these changes with confidence, contact me for a free session. I'm here and ready to help you!

## **I've been feeling trapped and controlled. How can I feel free?**

I'm sorry you've been feeling this way. The first step in changing this and getting yourself feeling free is to recognize the ultimate cause of your feeling trapped and controlled. Ultimately, the people and the world outside you are merely supporting you in feeling the way you have already been making yourself feel. So the question is how you've been making yourself feel trapped and controlled.

When we focus on what we don't like and don't want and then tell ourselves that we "have to" "need to" or "should" do things in order to avoid experiencing what we're focusing on, we make ourselves feel trapped and controlled.

So if you want to feel free and in control, the key is to focus on what you *do* like and *do* want and therefore just naturally going there and welcoming this into your experience—no force or control necessary. When you are simply guiding and no longer controlling, you don't trap yourself in a situation where you're fighting against going where you're naturally going because of where you're looking.

When riding the bicycle of life, we ought to acknowledge the poles and decide where we want to go instead and then look there instead. If we focus on the poles and try to avoid them, we will feel trapped and controlled. But if we focus on the open fields and naturally steer there, we will feel free.

If you'd like help creating a life of freedom, where you feel entirely in control of your experience, contact me for a free session now and we'll free you from your own self-imposed confines and the reflections of this in your life.

## **How can I get more of what I want in my life?**

The first step to getting more of what you want in your life is to identify what it is that you really want.

Most of the time, we think we want things or people. "If only I had that job, that amount of money, that house, that car, that attractive person, those friends, etc."

The question you ought to ask yourself is: What would you feel if you had those things that you think you want? Perhaps you'd feel more secure, freer, lighter, peace of mind, relaxed, happy, connected, like you belong somewhere, purposeful, and so forth.

Now recognize that if you were experiencing these feelings in your life, it wouldn't actually matter if you had the particular things or people that you think you want. You'd have what you really want, because what you really want is an experience—to be thinking and feeling something about yourself and your life.

In other words, rather than say, “If only I had that income, I’d be happy,” recognize that it’s possible to have that income and not be happy, but that if you’re happy, you’ll be happy, regardless of whether you have that income or not. So what you really want is to be happy—is to feel something positive.

Once you identify this, everything can shift. Because the feelings from which you act give rise to more reasons to experience these feelings. So when you simply step into the feelings you want to be having—when you are feeling what you want to be feeling—you are inclined to take actions that lead to more reasons to be feeling what you actually want to be feeling. In other words, if you simply step into what it feels like to feel secure, free, light, relaxed, happy, connected, purposeful, and so forth, you will be inclined to take actions that will lead to results that will support you in experiencing these positive feelings.

So how can you get more of what you want in your life? Identify what you truly want—which is a state of mind, an experience, a bunch of positive thoughts and feelings. And then make your decisions and act from this place, and you will be guided toward what will actually support you in feeling like you have what you want in your life, rather than merely what you think will support you in feeling this.

If you would like help identifying what you truly want in your life so that you can get this, contact me for a free session now and we’ll get you experiencing the feelings of having everything you truly want in your life, and then experiencing a life that supports this.

**Life has been such a rollercoaster. How can I make my experience of life more consistently positive, rather than having all of these ups and downs?**

I'm sorry that life has been like this for you. Life seems like a rollercoaster when we react to everything that's happening in our lives as if what's outside us is the source of our internal experiences. When we feel like the people and the world outside of us determine what we experience, we go up and down with everything that happens around us.

In order to make life a smoother ride, the key is to recognize that you are the source and sole determiner of everything that you experience. No one and nothing can make you feel anything that you have not already been making yourself feel. Considering this, if life seems to be making you feel something, it's up to you to ask yourself how, and in regard to what area or areas of your life, you have been making yourself feel this. Then you can make changes where appropriate, and also express appreciation in the right direction (toward yourself most importantly, even if also toward others).

When you take responsibility for your own experience and focus on where you actually want to go, you become the driver of your life. No longer are you the passenger on a rollercoaster, with tracks laid out for you up and down and all over the place. You are the driver of your own car on an open road where you can choose to go any direction you wish in any moment.

You respond to your reactions within, rather than acting them out toward others and the world around you. You create new responses and decide your own outcomes, rather than being

another domino in a series of falling dominoes, getting results based on what seems to be inevitable.

When you recognize and acknowledge that the world outside you is just a mirror of the world inside you, you can change anything simply by changing what is within you—what you focus your attention and energy on, how you treat yourself with your internal and external words and actions. You can step down off of the rollercoaster, watch other people on it for a bit, and then walk away to live the life you really want to be living.

If you'd like help stepping down off of the rollercoaster and becoming the driver of your own life, contact me for a free session now and we'll get you creating and experiencing a consistently positive, smooth ride.

## **How can I increase the love in my life?**

If you want more love in your life, create more love within yourself. Then this is what will be reflected back at you by the people and the world around you.

Give yourself the kind of love you want from others. Treat yourself as you want to be treated by others. Don't simply treat others as you would like to be treated. Be sure that you are treating *yourself* as you would like to be treated. This will make it much easier to treat others well consistently, too, and it will make it so that others also treat you well since they will treat you the way you treat you.

Be kind to yourself. Tell yourself you love yourself. Be willing to go out of your way to do something for yourself—to do something that makes you feel good and that feels right to do. Be compassionate and forgiving toward yourself when you haven't done something you've wanted to do or you did something you didn't want to do. Be encouraging toward yourself when you're doing things you do want to do.

Be a friend to yourself as you would want a friend to be to you. Be there for yourself. Be dependable toward yourself. Be a good and accepting and appreciative listener to your own thoughts, your own feelings, your own desires. Do everything you do *with yourself* rather than avoiding yourself and what feels good or forcing yourself to do something other than what feels good and right for you. Spend your time doing what you love and do everything you do with love.

Be family toward yourself as you would want your family to be to you. Be unconditionally loving and supportive. Provide for yourself. Attend to your own basic physical and emotional needs with care and out of love for yourself.

Be a partner to yourself as you would want your partner to be to you. Be understanding toward yourself. Be present to yourself. Connect with yourself. Listen with love and caring. Imagine new realities and create goals and dreams with yourself, feel what it would feel like to achieve these, and act on these with yourself—from this good-feeling place. Listen to what feels good and act on this. Listen to what doesn't feel good and respect your own boundaries and change direction.

If you are loving toward yourself as you would want others and the world to be to you, you will experience all the love in your

life you could possibly desire—coming from you, and then reflected in the world outside of you.

If you would like help increasing the love in your life, contact me for a free session now, and we'll fill your experience of life with love.

## **How can I feel more alive?**

If you want to feel more alive, you want to be with yourself more. The more on the same page you are with yourself, and the more present you are to yourself, the more alive you will feel.

So how can you get on the same page as yourself? Whenever you are focusing on conflicting things, without a clear focus on anything, you aren't on the same page as yourself—you aren't aligned with yourself. It feels terrible and life draining to not be aligned with yourself. It's unclear what you want and what can fulfill you. And your internal GPS has no clear destinations toward which to guide you, so it feels purposeless and low in energy, and so you feel these things, too.

In order to get aligned with yourself, you first want to get really clear about what you want. What you want is not a specific person or thing or occurrence; it is the thoughts and feelings you imagine you would be experiencing if you had this person or thing or occurrence. If you identify what you truly want to be feeling, you are well on your way to feeling more alive.

The next step is to make these desired feelings real for you. Focus on them. Step into them. Live in them on purpose for at



least a few minutes each day. Then you can start recognizing what doesn't fit you feeling this.

Once you start recognizing the things that take you away from feeling what you'd like to be feeling, you can respond to these and redirect them. These are old destinations that you've plugged into your internal GPS with the focus of your attention that aren't on the way toward your new destination that you've just set. If you want to go forward in alignment with yourself, you want to respond to all of the ways that you've previously made yourself feel that don't fit this new way that you are basically saying you'd like to make yourself feel—what you are saying you'd like to experience.

So where you have made yourself feel less-than-ideal, respond to this by apologizing and redirecting. You cannot experience anything unless you made yourself experience it first—the world just reflects and supports what you have already made yourself feel. So if you're feeling things that you don't want to be feeling, acknowledge your responsibility here: "I'm sorry I made you feel these things." And let yourself know what you'd like to make yourself feel instead going forward. "Going forward, I'd really like to make you feel (the positive opposite of what you've previously made yourself feel) instead."

As you address concerns as they are brought up by your own internal guidance, you can get more on the same page with it. And when you are more on the same page with your own internal guidance and focused on clear positive experiences that you are aligned with, you will feel more alive.

So here are the keys to feeling more alive:

1. Step into what you really want to be feeling each day. Imagine a whole bunch of positive feelings for yourself and really feel them.
2. Acknowledge and respond kindly to any feelings that come up that don't fit this, and redirect them toward more positive feelings.
3. Act on what feels right from this positive, aligned place.

Then you will be more present to where you are and to every experience in each moment. And you will feel much more motivated, purposeful, and alive.

If you would like help getting aligned with yourself and clearly focused on what you truly want to experience so you can feel much more alive, contact me now and we'll get you feeling what you really want to feel in your life.

## **How can I increase the peace in my life?**

If you want to increase the peace in your life, you want to increase the peace within yourself. External noise and chaos is a reflection of internal noise and chaos. External peace is a reflection of internal peace. So if you want more peace outside, create more peace inside.

Here are some key tips to increase the peace inside, and consequently also outside, you:

1. Focus on what you actually want to experience—on what makes you feel good—and take time to appreciate and express

gratitude for this and encourage more of this. If you are in alignment with yourself, actually wanting what you are focusing on and thereby reinforcing and moving toward more of, you will experience a lot more peace than if you are misaligned with yourself, not wanting and resisting and fighting against what you are focusing on and feeding with your attention and energy.

2. Take time each day to meditate, to be present, to just be. Breathe and focus on your breath. Walk and focus on your walking. Step out of your thoughts and feelings as you focus on your breathing or your walking or something else in this moment. And notice the thoughts and feelings that arise and take your attention away from your breathing or your walking, and acknowledge these, and gently bring your attention back to your breathing or your walking.

3. Take responsibility for your experiences. Recognize and acknowledge that everything you experience outside you began inside you. If anyone or anything is making you feel some way or think something, you have been making yourself feel this way or think this. The outside is just reflecting and supporting the inside; what you are experiencing is not coming from outside initially and is not dependent on this. If you recognize that you have complete control over what you experience, you can turn around and respond to yourself and take different actions and create experiences that you actually want in your life to be reflected and supported outside you.

If you put these tips into action, you will have a lot more peace in your life as the outside comes to reflect the new, more peaceful experiences you are creating within and acting from.

If you'd like help increasing the peace in your life, contact me for a free session now and we'll get started right away making your experiences in life much more peaceful!

### **Have other questions regarding wellbeing?**

Call me at 516-500-3728 or email me at [jonathan@jonathanrwachtel.com](mailto:jonathan@jonathanrwachtel.com) to get your questions answered and to get help applying these answers in the context of the specific circumstances of your life.

# Success

**How can I stick to my new year's resolutions, achieve my goals, and make this year better than last year?**

How can you make this year better than any year you've ever had before? How can you ensure that you have the experiences you really want to have this year? How can you make this year extraordinary?

With the right tools, you can create spectacular experiences in every area of your life in the coming year—in your relationships, career, business, finances, family, and more.

Here are 5 powerful tips to make this year extraordinary:

Tip #1:

Imagine how you'd like to feel one year from now.

Perhaps you'd like to feel like you accomplished everything you wanted to this year, like you grew a lot in so many ways, like you took big leaps forward in your life, like you're in an amazing relationship that you love, a career that you're passionate about, with an abundant income that you can feel proud of.

Whatever you'd like to feel next year, step into those feelings—just the feelings—as though you're already there, and make it real for yourself.

Next, ask yourself what your life might look like a year from now that it's supporting you in feeling these things. What's changed in the last year that led you to this feeling place?

Then ask yourself what you can do right now that would take you a step in the direction of that being your experience a year from now.

Be sure to step into what you'd like to be feeling daily so you can ensure that all of the actions you take are from this feeling place and so lead to outcomes that support the feelings you actually want to be having.

Tip #2:

Express gratitude and appreciation.

Review the last year up to now in light of where it's leading you (that positive feeling place you imagined being in in a year from now). And note the steps you took in the direction that you'd like to be going. Also note the results you've gotten this past year that have been even a tiny bit of what you want.

Celebrate your successes, no matter how big and small, up to now, and you'll be motivated to move even further in the direction of everything you want in life in the coming year.

Tip #3:

Apologize to yourself, and forgive.

If any things come to your mind from the last year or before that you're upset about or that you regret, apologize to yourself, and allow yourself to forgive yourself.

Apologize to yourself with consideration that the world outside you is just a mirror of the world inside you. All of the experiences you faced with people and circumstances in the last year and before are experiences that you created for yourself first, and then the world came in to support you in feeling those things that you made yourself feel. So apologize to yourself for making yourself feel those things that are undesirable.

Then, allow yourself to forgive yourself and to forgive the messengers in your life of experiences you created for yourself. These messengers only showed you how you were treating yourself and making yourself feel. If you recognize this and then change how you treat yourself and make yourself feel going forward as a result, you'll be in a much better place in the coming year because of the experiences you faced before now and what you learned from them.

Tip #4:

Let go.

After you apologize to yourself and forgive yourself and the messengers in your life, let go of anything that doesn't fit the life you want to be living going forward.

If you drag with you your undesirable experiences from the past with your over-attention to them, you'll create more of them in the coming year.

Alternatively, you could leave your past experiences behind you and bring forward only the lessons you learned from them about how you can create better, more desirable and enjoyable experiences for yourself going forward.

Tip #5:  
Be open.

Be open to the idea that this coming year could actually be different from all previous years. No matter how bad or good your previous years have been, your experiences in this coming year could be better, more fulfilling, more inspiring, more exciting, more peaceful, more loving, more enjoyable, more full of life and aliveness than your experiences before now.

If you are at least open to this idea, you will find that you will become aware of opportunities as they are presented to you that could actually help support you in believing what you were previously merely open to—that you could actually have experiences this year that are better than those in years before now.

Over many years of guiding others, I've helped many people create experiences for themselves that are better than any they'd experienced before, using my Life Guidance System. If you'd like help achieving all of your goals this year and making this year better than last year and any other year before this, contact me for a Free "Make This Year Extraordinary" Session, in which you'll:

- \* Get completely clear about what you truly want in the coming year and in your life.

- \* Become aware of exactly what actually has been holding you back from getting everything you want in your life up until now.



\* Leave the session re-energized and inspired, with clarity, direction, and motivation to get everything you want in the coming year.

Ready to achieve all of your goals this year and make this year extraordinary? Contact me now and let's get started creating that reality!

## **How do I maintain hope and keep going even when things seem hopeless?**

How do you maintain hope and keep going when things seem hopeless? When you feel like you've tried everything and like you've exhausted all your options—in regard to finding a job, succeeding in your business, making money, finding a relationship, making a relationship work, or anything else, or simply life, itself—and nothing has worked to get you where you want to go, how do you keep going on and continuing to try?

Here are 5 powerful tips to help you maintain hope and keep going.

### **Tip #1:**

Focus on the good things, the steps that you take forward, and the progress you make, however small they seem, rather than the seemingly bad things or how far you still have to go. And allow yourself to feel gratitude and appreciation for these steps forward. Say thank you to yourself for taking these steps, and for any positive experiences you have brought into your life as a result of these.

Tip #2:

Focus on what you have direct control over, and not on what you don't have direct control over. Measure your progress by the actions you take, and not by the results you get.

Tip #3:

Step into what you would really like to feel, and focus on these positive feelings rather than on any negative feelings you've experienced up to now. Imagine what it would feel like to succeed, to have purpose and meaning and clear direction in your life. Get as clear as you can about what you imagine you would feel if you accomplished whatever you want to accomplish. Let these positive feelings be your ultimate goal, rather than any physical result or thing, and let these positive feelings guide your actions, rather than any negative ones.

Tip #4:

Acknowledge these negative feelings as being those of your internal guidance in reaction to how you've treated it and made it feel. In light of this, respond to them rather than identifying with them. When you can step out of them and respond to them, you can redirect them to positive feelings rather than fighting against them or trying to ignore them, which would only lead them to keep coming up to fight against or ignore.

Tip #5:

Take some time just to breathe and to focus on your breathing. This will help you to step out of identification with your negative feelings and to let them pass, and therefore to recognize them as fleeting rather than permanent. No matter how permanent they may seem, they will always pass if you allow them to by letting them speak up to you, acknowledging them, and then redirecting them rather than continuing to feed them with your attention and energy.

Over many years of guiding others, I've helped many people find hope when things seemed hopeless, and ultimately create purpose and meaning and continue onward to success and fulfillment, using my Life Guidance System. If you'd like help identifying reasons to continue and creating purpose to motivate and guide you, contact me for a Free 30-Minute Purpose And Fulfillment Now Session, in which you'll:

- \* Get completely clear about what you truly want in your life.
- \* Become aware of exactly what actually has been holding you back from getting everything you want up until now.
- \* Leave the session re-energized and inspired, with a renewed sense of meaning and purpose, and with clarity about the next steps you can take, beginning now, to get everything you want in your life, along with the motivation to take them.

Ready for a life of purpose, meaning, and a sense of real accomplishment and fulfillment? Contact me now and let's get started!

## **I've felt like I'm failing at life. How can I succeed?**

How do you succeed at life? It can sometimes feel like we're failing almost no matter what we're doing. And there are different ideas about what success even means, so how are we to know what is best? If we use our feelings as our guides (which we may not be often inclined to do), these questions become easy to answer.

Here are 7 powerful tips to help you succeed at life in a way that you actually *feel* successful (which ought to be the true goal, ultimately, anyway).

Tip #1:

Identify and focus on what you truly want. If you think about what you want from success, asking yourself why you want it, this ultimately boils down to a series of feelings. You want to *feel* successful, accomplished, proud of what you've done, like you're making progress, like you're where you want to be, etc. When you boil what you think you want down to the feelings you truly want, then you can recognize that what you truly want is accessible to you right now. You can step into that feeling place, be where you truly want to be, and act from this place to actually achieve the things in life that are truly worth succeeding at. Once you feel what you truly want to feel, you don't need to work so hard never actually to feel successful. Instead, you actually get to feel successful every step of the way toward your goals.

Tip #2:

Do what you're passionate about. Set goals that excite you, that are important to you, that you care about. If you're not passionate about the goals you're setting for yourself and striving for, then it won't matter whether you achieve them or not, because you won't feel successful either way.

Tip #3:

Relax. If what you truly want is the feeling of being successful, it doesn't help to be constantly on top of yourself trying to achieve some illusion of tangible success or accomplishment. You'll never feel successful if you do this. So relax, be here and

now more, and let yourself be. You'll ultimately be much more focused, efficient, and truly productive from this place, anyway.

Tip #4:

Let go. If you hold onto all of your past "failures", you'll constantly be fighting against them and prevent yourself from actually moving toward success. Where before you have failed, you can now or one day succeed, but only if you let go of the experience of failure and are open to succeeding this time.

Tip #5:

Celebrate your successes, no matter how big or small. If you don't celebrate your successes, you'll never feel successful, and eventually you'll end up feeling so discouraged from never achieving what you truly want (which is the *feeling* of being successful), despite all the work you're putting into this, that you'll burn out and give up. If you celebrate your successes, no matter how small they might seem, you'll actually end up feeling successful. And the more successful you feel, the more motivated you will be to achieve more—small and big things. And then the successes pile up and build on themselves and your life supports you in feeling successful.

Tip #6:

Pace yourself. Remember that life is a marathon, not a sprint. If you try to rush forward to get somewhere faster, you'll be sprinting, dropping down exhausted and burnt out, sprinting, dropping down exhausted and burnt out, and so forth, never feeling like you're actually getting anywhere, and this will be your life. This is because if you rush, you're acting from the feeling of not yet being there. And you can never get to the feeling of being successful, valuable, and important by taking action from the feeling of being a failure who's trying to achieve something of value and importance. If you step into what it

feels like to be successful, and you therefore already feel successful, you won't feel the need to rush anything. You're already where you want to be, so you don't need to do anything or get anywhere or make anything happen before you can feel good. And so you can pace yourself accordingly, finding a rhythm for yourself that works and is sustainable. This way, you can keep taking steps forward, celebrating your successes, and continually building a life that increasingly supports your already existing feelings of success.

Tip #7:

Be kind to yourself. If you aren't kind to yourself, you'll never feel like you've accomplished anything no matter what you do. So be accepting, be forgiving, be grateful, be appreciative, and ultimately, be kind—to yourself above all. This way you'll feel successful no matter what you do or don't accomplish and you'll be motivated to keep going and keep striving no matter what happens or what results you do or don't get. And so you'll actually accomplish everything you truly want to, everything that really matters.

Over many years of guiding others, I've helped many people succeed in the ways they ultimately truly wanted to be succeeding, using my Life Guidance System. If you'd like help achieving the kind of success you truly want, contact me for a Free 30-Minute Genuine Success Now Session, in which you'll:

- \* Get completely clear about what you truly want in your life.
- \* Become aware of exactly what actually has been holding you back from getting everything you want up until now.

\* Leave the session re-energized and inspired, with a renewed sense of accomplishment, and with clarity about the next steps you can take, beginning now, to get everything you want in your life, along with the motivation to take them.

Ready for a life of genuine success? Contact me now and let's get started!

**When I think about going forward, I get overwhelmed and do nothing. How can I progress without getting overwhelmed?**

If you're getting overwhelmed when you think about moving forward, you've probably been thinking about all the details of everything you think you need to take care of to get where you want to go. You're not letting your own internal guidance help you out, and so it feels like it's all on you to get yourself where you want to go.

But the fact is that you have an internal GPS, so there's no reason to figure out how to get anywhere yourself. If you simply plug in your desired destination and listen to and act on the directions, you'll get where you want to go turn by turn, one step at a time, and it won't be overwhelming.

So before you take any action or do anything, imagine what it would feel like if you already achieved what you want to achieve, if you already got the results you want. Step into those feelings and then separate them from any particular outcomes or way that you got there.

Then ask yourself, “How would I feel if I do this right now?” and present a suggestion to yourself about a possible action to take. If it feels good, do it. If it doesn’t feel good, suggest something else to yourself and see how that feels.

Progress every step of the way like this, where you step into how you’d like to feel afterward first, and then check with yourself about what feels right from there, and then act. This way, you’ll be motivated and feel like what you’re aiming to do is manageable, instead of being overwhelmed by all the details of everything you think you’d need to do to get there and stopping before you even go anywhere.

If you’d like some guidance in clarifying exactly what you’d like to experience and what steps you can take to get there, contact me now for a free session and we’ll get started right away.

## **What if I try something new and different and something really bad happens?**

I hear you. Stepping out of our comfort zones can be one of the hardest and scariest things we can possibly do. We are inclined to project our worries and fears about the unknown into the realm of everything outside of what we’re familiar with, and then we can turn it into something so scary that it seems much safer and more comfortable just to stick with what we already know.

However, everything we want but don’t already have is on the other side of the boundary of the familiar and known. So we must choose: Risk the unknown and potentially get everything



we truly want, or stay where we are and guarantee that we'll never get anything better than what we already have.

So what do we do when our fears come up?

What if you try something new and different and something really bad happens?

Well, I challenge you to respond to that question with another question:

What if you try something new and different and something really good happens?

Would it be worth having tried in that case?

Notice the shift of emotion from one question to the next here. If we imagine our worries and fears out there in the unknown, then it seems better to stay here and it doesn't seem worth moving forward. But if we imagine our greatest desires and dreams out there in the unknown, then it starts to seem better to go than to stay—it actually seems worth moving forward.

The more you imagine what it would feel like if you already did something new and different and it ended up leading to really good outcomes, the less this reality seems unknown and unfamiliar and the more it actually seems like your reality. Your comfort zone actually expands to include that which you have never yet physically experienced, but have already experienced in your imagination.

So imagine you already tried something new and different and you're experiencing everything you ideally would want to be experiencing. What would you feel then?

Perhaps you'd feel happy, accomplished, successful, confident, worth something, valuable, excited, energized, alive, on top of the world, connected, triumphant, amazed, grateful, etc.

Now, from that place where you've fast forwarded to later in the movie of your life and you see that everything turns out completely okay—kind of spectacularly amazing, actually... from that feeling place, what feels right? Does it feel right to try something new and different now? I'm betting yes. Maybe not exactly what you were considering, or maybe exactly this, but if you listen to yourself from this "what if the positive" place, you'll end up in a much better place than you would end up in if you were to continue to stay in the "what if the negative" place that you started in.

If you'd like help challenging your "What if the negative" questions with "What if the positive" questions, and creating the scenario where things are spectacularly amazing later (and very soon) in the movie of your life, contact me now for a free session, and we'll get started right away.

## **How can I accomplish more with my days?**

The first step to accomplishing more is to recognize what it is that you actually want here. It isn't simply doing more things that is going to get you to your actual goal here, because you can do a lot more and still feel like you haven't accomplished enough. So the key is to recognize that what you are truly asking here, ultimately, is, "How can I feel like I'm accomplishing more with my days?"

When we reframe the question this way, we can actually get you fulfilling what you think you want, too—to actually accomplish more.

What is necessary to get you feeling like you're accomplishing more with your days?

When you try to accomplish things without a clear direction or purpose in the first place, you still don't feel that you've gotten anywhere no matter how much you do, because you can't measure any progress. You might be going backward and forward or in circles and getting nowhere for all you know when you don't have a clear purpose. And when you feel unaccomplished, looking at how far you still have to go rather than at how far you've come, you end up discouraged and demotivated and end up accomplishing less.

When you have a clear purpose and direction, and you accomplish things, you actually feel that you've progressed, that you've gotten somewhere, because you can measure your progress from where you were toward where you want to go. And when you feel accomplished, looking at how far you've come, you end up encouraged and motivated and end up accomplishing more.

So there are two keys here to accomplishing more and actually feeling accomplished:

- 1) Give yourself a clear purpose and direction in the first place and act from here.
- 2) Focus on what you've done and the progress you've made rather than on what you still have ahead of you to do.

From this, we can also learn that it's not about the things so much as the experience, because the experience motivates us toward the things, and without the experience, we don't get the things in any way that we actually get what we truly want—to feel like we're accomplishing more with our days.

So give yourself a clear purpose that is experiential in basis. What do you want to feel at the end of the day?

Then ask yourself what it would feel right to have done by the end of the day to support you in feeling this.

And then ask yourself what it would feel right to have done now. And do this.

When you have that clear purpose and goal that is experiential in basis in the first place, you can work your way backward from your actual aim and identify how actually to get there.

Also, reward yourself for the actions you take toward this aim rather than focusing on the actions you haven't yet taken or the actions you "should" or "shouldn't" have taken. If you focus on the actions you take, and took, in the right direction, you'll actually feel accomplished, and you'll keep going in this direction to accomplish much more.

If you'd like help identifying a motivating purpose and accomplishing more with your days, contact me for a free session now and we'll get you feeling significantly more accomplished.

## **How can I get from where I am to where I want to be when this seems impossible to me?**

The first step in achieving what seems impossible is imagining what it would be like if it already happened. Imagine it's a year from now, or five years from now, or whenever, and you're looking back. You already achieved this, accomplished this, and succeeded. It already happened, it's already in the past, and everything went well. How would you feel then?

Once you make it real for yourself and get yourself imagining what it would feel like if it already happened, you are well on your way toward actually achieving it. Because now your mind will believe this, or something like this, is what happens, and you will be inclined to act accordingly on the way there and actually make it happen.

When we look forward into the future, we are usually inclined to project our doubts and fears into the unknown and don't actually imagine anything but more of what we already know or something worse. So then things actually do seem impossible as we look up at the mountain in front of us and decide we'll never be able to climb it. But if we imagine that we're already at the top of this mountain at some future point in time, and we look back from there, then it suddenly feels as if it has already happened, and so it must have been possible for it to. The past seems fixed and familiar while the future seems unknown and scary, so make the future familiar by imagining it as though it's already the past, and you will believe in the possibility of what you want in it with far more confidence as you go forward toward it.

Then just take it one step at a time, appreciating and encouraging yourself and the steps you take every step of the way, and you'll get there and make it happen—or you'll make something else happen instead that will actually even better get you to the internal experience you truly want and are focusing on.

If you'd like help getting from where you are to where you want to be and making the seemingly impossible not only possible but actual, contact me for a free session now and we'll get you feeling and living the reality of what you want to experience.

## **How can I make a decision?**

If you are having trouble making a decision, you are probably trying to do it from where you are looking forward. You are trying to figure out the best direction to take when you don't even know where you want to go yet.

You have your own internal GPS, however. So if you would like to make a decision, start with identifying your destination—where you want to end up. Recognize that where you ultimately want to end up is not any specific physical place or with any specific person or in any specific circumstances or having any specific physical thing. This is part of the directions and will be clarified by your GPS once you have a clear destination. Where you ultimately want to end up is an experience—what you imagine you would be thinking and feeling if you were in this place or with this person or in these circumstances or with this thing.

If you had the experience, you'd have what you want. If you're happy, you'd be happy. It is not necessarily true, however, that if you were with this particular person you'd be happy. If you feel secure, you'd feel secure. It is not necessarily true, however, that if you had a certain income, you'd feel secure.

Where you want to end up is an experience. So start with the thoughts and feelings you'd like to be experiencing at some future time after this decision has already been made, and then trace backward. How would you feel if you did this now? How would you feel if you did that now? If it feels good, go with it. If it feels bad, don't do it. This is how you make a decision.

If you'd like help making a decision, contact me for a free session now and I'll help you make any decision you've had difficulty making up to now and provide you with the tools you need to make great decisions for yourself easily and confidently going forward.

## **How can I prioritize to get things done?**

In order to prioritize and get things done in a way that you actually feel like you've gotten things done, you want to recognize that the ultimate priority is you feeling good. If you don't feel good, it won't feel like you've gotten anything done no matter how much you do; you'd still just feel like you have so much more to do and like you haven't gotten anywhere.

So the first step is to identify what you ultimately want to feel at the end of the day, at the end of the week, at the end of the month, at the end of the year, or whenever.

After you've already successfully prioritized things well and gotten done what you wanted to get done, how would you feel?

Perhaps you'd feel accomplished, successful, like you're on the right track, like you're making great progress, like you've gotten done everything you wanted to get done, like you're really happy with yourself and the decisions you've made and the direction you're going, etc.

Once you're clear about what you'd like to feel, and you're already imagining this and feeling it, then you can ask yourself how you would feel if you did this or that right now. If you imagine you would feel good after doing something at this time, do it. If you imagine you wouldn't feel good after doing something at this time, don't do it; instead come up with another suggestion to check with yourself about and see if it feels like you would feel good after doing it now. This is how you prioritize to get things done in a way that actually moves you forward toward your true aims and goals.

If you'd like help prioritizing, contact me for a free session now and we'll get you recognizing what actually feels best for you to do at each point in time in line with what you ultimately would like to be experiencing—so that you get what you really want as a result.

## **I keep finding myself procrastinating. How can I stop procrastinating and actually get things done?**

If you're procrastinating, this is an obvious indication that you are not 100% on board with whatever you are avoiding doing.



This happens when you are telling yourself that you have to, need to, or should do things. If there's forcefulness like this involved, this means that you are focusing on things that you don't want and then trying to get control in order to avoid those undesirable things. But the result is that you simply end up avoiding and escaping from actually doing what you are telling yourself to do.

The solution is to step into what you would like to feel afterward—to focus on what you actually want. Fast forward in time. Let's say you already did what you're telling yourself to do and you already feel really good about the results. What would you be feeling then? Perhaps you'd be feeling accomplished, like you're moving forward, like things are getting done, etc. Whatever you'd like to be feeling afterward, imagine this and really feel it.

Is it possible for you to imagine actually feeling what you want to feel after doing what you've been telling yourself to do? If yes, you're on the right track and now you'll actually be more motivated to do what you want to do without internal resistance that would lead to avoidance and procrastination. If no, you may want to reassess whether doing what you've been telling yourself to do is actually what you want to be doing, because it might not be. And if it's not what you actually want to do—if it won't lead to you feeling what you want to feel, you may want to come up with another plan of action where you can actually imagine feeling what you want to feel afterward.

So remember, procrastination means you've been focusing on what you don't want and then forcing yourself to do things to avoid experiencing what you don't want. The secret to eliminating procrastination is not to be more disciplined and on top of yourself, for this increased forcefulness will actually

increase your desire to escape and therefore will increase the tendency to procrastinate. The secret to eliminating procrastination is actually to imagine the emotional outcomes you truly want, step into those feelings, and then act on what feels right from that place.

This way, whatever you are doing, you will be doing it totally with yourself—no force, and therefore no resistance calling for further force, necessary. You'll be motivated toward what you want, rather than going forward in avoidance of what you don't want, and so every part of you will be going in the same direction. And this is a much easier and more effortless way to go.

If you'd like help getting fully on board with some plan of action in a way that you're actually motivated to do what you want to do, contact me for a free session now and we'll eliminate your procrastination and get you accomplishing everything you really want to accomplish.

## **How can I let go of the past when it has made me who I am?**

The past has made you who you are in many ways, yes. But if you don't let go of it, you will be purely a product of your past.

The alternative is that you can grow beyond your past, not defining yourself based on where you came from, but defining yourself based on where you're going.

So you can either be your struggles, your history, what has made you who you are up to now, or you can be your triumphs, your self-created story, what you aspire to be.

Ideally, we learn from our past and apply these lessons; ultimately, we use the past to clarify (often through contrast to it) what we want in the future. The next step is to let go of the past to make room for the future we are creating for ourselves. For at this point, the past becomes a review of lessons we've already learned and an anchor that holds us back from applying these lessons to create better experiences for ourselves.

So would you like to remain who you have been, forever struggling with this and learning the same lessons over and over again? Or would you like to become who you would like to be, to let yourself shine through, and to experience the success and joy of achieving your goals effortlessly as you simply make room for them in your life and your conception of yourself and your reality?

The key is to make what you are headed toward into your reality—to make it more familiar and more real. And you do this by fast forwarding in time in your mind and imagining that it's already a year or three years or five years (or whenever) from now, and that you are already living your dream life. What are you feeling about each aspect of your life at this future time in the ideal?

Step into these feelings every day—preferably in the morning before you even open your eyes—for at least a couple of minutes. Imagine your ideal life, and that you are already living it at this future time, and focus primarily on what this feels like. Then add in suggestions of things that might support you in

experiencing these feelings. What are you doing in your life at this future time? Who is in your life at this future time? What are you experiencing in your life at this future time?

Acknowledge and respond to aspects of the past that come up that aren't aligned with this new reality, recognizing that everything you experience comes ultimately from you.

And make your future ideal reality into your present feeling experience, which gradually becomes more and more supported by your life as you are inspired and guided toward actions that make this the case.

Then the past will so obviously not fit that it will feel like it's time to let go, and it will be far easier to do so.

If you'd like help creating a new conception of you based on where you're going—rather than based on where you're coming from—so that you can move forward, contact me for a free session now and we'll get you living the lessons of the past and being able to let go of the experiences that led to these lessons.

**I feel like I have to work so hard to stay motivated and positive. How can I get rid of my internal resistance?**

If you're facing internal resistance and working to stay motivated and positive, then you're not aligned with being in this place. In other words, you've been focusing your energy and attention on what you don't want and fighting against this

or to avoid this or tune this out rather than just focusing on what you do want and going toward this with your whole self.

The solution is to get yourself aligned with what you actually want, which leads to natural motivation and positivity without ongoing effort. This starts with focusing on what you want, like, and would like to experience.

The first step in this is to fast forward to some future time in your mind, like next month, or next year, or three years from now. Imagine you're experiencing everything you want to be experiencing then. What would you be feeling?

Really step into these feelings and make them real for you.

Then address any thoughts, feelings, or desires that come up that are not aligned with you experiencing what you're saying you want to be experiencing. Address them with the recognition and acknowledgement that however you have been made to feel by other people and the world outside you, you have made yourself feel this first and other people and the world have just supported you in feeling this.

Then, when you've got yourself feeling good because you've taken responsibility for and addressed your internal resistance and validated this and learned from it, take whatever actions feel right from this positive feeling place—whatever actions you imagine you would feel good after taking.

If you do this, it will become much easier to stay motivated and positive.

If you'd like help eliminating your internal resistance and getting yourself consistently motivated and positive, contact

me for a free session now and we'll get you effortlessly feeling the way you want to feel.

## **How can I let go of the past when I'm afraid there won't be a future to replace it?**

The solution here is to make a desirable future real for you. You can do this by fast-forwarding in your mind a month or a year or three years or however long and imagining feeling everything you'd like to feel at that time. Imagine you feel what you want to feel in regard to every area of your life—that everything has worked out however you'd like even if you don't know exactly what this is yet (and even if you think you do), and you're feeling what you truly want to be feeling and experiencing what you truly want to be experiencing.

Live in that feeling for a while. Step into it for at least a couple of minutes every day, at least once or twice a day.

Then ask yourself what your life is like that it's supporting you in feeling these things. What is your career and money situation like? What is your romantic relationship situation like? What is your body and health like? What is your family situation like? What are your friendships like? What is your living situation like?

Come up with possibilities and then imagine what it would be like if these were realities. Respond to any beliefs or doubts or fears that come up that hold you back from believing that these things are possible for you. Do this with the recognition that this is your own internal guidance speaking to you about how you have made it feel and what you have made it believe and

doubt and fear by how you have treated it up until now. These beliefs, doubts, and fears have nothing to do with anyone or anything else. They are about you.

Once you have taken responsibility for your own experience, you'll begin to recognize that what's been happening is that you have been holding onto things because you haven't been confident in your own internal guidance to direct you toward more good things or even better things going forward.

If you actually make use of your internal GPS by imagining what you'd like to experience and listening to and acting on its directions, and you trust in it enough to do this, you will find more reasons to trust it. Further, you'll actually end up believing that there will be a future and it will be better than the past ever was. So it will be far easier to let go of the past to make room for this more desirable future. And as you let go of the past, you will get to experience more and more of this more desirable reality.

If you'd like help building your confidence that you will experience a desirable future that makes it worth letting go of the past to make room for it, contact me for a free session now and we'll create a future for you that makes you happy you let go.

## **Have other questions regarding success?**

Call me at 516-500-3728 or email me at [jonathan@jonathanrwachtel.com](mailto:jonathan@jonathanrwachtel.com) to get your questions answered and to get help applying these answers in the context of the specific circumstances of your life.





# Metaphysical—What, How, And Why?

## **How do you meditate?**

There are many different kinds of meditation; you can focus on the rise and fall of your breath, the movements of your feet as you want, a candle flame, a mantra (a word in your mind), a sound, a feeling, or pretty much anything else. The general aim is usually to be more present to the moment and/or to achieve higher states of consciousness and awareness.

Here are a couple of types of meditation:

### Breathing meditation:

Focus on the sensations of breathing. Focus on the air as it flows past your nostrils or the rise and fall of your chest as you breathe. Notice the difference in temperature and moisture in the air when you breathe out as compared to when you breathe in. Whenever you notice that your attention has wandered from your breath, notice with acceptance where it has wandered to and gently bring your attention back to your breath. You are successful at this whenever you notice that your mind has wandered and you choose to bring your attention back to your breath. Do this for however long you wish, but 3-5 minutes a day, in the morning and/or at night, is a great start.

### Walking meditation:

Focus on the sensations of walking. Focus on the movements of your feet as you walk—your heel, rolling to your toes, and your other heel, rolling to your toes, and so on. Notice the feeling of the floor beneath your feet, whether it's warm or cool, hard or

soft. Notice the movements of the muscles in your feet. Whenever you notice that your attention has wandered from your walking, notice with acceptance where it has wandered to and gently bring your attention back to your walking. You are successful at this whenever you notice that your mind has wandered and you choose to bring your attention back to your walking. Do this for however long you wish, but 3-5 minutes a day, in the morning and/or at night, is a great start.

Guided meditation:

There are many guided meditations online that you can search for and try out. This also helps you to be more present, calm, and focused, and listening to a meditation of some sort everyday while just sitting or lying down and breathing is a very beneficial practice.

If you'd like some guidance in implementing a good, life-transformative meditation practice or in anything else, contact me now for a free session and we'll get started right away.

## **What are the benefits of meditation?**

Some Of The Many Benefits Of Meditation Include:

- Decreased stress
- Decreased health issues
- Increased overall healthfulness and wellbeing – mental, emotional, physical
- Improved relationships with yourself, family, friends, coworkers, clients, significant others, and everyone else
- Increased awareness and ability to be present with your attention where you are

- Increased ability to focus on whatever you want to focus on
- Improved ability to make decisions that lead to desired results
- Increased ability to respond mindfully, rather than reacting mindlessly
- Increased calm and happiness
- Increased acceptance of what is, so that you can actually make things better rather than simply fighting futilely against what you don't like
- Increased patience with yourself and others
- Increased ability to listen to yourself and actually receive and understand the messages you're receiving directly from your own internal guidance and through everyone and everything around you
- Increased control over your ability to create your life on purpose as you notice what you're fueling into being with your attention and can choose to direct your attention toward what you actually want to fuel into being

Beginning and maintaining a daily meditation practice welcomes these and all of the other innumerable benefits of meditation into your life.

If you'd like some guidance in implementing a good, life-transformative meditation practice or in anything else, contact me now for a free session and we'll get started right away.

## **How do I create good positive affirmations?**

When you create positive affirmations, there are some key tips to follow to make them as effective as they can be at shifting your experience in the direction you intend for them to:

1) Write/say them in the present tense ("I am happy!"). If you say them in the future tense ("I will be happy!" or "I'm going to be happy!"), you'll be keeping this experience forever in the future.

2) Be honest in what you are saying/writing. You might point out that saying "I am happy!" when you're not feeling this is lying to yourself. And you'd be correct. The result would be that you would be saying the words, "I am happy!" but the feeling you would be experiencing as you're saying this would be, "This isn't true. I'm actually sad!" So if you're not feeling happy, don't say "I am happy," or you'll actually be saying "I am sad!" with your emotional energy, and this is what really matters.

In this case, instead of saying, "I am happy!" you can say something like, "I would love to be happy!" or "It would be so wonderful to be happy!" or "I would really like to be happy!"

3) Always say what you want, not what you don't want. If you say, "I am not thinking of a big, pink elephant!" you're going to be thinking of a big, pink elephant. So instead you could say, "I would love to imagine a big empty space!" or something like this. So instead of saying, "I am not tired!" say something like, "I would love to be awake and energized!"

Whatever you focus on, you get, even if you are saying "no" to it. So if you are saying "no" to something, come up with its opposite and say "yes" to this instead.

4) If it feels good to say it, you're on the right track!

Here are some examples of great positive affirmations:

“I would love to be wealthy!”

“It would be so amazing to feel loved!”

“I would really like to be calm and comfortable.”

“I love feeling happy!”

“I am excited to feel excited!”

If you'd like help creating some powerful positive affirmations of your own and shifting your entire experience of life to what you want it to be, contact me for a free session and we'll get started right away!

## **What are the benefits of setting positive affirmations?**

Whatever experience you focus on, you get more of. If you focus on things that make you feel good, you will find more reasons in your life to feel good. If you focus on things that make you feel bad, you will find more reasons in your life to feel bad. So, if you consciously choose each day to state positive things to yourself that you can believe—things that make you feel good—then you will find more reasons to think, feel, and believe the things you say.

You are doing this all the time—shaping your experience of life with the stories you tell about yourself about your life, with what you focus your attention and energy on. So you might as well take control of the shaping of your life, rather than letting

it be created through your reactions to it, and state and focus on the experiences you'd actually like to have or have more of.

This is where setting positive affirmations comes in:

I would love to feel wealthy!

It would be so amazing to be happy every day!

It would be wonderful to be able to take in every moment of life fully with relaxed presence.

I am so excited to be excited about every aspect of my life!

I would love to get up every morning with overflowing energy for the day!

It would be fantastic to feel awake and alive throughout every day and to have such wonderful, refreshing sleep every night.

I would love to feel like I am in control of my life!

I love to feel loved, and I'd love to feel loved always!

Making these kinds of statements to yourself every day can help you consciously choose the experiences you shape and face. Deciding what you want to experience and stating it to yourself or aloud or writing it down helps put you in the driver's seat of your life.

If you'd like help creating some powerful positive affirmations for yourself and shaping your life on purpose, contact me for a free session and we'll get started right away!

## **What is the law of attraction?**

The law of attraction says that whatever we think about and focus our attention and energy on becomes real. Thoughts become things.

Everything that exists in the physical world began as a thought in your mind. You imagine it, and this gives rise to feelings and desires and decisions and actions that give rise to results that confirm your thoughts.

Like attracts like. So whatever you focus on in your mind will bring experiences to you and lead you to experiences like the ones you are focusing on.

If you'd like help getting the law of attraction working in your favor so you manifest the experiences you want in your life, contact me and we'll help you become a magnet for the types of experiences you truly want to have.

## **How can I make the law of attraction work for me?**

The law of attraction basically says that whatever you focus on determines your frequency of vibration, and you bring more things to you that have the same frequency of vibration as your thoughts and feelings. In other words: If you think about things that make you feel good, and focus on these things in your life, you will bring about more experiences that make you feel good. If you think about things that make you feel bad, and focus on these things in your life, you will bring about more experiences that make you feel bad.

So if you want to make the law of attraction work for you, focus the attention and energy of your thoughts on things that make you feel good.

However, if you are experiencing negative thoughts and feelings, and you simply try to talk over them with positive thoughts, you will not succeed in bringing to you the experiences you actually want. In this case, you need more than the law of attraction. If you want to know how to deal with negative thoughts and feelings so that you can effectively focus on the positive things you want and make the law of attraction work for you, contact me for a free session and I'll tell you how!

## **How can I know when to face my fears and when to steer clear of what I'm afraid of?**

This is an excellent question! We hear about how we're supposed to face our fears, but we also hear that we should listen to ourselves and fear means danger is up ahead. So how do we know when to face our fears and when to change direction if we are afraid?

There are clearly two types of fears—the fear that indicates we are facing something in ourselves that, if faced, will lead us to the other side, with expanded comfort zones and improved lives, and the fear that indicates that we're going the wrong direction in life and things are only going to keep getting worse if we keep going this direction. So fear can either mean we're going the right direction or the wrong direction. How do we distinguish between the two?



Here is the key:

1) Imagine that you feel everything you want to feel in your life in a year or two or three or five from now—e.g. happy, valuable, loved, accomplished, successful, worthy, connected, good, calm, respected, excited, alive, etc.

2) Then ask yourself, “How would I feel if I had kept going this direction that I’ve been going?” (...meaning how would you feel if you’re still in this job in a month or a year or whatever, if you’re in your new business, if you’re still in a relationship with the same person, if you’re in a relationship with a different person, if you’re still living in this house, if you’re living in a different house, etc.)

3) If you feel like you would feel good, you’re going the right direction, and facing these fears will lead you through to the other side, to a place of greater confidence.

If you feel like you would feel bad, you’re going the wrong direction, and facing these fears will lead you to more and more reasons to be afraid until it’s so bad that you absolutely have to change direction.

There is another element to this: When we’re going the wrong direction, and our fears increase to tell us this, we tend to justify this by saying it’s the way we have to go, or it’s the only way to fix and improve things, or it’s just the way things are. But what we’re really doing in this case is avoiding facing the seemingly greater fears surrounding facing the unknown and moving forward toward everything we really want. If we’re staying in relatively familiar territory in order to avoid facing something completely new and therefore scary, we’re going the wrong direction.

If we keep the unknown unknown, it will remain scary—filled with our doubts and fears—and we will be inclined to avoid it, almost no matter how bad our fears get due to our going the wrong direction. Ideally we don't just wait until our fears from going the wrong direction become greater than our fears of the unknown before we turn around. Although this is what we often do.

If we simply imagine what it would be like if we faced our fears of the unknown and ended up on the other side—and we imagine that it actually went well and everything turned out as we'd ideally like and not as we fear—then we can make the unknown, unfamiliar, and scary into something known, familiar, comfortable, safe, and good. If it is possible to imagine it as good in a way that it truly *feels* good, your fears will melt away and it will be clear that you're going the right direction. Your fears of the unknown will become so much less (ultimately nonexistent) than your fears from going the wrong direction that it will be easy to turn around and go the direction toward everything you truly want.

If you'd like further help distinguishing your fears and determining which direction is the right way to go to get what you truly want, or if you'd like help facing your fears of the unknown and getting through to the other side where everything you truly want exists, contact me for a free session now and we'll get started right away!

## **What are feelings and emotions? What is their purpose?**

Feelings are your internal compass or GPS. Good feelings indicate that you are headed—with the focus of your attention in your thoughts and actions—toward more experiences that will support you in feeling good. Bad feelings indicate that you are headed—with the focus of your attention in your thoughts and actions—toward more experiences that will support you in feeling bad.

Feelings tell you whether or not you are in alignment with yourself and what you're saying you want to experience—whether you're headed the direction you've said you want to be going or not.

If you listen to yourself and you follow what feels like it would feel good and right for you after you've done it, you will always get the experiences you want ultimately. The only reason this isn't always immediately obvious is that whenever you focus on something different, plugging a new destination into your internal GPS to be guided toward by your feelings, you experience how you've treated your own internal GPS and all of the old destinations you've plugged in with your attention and emotional energy so that you can redirect these and get on track toward what you are now saying you want to experience with your focus of attention and emotional energy.

If you'd like help understanding your feelings and emotions and actually working with them to get the experiences you want in life, rather than feeling like they're working against you, contact me for a free session and we'll get you on track toward a lot of good feelings in your life.

## **Why do things always seem to get worse before they get better?**

We essentially all have our own internal GPS system. When we focus on an experience, this becomes the destination that we are plugging into our GPS to be guided toward.

When we focus on negative and undesirable experiences in order to fix, change, or avoid them, or we simply try to ignore them after we've been focusing on them, we end up guided toward these by our internal GPS. And then we're inclined to ignore, dismiss, or tune out our GPS directions as they guide us toward what we don't want.

When we then decide to change our focus of attention and focus on more positive and desirable experiences and perhaps even take action toward these, our GPS begins to bring up all of our old destinations that are not on the way toward these new ones, and our old ways of treating it when it has tried to give us directions toward what we focused on up until now. This is so we can redirect these old destinations and reaffirm that, yes, we do want to go to these new destinations in place of the old ones—to where we're focusing our attention now in place of where we used to be focusing our attention. And this is also so we can reassure our GPS that this time we'll actually listen to its directions, unlike before, so it is worth trying to get our attention and give us directions toward these new destinations.

This bringing up of old destinations and old ways of treating our own internal guidance in order to redirect these is why things seem to get worse before they get better. Every reason you gave yourself not to move forward before will come up once you decide to move forward. All of the fears you brought

about in your GPS by not listening to it and driving erratically through life come up when you decide you actually want to work with your GPS and listen to it so you're not always trying to get everywhere on your own by sheer force and never actually getting the results you truly intend and want.

You can decide just to stay where you are and never move forward when this happens, but things then only get worse and worse.

However, rest assured knowing that once you move through validating and redirecting old destinations and experiencing what you put your GPS through—how you treated it when it was trying to direct you up to now—you will end up on the other side, experiencing what you actually want to be experiencing. And it will have been worth continuing forward when things seemed to get worse before they got better.

If you would like help navigating as quickly and smoothly as possible through the time when things are seeming to get worse before they get better, so that you can speedily get to better, contact me for a free session now, and we'll make this journey as enjoyable as possible.

## **What is the purpose of life and existence? Why are we here?**

The purpose of life is to learn how to create your experiences on purpose. You came here with an internal GPS and this whole life experience is about learning how to use it to head toward the experiences you actually want to be having here.

In other words, you are here to enjoy deeply, to love fully, to live peacefully. You are here to follow your passion and fulfill your dreams and create the experiences you want here. Life is a sort of game; if you're not having fun, you're not playing it right.

Whatever you focus your attention and energy on is what you get more of here, so focus on the experiences you like and want and welcome more of these into your experience, rather than on the experiences you don't like and don't want and welcoming more of those into your experience.

In other words, rather than focusing on what you don't like and don't want and trying to fix, change or avoid these things, or just suffering through, focus on what's already good and encourage more of this, and also imagine what it would be like to experience what you'd truly like to experience, and then listen to what feels good and right for you along the way.

This is why you're here—to experience what it's like to be the creator of reality. So practice creating the experiences that you want here—that feel deeply good and right for you—by gently guiding your life in this direction with the focus of your attention and energy in your thoughts, feelings, desires, and actions, and you will be fulfilling your purpose in being here.

If you'd like help creating the experiences you truly want to be having here in life, contact me for a free session now, and we'll get you living purposefully and feeling fulfilled here.

## **Why do bad things happen to good people?**

This is a question that has often been asked. The key to understanding the answer is to understand this: We aren't treated the way we treat others, we are treated the way we treat ourselves.

People who are good to others aren't always necessarily so good to themselves. Many times, those who are good to others are actually terrible to themselves. They can put others before themselves, being generous and kind to others, but ignoring themselves and their own needs, wants, and feelings. And if this is how they are treating themselves, then this is how the world, other people, and their own bodies will treat them.

The ideal is to be good to ourselves, which allows us to be good to others without effort, without taking a toll on our health or our relationships or our emotional or financial wellbeing. When we are good to ourselves, and we put our own feelings, wants, and needs first, we can thrive and set this example for those around us, which actually allows us to have an even more positive impact on other people and the world around us. Rather than setting the example of sacrificing ourselves for the sake of others and pouring forth from an empty cup, we can set the example of taking responsibility for our own experience and being a force of abundance and good in the world that is overflowing to others. Then the world reflects good things back at us, in accordance with the positive attention we have been giving to ourselves.

If you would like help being good to yourself so that the world reflects good things back at you rather than the reverse, contact me for a free session now and we'll get started right

away getting you having a more positive impact on other people and the world around you than ever before.

## **Life seems to be such a mixture of good and bad. Is it possible for it to be all good?**

We experience more of whatever we focus our attention on and thereby welcome into our experience. If you feed thoughts and feelings with the energy of your focused attention, you will find and get more reasons to think and feel these same things and those like them.

Life seems to be a mixture of good and bad when we focus on some things that make us feel good and we also focus on other things that make us feel bad. When we focus on the things that we want to fix, change, or avoid, rather than focusing on what we would like to encourage more of in place of these, we get more of the things that we want to fix, change, or avoid—and therefore more reasons to feel the need to fix, change, or avoid things.

This is what leads to the bad we perceive in life—the things that we feel ought to be changed. If we were always to focus on what we actually want to experience, the only bad we would experience would be lingering reflections of what we've focused on up to now. And then we could acknowledge these things, redirect our focus to what we actually want to experience instead of these things going forward, and we would eventually only experience good things.

Most importantly and specifically, we would only perceive our experiences to be good, and life would support us in seeing



things this way as we encourage and build on this good we see with the focus of our attention and energy.

If you would like help experiencing life as all good, and actually shaping your life around this experience, contact me for a free session now and we'll get started shaping a purely good reality for you right away!

## **What is the purpose of my life? What am I supposed to be doing here?**

Ultimately, you give purpose to your life; you create your own purpose. But if you want to figure out what purpose to give yourself—and what purpose you have already given yourself—where you would be most fulfilled in fulfilling this purpose, you can do this by considering a few key things:

### **1) What have your greatest struggles in life been?**

Your greatest struggles are an indication of where your greatest strengths will arise as you overcome these struggles. This is where you have the greatest ability to transform and represent how to achieve the best version of what's possible by simply facing yourself and going forward yourself. These are indications of where you can achieve the greatest fulfillment—not by struggling, but by moving past and beyond this.

### **2) What have your greatest strengths been?**

Your greatest strengths that have been there all along or that have resulted from the overcoming of struggles are all clear indications of where you can find immense fulfillment. Focus

on your strengths, both natural and evolving, and exercise, encourage, and build on them, and you will be very fulfilled.

### 3) What have your greatest interests been?

When you bring your greatest strengths, both those that are natural and those that have resulted from overcoming struggles, to bear in an area of great interest to you, you have the recipe for fulfillment.

Now, imagine what it would feel like when you're nearing the end of your life, whenever this may be, and you actually feel like you've fulfilled your purpose here and are totally at peace with moving on and letting go. You've accomplished everything you wanted to, ultimately—everything that truly mattered to you. You spent your time here as you wanted to, and as you would have wanted to even if you could do it all over again.

Consider what feels right from this place, and you will know the purpose of your life—the purpose that you would like to give to your life and fulfill here.

If you would like help identifying the purpose of your life—the purpose that you would like to give to your life that would most fulfill you if you fulfilled it—contact me for a free session now and we'll get you clear about what you'd like to do with your life and how you can achieve the most fulfillment here.

## **How do I know when an issue I'm facing is a symptom of some other issue somewhere else in my life or the root cause?**

We are so often inclined to believe that something in our lives is a problem when it's just a symptom of a problem somewhere else. And so we directly try to change how our relationship partners or our bodies or our bosses or our clients or our parents or our children or our friends or others treat us. However, when we try to address a symptom directly, we get more intense symptoms.

This is because we're not getting the message, so the message intensifies like children misbehaving and screaming because we didn't pay attention to them when they were behaving well and talking nicely. But when we actually address the root of the problem, we transform and eliminate all of the symptoms of it, too. This is like actually paying attention to children in the ways they want when they're behaving well, so they continue to behave well and do what we want from them.

The secret to knowing when an issue you're facing is a symptom and not the root cause to be directly addressed is to ask yourself if you are on the receiving or initiating end.

Basically ask yourself, "Am I being made to feel some way where I don't have much control over changing this directly? Or am I actually directly making myself feel this way due to the choices I'm making here?"

You could also recognize if the problem persists or intensifies when you try to address something. If you're addressing a symptom and not the root, the issues will get worse. If you're

actually addressing the root of the problem, the issues will diminish and, if you're actually addressing it fully, the issues will disappear.

If it feels controlling or forceful to try to change something, you're likely addressing a symptom. If it feels like it's just a matter of getting more on board with doing something, you're likely addressing the root of the problem.

So ask yourself, "What is this making me think and feel?"

And then ask yourself, "Where have I been making myself think and feel these things?"

The answer to this latter question is the root of the problem. That's what you want to address directly right now in order to be able to alleviate and eliminate other perceived problems (symptoms) in your life. The solution will always be to redirect your focus of attention in some way—internally in thought and feeling and often also externally in action—so that you are fully focused on and aligned with what you actually want to be experiencing, where you've acknowledged anything that is not what you want that comes to your awareness and redirected your attention back to what you want.

If you'd like help determining what the root cause is of some problem or issue that you're facing so that you can resolve it, contact me for a free session now and we'll identify what to address and how to address it in order to create the experiences you actually want in every area of your life.

**Have other questions regarding the whats, hows,  
and whys of life?**

Call me at 516-500-3728 or email me at [jonathan@jonathanrwachtel.com](mailto:jonathan@jonathanrwachtel.com) to get your questions answered and to get help applying these answers in the context of the specific circumstances of your life.

# Coaching

## **What is the difference between life coaching and counseling?**

Life coaching is more future-oriented, focused on the goals you want to achieve and helping you work through whatever limiting beliefs and behaviors are holding you back from achieving them.

Counseling is more past-oriented, focused on working through negative experiences you've had in order to heal from them and move forward.

There is some crossover here, however, because when you move forward toward your goals, old stuff from the past inevitably comes up to be worked through and let go of so you can move forward. The question is ultimately whether the primary goal is to move toward what you want and simply address whatever is in or on the way (more life-coaching related), or whether you are still in a place where you feel it necessary primarily to fix or move away from what you don't want and this needs to be resolved first before you can even begin to identify what you really want to work toward (more counseling related).

Also, often, but not always, life coaching is more focused on getting someone from okay or good to spectacularly amazing, while counseling is more focused on getting someone from nonfunctional to okay.

If you're ready to take your life to the next level, identifying and articulating some clear goals and addressing anything in or on the way to spectacularly amazing, contact me for a free coaching session and let's get started!

## **What's the difference between coaching and consulting?**

Coaching helps you get clear about what you want so you have motivating goals and it helps you identify and change beliefs and behaviors that have been holding you back from getting what you want so you can achieve your goals.

Consulting offers you specific systems and plans of action that other people have successfully used to achieve certain goals.

Coaching focuses more on the thought and emotional basis of you setting and achieving your goals, while consulting focuses more on the physical basis of you setting and achieving your goals. Coaching teaches you how to make decisions about what actions you can take to get the results you want, while consulting tells you some actions you could take that have gotten other people results that you want.

In practice, there is some crossover here as coaches might offer some specific suggestions of actions based on what has worked for others, and consultants might address some of the thoughts and emotions that have been holding you back, but the main focus of each is distinct from the other. A coach who tells you what to do would not be a great coach, while a consultant who doesn't tell you what to do would not be a great consultant. A great coach will help you learn how to determine what is right

for you and act on this even beyond when you have the coach to guide you. A great consultant will advise you regarding what has worked for others in similar situations, where further advice must be sought when a new situation arises.

If you'd like help clarifying exactly what you want and getting yourself aligned and motivated so you can actually get this effortlessly and enjoyably and achieve all of your goals in every area of your life, contact me for a free session now and we'll get started right away!

## **How often should I see a life coach to achieve my goals?**

In my several years of experience working with clients, I've found that around once a week is usually best to start, and then it can be reduced to every other week, every third week, and even once a month or less, all based on the particular person. Starting with once a week sessions provides regular checkpoints on the way toward your goals and helps build momentum of progress. It also doesn't allow very long to get off track and lose momentum before touching base and regaining perspective and clarity about next steps and the motivation to take them.

While some people just need to be pointed in the right direction with a couple of sessions, in order to accomplish larger aims, most people benefit from a series of sessions, even if not all that frequent. However, again, starting with regular weekly (or every other week) sessions definitely produces the greatest positive results in the vast majority of cases, even if the sessions are short, since they keep people on track and



moving forward at the most pivotal part of the process when a new way of being, thinking, behaving, and responding to what's happening in life is being adopted and integrated. It's easy to think you understand a concept and how to apply it, and still to be bringing in old patterns and habits in your interpretation; regular sessions allow your understanding to be clarified and the new ways of doing things to be refined and practiced successfully as you learn from your experiences and move forward with your coach.

In summary, in order to stay on track toward your goals, once a week to start, or every other week at the least, is best. Less often and you're likely to fall back into old patterns and take significantly longer than otherwise to reach your goals.

If you're ready to get started on track and building momentum toward achieving your goals, I'd be glad to hear from you. Schedule your free session with me now and we'll get started right away!

## **How are life coaching sessions conducted; what happens during a session?**

During the first time meeting with a coach, the coach will ask about what you've been experiencing that you'd like to work on or change. The coach will then help you identify and clarify what you really want to experience instead of what you've been experiencing, and begin to help you identify your next steps toward getting what you really want and perhaps also begin to help you work through anything that's been holding you back from getting what you really want.

In following sessions, the coach will help you work through anything that's been holding you back from getting what you really want. The coach will guide you in uncovering limiting beliefs and ways of thinking and behaving that do not fit or are not in line with what you are saying you really want to experience. In this way, and perhaps also in other ways (providing you with specific tools, etc.), the coach will help you achieve the goals that you identified and clarified in the first session and that you likely refined along the way during and outside of follow-up sessions.

If this sounds appealing to you and you're ready to create a better experience of life that's more of what you truly want, contact me for a free session now and we'll get started identifying and clarifying what you truly want to experience and immediately get you on track toward this being your reality!

## **How do I find the right coach for me?**

How do you find the right coach for you? There are many coaches in many different categories out there—including life coaches, career coaches, business coaches, executive coaches, relationship coaches, and more.

Trying to find the right coach for you can feel overwhelming if you don't know what to look for, or even how to go about looking.

Searching for someone who will actually be able to help you reach your goals and accomplish what you want to accomplish in your specific situation can seem difficult and confusing.

How can you even determine if some particular coach can actually help YOU without first spending a lot of time and money to find this out for sure?

The good news is that when you know how to look and what to look for, finding the right coach can be easy. I'd like to share with you three powerful tips for finding and identifying the right coach for you.

Tip #1: Before you even begin looking for a coach, get as clear as you can about what your goals are. What would you like to accomplish with a coach? If you reached these goals, how would you feel? Be as specific about what you'd like to feel as possible and really let yourself feel this. Then, from that more empowered, positive space, look for a coach and go for an initial consultation with whichever coach or coaches it feels right for you to do so. And then, go with the coach with whom it feels like you could reach your goals.

Tip #2: Look for a coach who works with a system of tools and concepts that has been proven to help people in situations like yours get their desired results. Ideally, at least some of these tools will be applicable in every area of life. So if you believe your problem is in one area, like relationships, but the root of the problem is actually in another area, like career, the coach will be able to help you get directly to the root of your experience and effectively and efficiently help you make changes from there.

Tip #3: When you go for an initial consultation, pay attention to how comfortable you feel talking with the coach. Does the coach seem really interested in listening to you and hearing what you have to say? Does the coach ask good questions that

help you get clearer about your situation? Does the coach lay out a system for getting you from where you are to where you want to be? Do you come out of the consultation feeling clearer, more energized, and like this coach can actually help you get where you want to go?

I've developed and refined my Life Guidance System over many years of really listening to people and working with them to help them transform all aspects of their lives. I get directly to the root of your experience no matter what area of life it exists in, so you have clarity about how to move forward right from the first time we talk. I provide you with the tools you need to get the results you want.

Contact me to schedule a free life-transformation jumpstarter session in which 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 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, business, and money, romantic relationship, body and health, living situation, family, friends and community, or wherever else)!

My clients are some of the best people I've known and I love learning and growing with them. My life mission and passion is helping people realize their goals and dreams. Would you

like to be one of those people? Contact me now and let's get started!

## **How do I become a coach?**

How do you become a coach? There are many different training and certification programs out. And there are many different types of coaches you can become—life coach, career coach, business coach, executive coach, relationship coach, and more.

Trying to find the right training and certification program for you can feel overwhelming if you don't know what to look for, or even how to go about looking.

Searching for a program that will actually be able to help you reach your goals and build the kind of career and practice you want to have can seem difficult and confusing. How can you even determine if some particular program can actually help YOU without first spending a lot of time and money to find this out for sure?

The good news is that when you know how to look and what to look for, finding the right training program can be easy. I'd like to share with you three powerful tips for finding and identifying the right coach for you.

**Tip #1:** Before you even begin looking for a training and certification program, get as clear as you can about what your goals are. What would you like to accomplish with a training program? If you reached these goals, how would you feel? Be

as specific about what you'd like to feel as possible and really let yourself feel this. Then, from that more empowered, positive space, look for a training program and try out whichever program or programs it feels right for you to do so.

Tip #2: Look for a training and certification program that teaches a system of tools and concepts that has been proven to help the kinds of people you want to work with get their desired results. Ideally, at least some of these tools will be applicable in every area of life. So if a client comes to you to address a problem in one area, like relationships, but the root of the problem is actually in another area, like career, you will be able to help this person get directly to the root of his/her experience and effectively and efficiently help this person make changes from there.

Tip #3: When you go through the initial stages of the training program, pay attention to how comfortable you feel working with the person or people training you and working with the system you are being taught. Does the instructor seem really interested and invested in helping you become an amazing and effective coach? Does the instructor set an example that you would want to be following and learning from and embodying yourself? Does the instructor lay out a system for getting you from where you are to where you want to be as a coach? Do you come out of the training sessions feeling clearer, more energized, and like this program can actually help you become a more confident and effective coach?

I've developed and refined my Life Guidance System over many years of really listening to people and working with them to help them transform all aspects of their lives. This system allows you to get directly to the root of a client's experience no matter what area of life it exists in, so you have clarity about

how to move forward right from the first time you and your client talk. This system provides you with every tool you need to get the results you want for yourself and your clients in any and every area of life. It helps you to live and embody the example that you want your clients to follow so that you can become a powerfully effective coach for your clients and help them get amazing results that they rave about.

The Life Guidance System has helped innumerable people get out of unsatisfying work and create their dream jobs, grow the businesses they're passionate about, vastly increase their incomes doing what they love, get out of undesirable relationships and loneliness and find and connect with their soulmates, tremendously improve their communication and harmony in their relationships, obtain their dream homes, lose weight and form their ideal bodies, eliminate unhealthy habits and replace these with healthy ones, get rid of stress and dramatically increase their fulfillment in life.

My clients are some of the best people I've known and I love learning and growing with them. My life mission and passion is helping people realize their goals and dreams. Would you like to be one of those people?

Would you like to get trained and certified in the Life Guidance System and become a powerfully effective coach who gets spectacular results for your clients? Would you love to have people happily paying you in so much gratitude and appreciation, and lived results that you helped them get, in addition to money? Would you like clients who eagerly apply the lessons they learn with you and are walking billboards and spokespeople for you? Would you like to have a simple and transformative system that guides you through every step of the process of helping people actualize their goals so you

always know what to do and say and are never left wondering how to help a client? Contact me now and let's get started making this your reality!

### **Have other questions regarding coaching?**

Call me at 516-500-3728 or email me at [jonathan@jonathanrwachtel.com](mailto:jonathan@jonathanrwachtel.com) to get your questions answered and to get help applying these answers in the context of the specific circumstances of your life.



# 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

[\*Change Yourself, Change Your Life: Empowering Stories Of Transformation,\*](#)

[\*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, and to schedule your free life guidance session with him to get answers to your specific questions and guidance in implementing these answers in your life to get the results you want, visit [www.jonathanrwachtel.com](http://www.jonathanrwachtel.com).