



# LIFE

The Instruction Manual

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# Life: The Instruction Manual

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# **Dedication**

I dedicate this book to you who have chosen this journey.

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## Preface

This is the guide I would have liked to have had while I was growing up here in this world—in this life and in myriad lives before this. I would have liked to have known how I was creating my experiences with the focus of my attention and with how I was consequently treating myself. If I had known, I could have shaped very different experiences for myself.

I would like to share this guide with you so that you can become aware of what I became aware of—hopefully without the turmoil and torture that led to the awareness. I would never wish upon anyone an experience of life like I had. If I can help others to create joy and love and peace in place of fear and regret and anger, to create fulfillment in place of suffering, then I would like to do this. This is why I came back here.

May there be no more war within and outside us, but only peace. May there be no more sickness, but only health. May there be no more hunger or thirst, but only satiation. May there be no more loneliness, but only connection. May there be no more exclusion, but only inclusion. May there be no more death in life, but only life and aliveness. May there be no more fear but only trust and gratitude, no more regret but only appreciation, no more anger but only acceptance, no

more stress but only equanimity, no more suffering but only fulfillment.

These are my wishes and intentions for you and for the entire world. May we create this reality together.

# **Introduction**

Congratulations on your selection of this human physical form, and welcome to Earth! You have the opportunity before you to experience a vast diversity of experiences—some horrifically terrible and terrifying, and some blissfully awe-inspiring and amazing. From this contrast of experience, you will be able to sculpt the life that you wish to live here.

If you follow the instructions in this manual, you can ensure that your experience here will be fruitful, fulfilling, and very much worthwhile.

This manual will guide you through the process of using the built-in internal GPS with which you came. It will also teach you how to interpret your experiences in this world so that you can learn from them how to create your experiences on purpose and as you want them to be.

# **The Ultimate Guide To Life**

## **You**

You are a single cell in the organism of existence with a unique and important role in the functioning of the whole, and you are also the entire organism. You are everything there is, from Source to this physical world, along with everything in between. You are the God you seek, and you are the creation that seeks to reunite with its Creator.

This does not mean that you must shrink your conception of God down to you; this means that you must expand your conception of yourself to God.

It is the nature of all things to become like that from which they came. Thus children become at least potential parents, students become at least potential teachers, and we become at least potential creators. We come from the Source and Creator of existence, and it is in our nature—in our most essential DNA—to become what, outside of this temporal existence, we already are and have always been—the Source and Creator of existence.

## **Your Attention**

You are the sun that shines upon the earth, and you are the earth, and your positive attention is the life-giving sunshine. Whatever you focus your attention on, you illuminate with existence. What you feed with your attention stays here, and what you do not feed ceases to be.

## **There Is Only Good**

It is said by many among you here in myriad forms that there are two wolves within you that are fighting all the time—one being greed, hatred, anger, fear, and so forth, and the other being love, compassion, kindness, trust, and so forth—and that the one that wins is the one you feed. You may come to believe, living here, that there is good and there is bad, that there are two inclinations within you—one good and one evil—that there are two forces of existence—God and Satan.

It may seem that there is light and there is darkness. But there is only light—in varying degrees. Nothing radiates darkness.

In truth, there is only one wolf within you, and it is good. It is simply that if you do not feed it with your attention, then it will begin to fight for its existence, and it will come to seem bad. There is only good and the absence of good, the inclination for good and the lack of your attention to this, God and the apparent absence of God.

There is only light.

There is only you, the Creator, and all that radiates from you. Your creation will seem good when you feed it with your attention, and it will seem bad when you starve it and it begins to feel that it needs to fight for its very existence. For you are the Source of its existence; it cannot exist without your attention to it. Your attention is the light that illuminates everything with existence and life.

## **Your Evolution Of Awareness Of You**

At first, you will believe you are your creation. In a sense, you are like a child who identifies with being a child and who is growing up to become an adult and potential parent. But you are and have always been the single, unified, dimensionless, inseparable and uncategorizable Source of everything. When you are ready to remember and recognize this again, you will.

You designed it this way so that you could experience everything you create from the inside, from your creation's perspective. But the whole purpose of this world of your experience is for you to learn to create the experience that you want to have here. You have provided yourself here with everything you need to be able to do this.

## **Looking In The Mirror**

Most of the creatures on this planet believe their reflections to be other creatures. You are inclined to believe the same. In order to shape your life experiences here on purpose, you must remember that everything you experience is just a reflection of you. Everything is just a mirror.

## **Transforming The World**

When you look outside, you see what is inside. So do not try to change what is outside or you will simply exert a lot of effort and energy and you will not succeed. Change what is inside, and the outside will change, and this will be effortless.

You cannot change the reflection in the mirror of reality directly. But if you change what you focus on and how you treat yourself, the reflection in the mirror of reality must change.

## **Inner Compass**

Your feelings are part of your built-in internal guidance system (GPS). Follow what feels good and you will get more good feelings. If you follow what feels bad, you will only get more bad feelings.

So do not focus on what makes you feel bad in order to understand it, change it, correct it, fix it, avoid it, or for any other reason, or you will only get more of

it. Acknowledge it, and then redirect your attention toward good. Focus on what makes you feel good, and this will bring about more experiences to support you in feeling good.

## **Go Toward What You Want**

When you focus your attention on what you want, you get what you want. When you focus your attention on what you don't want, you get what you don't want.

Whatever you focus on, you are welcoming into your experience. As soon as you focus on it, it is already in your experience. It will soon come into your physical reality to support this internal experience as well if you leave this as your final destination in this area that you have plugged into your internal GPS.

Think about this: Why would you focus on something that you don't want in your experience when the very act of focusing on it and feeding it with your attention welcomes it further into your experience, inherently? As soon as you choose to focus on it, you are experiencing it further.

So if you don't want something in your experience, choose to focus on something else instead and thereby welcome that into your experience instead. This way you plug a new destination into your internal GPS in place of the previous one, and you will be guided toward this new destination in place of the previous one.

## **The Physical World Is A Training Ground**

You are here to learn how to focus your attention on what you want. In dreams and out of body experiences, you get to experience what reality is like prior to the physical world. As soon as you think of someone, this person appears; as soon as you think of something, it appears; as soon as you think of something happening, it happens; as soon as you think of someplace, you are there.

In the physical world, there is time. When you think of a person, thing, event, or place, you often have a bit of time to redirect these thoughts if you don't wish to bring this person, thing, event, or place into your experience in the physical world. You can have many conflicting thoughts here that prevent each other from coming into being here. In the nonphysical worlds prior to the physical, all of those thoughts come into being instantaneously upon your thinking them.

## **The Purpose Of Thoughts And Feelings**

Your thoughts determine the content of your experience, and your feelings determine the quality of that experience and fuel it into being. Use your thoughts only to imagine realities that you wish to experience and to bring positive feelings into being. And focus on those positive feelings so that your reality will support them.

If you try to figure anything out using your thoughts, you will be doing your GPS's job and you won't be allowing it to have a purpose and function. Instead, simply ask a question, request something, and imagine how it would feel after you have the answer, the solution, and you are living in the ideal outcome scenario. Then be present and pay attention and your GPS will guide you there. In this case, your thoughts, feelings, and instincts will show you the way either directly or through their reactions or responses to other people and the world around you. So just ask and pay attention so you recognize the answer or guidance when it comes.

## **What You Really Want**

What you want has nothing to do with anything external. You don't actually want more money or a relationship or a community or a family or food or whatever; you want the internal experience you imagine you'd have if you had more money or a relationship or a community or a family or food or whatever. All you really ever want is an internal experience. You often will not truly know what will actually get you the internal experience that you want, even when you think you do know this.

Remember, your GPS's job is to guide you to the experience you want. Don't micromanage and say you need certain things or need to have certain things happen to get where you want to go; it will never be

true and it will only hold you back from getting where you want to go. Simply request the internal experience you want and let your GPS guide you there along the best and most straightforward route.

## **How To Set Destinations In Your Internal GPS**

Everything you focus your attention on is an address plugged into your GPS, and your GPS will respond by guiding you to this destination. The most powerful way to set destinations on purpose is to rehearse in your mind how you'd like things to go and fuel this with positive emotion. This is as opposed to rehearsing in your mind how you're afraid things will go and fueling this with negative emotion, which will lead you to be guided to this destination.

So whenever you want to set a destination, fast forward in your mind to the end of the day or the week or the month or the year—after you've taken some action or go somewhere or experience something—and imagine how you'd like to feel about how everything went in the ideal. If you simply look forward from here, you will be likely to fill your destination with doubt and skepticism and fear as your mind is inclined to believe that the future is uncertain and unclear and could still happen differently. But when you fast forward in your mind until after the experience, whatever is about to happen is now perceived as the past. And your mind is inclined to believe that the past is certain and fixed and cannot happen any other way. So now the positive and

ideal future you imagine is perceived as being as certain and fixed and inalterable as if it were already the past.

However, you are not to play the role of our GPS, which will guide you to your destination. So, when you set destinations for the future and fast forward in time and imagine them as though they were already in the past, you ideally would focus primarily on what you actually want, which is the feeling and general internal experience. If you focus on the feeling that you'd like to have afterward, this will be enough to get you there.

You can also suggest some things that might support you in feeling this and use these to help imagine and stir up the feeling that you want, especially as you become clearer about what these things actually are. Remember, though, that these are just suggestions. If you get attached to how you get to the feeling, you'll end up afraid things won't work out and you'll end up regretting things and you'll end up frustrated, and so you'll end up focusing on less positive feelings and these will become your new destinations.

Your GPS will always faithfully guide you to where you say you want to go and to what you say you want to have happen with the focus of your attention and what you rehearse in your mind. And its guidance is coming from the perspective from above the maze. You don't need to micromanage from within the maze based on your past experience or logic or whatever; this won't help you get to your desired destination. Just stay focused on the feeling you actually want so your destination is what you want it to be, and listen to the

voice from above the maze as it guides you where you are saying you want to go with the focus of your attention.

## **Everything You Truly Want Is Available To You In This Moment**

When you focus on what you'd like to be thinking and feeling after you do something or something happens, notice that you are actually suddenly already where you want to be without anything needing to happen or change outside you. So not only are you motivated and guided toward external experiences that will support this new internal experience, you are actually already experiencing what you ultimately want to experience, instantaneously. In other words, everything you truly want to experience is actually available to you in every moment to choose, access, and experience.

## **Your GPS Is Your Partner In Creation**

Similarly to the way you would build or buy a human-made GPS in this world to help you navigate the physical world, you as the Source of everything created a GPS for yourself to help you navigate the world of your experience that you are creating. However, your internal GPS plays a greater role than merely helping you navigate the world. It is your partner in creation. It

is like a spouse with whom you conceive and raise a child, and this child is the world of your experience.

Together, you and your GPS—your creation, the partner you created for yourself to help you navigate and shape your experiences—give rise to the world of your experience.

In this world, the relationship dynamics between a child's parents shape the child's dynamics with him/herself and others. The child becomes a reflection of the relationship interactions between his/her parents. So, too, is the case with the child that is the world of your experience. In this case, it is no more than a reflection of your dynamics with your GPS partner in creation. However you treat your GPS will be reflected back at you in the world of your experience, and you will play out both ends of this dynamic here.

## **The Language Of Your GPS**

If you and I were to speak to each other in the same language—let's say English, for example—you would not question if it is you or I who is speaking at any point in the conversation just because we are using the same language to communicate. And it only makes sense that you and I would be speaking in the same language (that we both understand) or we wouldn't be able to hope for any successful communication.

You (the Creator) and your GPS (your partner in creation) use the same language to communicate with each other, which again only makes sense or there

would be no real communication. This language is thoughts, feelings, and instincts. In this case, though, you will often be inclined at first to believe that no matter who is speaking, it is you speaking. This confusion will give rise to all sorts of miscommunications and negative feelings, which will be reflected back at you by the world of your experience—the child and product of all this miscommunication.

This is what you will want to understand in order to create an experience here that you actually want to have: It is only you (the Creator) speaking when you are initiating something, purposely thinking a thought, purposely imagining a situation with your thoughts and giving rise to a feeling, which gives rise to a desire. It is your creation speaking when there is any response or reaction coming up to something that you have initiated, right away or later on. In other words, if something simply pops into your internal experience, either spontaneously or in reaction to something you purposely initiate or to the world outside you, this isn't you speaking.

And if it isn't you speaking and something is being communicated to you, it is appropriate and kind to listen and then respond to what is being said. If you don't, the message will be repeated, eventually amplified in frustration, and then eventually transformed into defiance and despair at your not listening if you're still not responding appropriately with acknowledgement that you hear and understand.

## **Your GPS Is Always Speaking About You**

Remember, all that exists is you (the Creator), your GPS (your partner in creation), and the world of your experience (the child of your interactions with your GPS). So if your GPS is speaking to you, it is about you. It is not about any other people or anything in the world outside you. When you interact with other people and the world around you, this is the product of the interaction you've been having with your GPS. So if you are reacting to something someone or something does or says, this is a dynamic that has been playing out inside you and this is what you want to address.

Again, do not try to change the mirror. Address the dynamic that is giving rise to this reflection—the dynamic between you and your GPS.

## **Respond To Old Destinations That Come Up**

Once you set a new destination, your GPS will remind you of destinations that you've set in the past that aren't compatible with this new destination. This is for you to respond to them and redirect them so that your GPS knows you definitely want to go to the new destination in place of the old ones.

So when after you step into a great and positive emotional reality and thereby set this as your destination, you end up seeing a whole bunch of things in your experience from the past that don't fit this, know that this is normal. This is not the time to despair and

decide you'll never resolve the things from the past. This is the time to respond to them and redirect them so that this will be the last you see of them in this form as they are replaced by the new destination experiences you are setting.

Remember, your relationship dynamics with yourself are a big part of how you are setting destinations and vice versa. So another way to look at this is that you tell yourself that you'd like to have a great, new, positive relationship with your thoughts, feelings, and instincts, and your thoughts, feelings, and instincts say, "That's great, but that's not how our relationship with you has been. And we just would like to know that you're aware of what you've done that has made our relationship less positive than this so that we can have some confidence that you are actually going to change in the ways that are necessary for us to have this great new relationship with you that you're saying you want going forward."

The appropriate response, therefore, is to acknowledge what you've been making your creation think, feel, and want, take responsibility for this, apologize, and redirect with what you'd like to make it feel instead going forward. This redirection is toward the new destination experience you've set.

If things seem to get worse before they get better, or it seems like an internal battle or struggle ensues after a glimpse of a better experience, know that this is why. Your creation is simply reminding you of all of your previous destinations that are in different

directions from this new destination. It is reminding you of how you have treated it in ways that are incompatible with this new, better experience you've focused on and thereby requested. It is reminding you of all the reasons that you are not already at your new destination, living in that positive experience sustainably. So,

- 1) Acknowledge the thoughts, feelings, and desires that come up in reaction to your request in the coming hours, days, weeks, months, etc. and recognize that they are about you and not about anyone or anything else;
- 2) Take responsibility for your experiences; apologize for treating yourself in less-than-ideal ways and for making yourself think, feel, and want things that you wouldn't want to be making yourself think, feel, and want; and
- 3) Redirect toward your new, desired destinations, letting yourself know what you'd like to be making yourself think, feel, and want going forward in place of what has been the case.

For example, if you imagine being in an amazing relationship in which you feel connected, understood, and loved, this is a destination you are setting. Perhaps you say to yourself something like, "I'd love to be in a magical relationship where I feel connected, understood, and loved—where I feel supported in being the best version of me. That would be amazing!"

Essentially, here, you are asking for this kind of relationship with your creation so that this can be reflected in the world in a relationship between you and another person. So you want your creation to feel connected to you, understood by you, and loved by you—where it feels supported in being the best version of itself with you.

Following this, you might end up in a situation with someone where you don't feel good. So you ask yourself, "What is this making me think, feel, and want?" Perhaps you identify that you are feeling attacked and unsafe and want to be treated much better. In this case, this is an old destination—a way you have made yourself feel up to this point that is incompatible with what you are now asking for. And it is actually your creation that is feeling attacked by you, unsafe because of you, and wanting to be treated much better by you. So you respond to your creation with something like: "I'm sorry for making you feel attacked and unsafe. I want you to feel much better than this going forward. I want to treat you with love and kindness, and I want to make you feel safe and loved from now on."

If you do this with each less-than-desirable experience that comes up, you will find yourself changing in your identifications, gradually shifting from where you came from to where you're going. And you will find yourself inclined and motivated to take actions that will lead to external realities that will support the internal experience destinations that you've set.

## **You're Having A Conversation**

If you try to respond to something your GPS has said (directly or as this has been reflected in your experiences in the world around you) and another thought and/or feeling and/or desire comes up, respond to this, too. For this is your GPS responding to your response.

Remember, you're having a conversation. Once you recognize this, and you differentiate between when you're speaking (initiating thoughts, feelings, and instincts consciously and on purpose) and when your GPS is speaking (thoughts, feelings, and instincts responding or reacting to what you're saying), this communication is pretty straightforward. Just be kind and open and take responsibility for however you've made your GPS feel—good or bad—and let your GPS know how you'd like to make it feel going forward—more like this if it's been positive, or something different and positive if it's been negative.

## **Never Ignore Anything**

If something happens that elicits some sort of reaction in you, or you simply find seemingly random thoughts, feelings, and desires coming up in you, this is a message from your GPS to you. Do not ignore it; respond to it.

If the experience is bad, it will keep coming up in various forms of increasing intensity in your life until

you acknowledge and respond to it. So you'll want to respond as soon as possible (ideally while the message is still subtle) with an acknowledgement of and apology for how you've been making yourself feel and a redirection with an intention for how you'd like to make yourself feel instead going forward.

If the experience is good, it will go away unless you reinforce it with appreciation and gratitude for the experience. You want to reward your GPS when it's guiding you the direction you actually want to go or it won't know whether it did what you wanted or not. If you reward a positive experience with positive attention, you will get more of it.

So, no matter what, do not ignore your experiences. Attend to them. Acknowledge them. Respond to them appropriately. This way you'll get experiences you actually want here.

## **Go Forward And Trust That Your GPS Is Taking Care Of Things**

Once you've set your emotional destinations (perhaps with some specific physical suggestions), your job is just to respond to and redirect any old destinations that come up, perhaps refine and add to your emotional destinations as you go, and listen to and act on the turn-by-turn directions in each moment.

You do not need to look for problems to solve. You do not need to look for things to be wrong or for anything to fix or change or resolve. You do not need to

figure anything out. Your GPS has it all taken care of. Everything will be worked out if you let it and simply go forward, rather than focusing on issues and thereby bringing about more of these. Show that you actually trust your GPS to do what you created it for and go forward toward your destinations, expanding your comfort zone and creating new and fantastical experiences in your life.

When you stay in the small town you've always known, navigating familiar roads, it is easy to try to control things and drive without the use of your GPS. But when you set new destinations that are outside of your previous experience, driving on roads far outside of that small town, you cannot possibly navigate effectively by control. You will only have a positive, peaceful, and enjoyable ride and also get where you actually want to go, when you want to get there, if you follow your internal GPS.

So after you set your destinations, all you need to do is go forward in accordance with the directions from your GPS, responding to anything it brings up and checking with it each step of the way to be sure you're on the right track toward your intended destinations. And thank your GPS and show it appreciation for what you already know it's taking care of for you. Prepay it your positive attention because you have this much confidence in it. In this way, you continue the conversation and continue to build, strengthen, and improve the relationship that gives rise to your experiences in this world.

## **How To Make Decisions**

Whenever you would like to make a decision, check with your creation before you take action. First, imagine fast forwarding in time to after everything related to your current decision and feeling everything you could possibly want to feel in the ideal in regard to this. Imagine all the good feelings. Now your GPS destination is set.

So now you can check with your GPS for specific directions in this moment.

Imagine choosing one thing, and then another, each time fast forwarding in your mind to after the choice has been made and the events have played themselves out.

Check with yourself. How do you feel right after you take this action you are considering taking? If you feel good, go with it. If you feel bad, consider a different option and ask yourself how you feel right after you take this new action or make this other choice. If you feel good, go with it. If you feel bad, come up with another option and repeat.

Sometimes we feel bad when we do this only because we have some belief that makes us doubtful, unsure, fearful, etc. about making this choice and going forward with this course of action. This happens whenever we are stepping into the unknown and unfamiliar. So try redirecting any thoughts that come up and imagine that these aspects of things go well. If you can feel good about the course of action then, go with it. If you can't, you're on the wrong track in terms of

getting to where you want to go overall. So come up with an alternative course of action and repeat; don't force something that your GPS is saying not to do or it won't go well for you.

## **Add To And Refine Your Destinations As You Go**

You might need to reset your overall destination once in a while by imagining feeling good in every way you'd like to feel good after everything. Adding good feelings and refining the details of your desired experience is important as you continue along the way to keep you fueled, motivated, and increasingly clear about the next steps as your experiences help you recognize what you want more specifically. So as you learn what you want, add this to your requests and your imagined experience—the reality that you are creating in your mind to be experienced in the physical.

Remind yourself what it will feel like to experience life from the peak of the mountain you're climbing. Step into that experience as much as possible, and add to the details of your imagined experience as you go and get further clarity about what this could be like. In this way, you provide a clear, firm destination toward which your GPS can clearly direct you. Essentially, you provide your creation here with clear and intentional thoughts and feelings that it can support you in experiencing.

With a clear imagining of the emotional experience of being at the peak toward which you are headed, the directions in this moment are very clear when you fast

forward to check with whether one course of action or another is on the way to your peak. So making decisions about what to do in this moment becomes easy.

## **Act From The Thoughts And Feelings That You Want Supported**

Whatever internal experience you make decisions and act from, you are feeding with your attention and energy. And you will get more of it. You will get external support for thinking, feeling, and wanting whatever you were when you acted—from your body and from your interactions with the people and the world around you.

So if you are not feeling good, address this before you make any decisions or act. You want to be sure that you are fueling yourself toward an emotional destination that you actually desire to reach.

Step into your internal destination experience first. Then respond to and address anything that comes up that makes it difficult to do this. And then make decisions and act. And the whole world will support you in sustaining your being in this internal place of thoughts and feelings that you've imagined and created for yourself.

## **Make Use Of The Contrast Of Experience To Learn And Clarify What You Want**

You will experience much here that you do not want due to your having taken your attention away from your own GPS and looked to the outside world for the things for which your GPS, your creation, is looking to you. Whenever you notice something you don't want, this is a great opportunity to clarify further what you do want through contrast with your experience.

As you make use of the contrast of experiences, you learn ever more fully what you truly do want. So then when you get what you want, you can be aware that you would never have gotten it were it not for your having experienced what you didn't want before this, because you would never have been compelled to request, give your attention to, and fuel into being what you have.

## **The Process Of Bringing Things Into Your Experience**

When you request something—even simply the possibility of something—you will experience in other people and the world around you things like this. This is your creation saying, “Is this what you meant? Is this what you want?”

If you respond with, “This other person has these things and I don't,” then you will not get this. If you respond with, “Yes, that's what I want. I'd like that!” then you will get this. If you respond with, “Yes, I'd like

that, but with this instead of that,” then you will get another example in other people and the world around you of what your creation believes you’re asking for.

As soon as you give something your energy and imagine what it would be like to have that yourself, you welcome it the next step of the way fully into your own experience. And it will become yours. This is true for good things and bad things—whatever you focus your attention and energy on in the people and the world around you, by which you’re saying, “I’d like more of that around me, and I’d like that for myself.”

## **The Process Of Moving Away From Things That Were In Your Experience**

When you acknowledge and take responsibility for your experience, apologize, and redirect how you’d like to treat yourself and make yourself feel going forward, setting new emotional destinations regarding how you’d like to feel, you move away from this experience. This leads you to assert yourself in situations with other people in ways that involve you saying “no” to what you don’t want anymore and “yes” to what you want instead going forward.

You may step out of a relationship or job or living situation, finally saying no to it and yes to something better for you at this time. Whatever you experience served its purpose in helping you refine and further articulate what you really want so that you can get this.

So it's time to move on and get what you really want at this time now that you're clearer about this.

As you begin to step away from old external situations in life and into new and better ones, you will find yourself experiencing your old situations in other people and being very aware of it. This will stir up a lot of emotional reaction in you at first. This reaction of thoughts, feelings, and instincts is what your own GPS has been saying to you the whole time you were in that situation that involved you not listening to your GPS and instead tuning yourself out in some way.

Respond to the thoughts, feelings, and instincts that come up. Acknowledge what they are saying. Recognize that they are speaking to you about you and not about anyone else. Take responsibility for your own experience and apologize and intend to treat yourself (your GPS) better going forward.

Once you've redirected your attention more fully to your new, more ideal emotional reality and acknowledged the thoughts, feelings, and instincts that have come up about your having stayed in the old ones for as long as you did, you will again experience your old situations in other people. But now you won't have much emotional reaction to them.

And then you won't experience your old situations and dynamics with yourself (with your GPS) in other people and the world around you anymore. For you will have stepped fully out of them and into your new situation and dynamic, which you will now see reflected in all of the people and the world around you.

## **There Is Nothing To Fear Unless You Are Focusing On Your Fear**

Nothing can come into being in your experience of which there is any reason to be afraid unless you focus on your fear. For the world merely offers experiences to support what you are already thinking, feeling, and wanting.

Thus, if you focus on your fear, you will bring about reasons to fear as actual circumstances come about in your experience of which you have reason to be afraid. But if you redirect your attention to what you'd like to have happen instead and, most importantly, of what you would feel then, and you then take action in this direction, you have no reason to fear, for the world is just a mirror, reflecting externally what you are creating internally.

## **Don't Avoid Or Escape; Change The Internal First**

If you try to run away from something, you will only end up in something else that makes you want to run away. This is true of relationships, jobs, living situations, and everything else.

Wherever you go, you bring yourself with you. So, first you must change yourself, and then when you leave, you will step into a new situation that is different from the previous one in the ways you want. Remember, the world is just a mirror. If you try to

escape from someone or something without changing your internal dynamic, you'll meet people and circumstances that treat you all the same ways and make you feel all the same things as the people and circumstances from which you tried to escape.

See, if you are wanting to escape, it means that you are focusing on what you don't want and then trying to control and force and micromanage yourself to avoid this. When you're riding your bicycle of life while looking at the pole that you don't want to crash into, avoiding the pole ends up requiring a lot of extra effort and continuous attention as you try to go NOT to where you are naturally inclined to go. As long as you keep focusing on where you don't want to go and trying to avoid this, you are ignoring your GPS, and this will not go well for you as you will experience everything your GPS thinks and feels and wants in reaction to this. And everything you face in life will show you this.

Escaping is coming from the same dynamic as the control that is leading to it. So you are actually keeping the control in the picture as well as the desire to escape from it. Therefore, rather than trying to escape, stop controlling yourself and making yourself want to escape. In order to do this, stop focusing on what you don't want and refocus your attention on what you do want instead.

Imagine what it would feel like if you had everything you truly want. Even if you don't know what you want, imagine what it would feel like if you were feeling everything you would really want to feel in the

ideal. Step into this new emotional reality as fully as possible every day for at least a few minutes. And begin to focus on what you do like about your current physical circumstances, and take responsibility for the experiences you don't like and tell yourself you're sorry for making yourself feel these things, and let yourself know what you'd like to make yourself feel instead going forward.

In this way, you can change the roots of your less-than-ideal experiences and then step into new circumstances in life that reflect your new, more positive dynamic with yourself—where you treat yourself in a way that makes you want to stay and be present to your experience, rather than escape.

## **Don't Try To Change Others And The World Around You; Change Yourself**

If you try to change others and the world around you, you are trying to change the mirror. If you find yourself doing this, take your own advice and do for yourself what you are trying to get others to do for them. Change yourself and others will change. If you don't change yourself, you will end up arguing and fighting with others to try to get them to change and you'll never succeed. The mirror cannot change its reflection unless you change what it is reflecting.

So rather than focusing on what needs changing, focus on what is already good and on the experience that you'd like to have. This way you will find yourself

accepting where you and others are and actually taking appropriate actions to create good and increase the good in your experience, and the world will seem good and getting better. And rather than contributing to the problems you perceive, you'll actually be making everything better—by rewarding the good with your attention and expanding upon this and spreading this.

Don't fight against the darkness; simply increase the light, and the darkness will disappear.

## **Crazy Fears, Thoughts, Emotions, And Desires Mean There's Action To Take**

Whenever you have any negative feelings about anything, there is something to acknowledge, take responsibility for within yourself (perhaps with an apology to yourself), and redirect. If changing your internal focus of attention is really not working to resolve increasingly insistent and seemingly crazy thoughts, feelings, instincts, and ultimately fears of some sort or other, then this means that you are also supposed to be changing your external focus of attention.

In other words, if you have taken responsibility for your experience internally and your GPS still keeps growing in the insistency, urgency, and seriousness of its messages, it is telling you to take an action in the world that you aren't taking. It might be that it's time to leave your relationship, to let go of a friendship, to change jobs, to move, or simply to send an email, to call

someone, to assert yourself in some particular situation or situations, or whatever. But whatever the specific action, the point is that once you have changed how you treat yourself internally with what you are focusing on and the way you talk to yourself and listen to yourself, it is time to change how you treat yourself with the people and things you keep in your life. Otherwise, you continue to treat yourself now as you were previously treating yourself merely by keeping the external situations that you brought about when you were treating yourself that way.

When you change yourself, it no longer feels appropriate to keep old mirrors that still show you your old reflection. The mirrors that change what they reflect back at you as you change still have a role in your life. And as you change, you will bring in new mirrors as well. But the only way to change fully is to let go of the mirrors that show you your old reflection. If you don't feel like the new you that you have become in your relationship, a friendship or friendships, your job, your living situation, or anywhere else, it is time to let go of the old mirrors and make room in your life for new ones that support you in feeling like the person you have become and want to be.

## **You Don't *Have To Do Anything***

There is absolutely nothing that you *have to* do in this world. It is simply that you might prefer the consequences that are likely to arise from one action as

compared to those that are likely to arise from another. So since you want the results, you sort of *want* to take the action to get the desired results, don't you?

In other words, you never have any reason to tell yourself that you *have to* do something, that you *need to* do something, that you *should* do something, or that you are *supposed to* do something. Everything is a choice. And you make that choice.

When you say "I have to do something," you are usually implying, "or else this bad thing will happen." When you say, "I'd like to do something," the implication is, "so this good thing will happen." If you simply focus on what you'd like the result to be, you'll be going toward what you want because you want it, rather than trying to avoid what you don't want with a whole bunch of control, which makes you feel trapped, which leads you to want to escape and tune out yourself and your life.

So you are free. Do what you'd like to do because you'd like the results it seems likely to lead to. You'll feel better because of it, you'll be more present because of it, and you'll actually get the results you want.

## **Be Present**

There is nothing more important than being present. There is no higher priority. If you are not present to your experiences, then nothing else can possibly truly matter because you aren't even here to experience it.

You can live your life chasing after things, running away from things, pushing and pulling at your experiences, resisting, wanting, reacting to your experiences with worry, fear, regret, shame, frustration, and anger, feeling like you need things to change, or that you need to accomplish more, or that you need to have someone or something more to be happy. Or you can simply *be*. And when you simply *are*, there is no reaction based on some larger picture context that you believe should be a certain way or needs to be a certain way for you to be okay, for there is only *now*. There is only this moment.

On the way up the mountain of life, this is where you are, just taking this step. There isn't "I shouldn't be where I am," or "I haven't come far enough," or "I have so far to go." There is simply here and now. And so there is only acceptance, appreciation, and gratitude, for there is no reason not to experience these things when you *get to* experience whatever you are experiencing right now, in this moment, on this journey toward now.

Every moment is precious. It is a gift, and it is infinitely deep. When you fill this moment with your attention to it, you are full, and you are fulfilled. And everything is good, for you are present to it fully, and so you hear what it is truly communicating to you, and you experience it for what it truly is.

Life is benevolent. It is magical. It is wonderful. And you need only be fully here now to recognize it as such.

*Now* is the peak toward which you are headed. We climb the mountain of life to learn to be here, now. And so you are already here. You have nothing to strive for; you have reached your destination in every moment that you are fully here with your attention.

Everything else that you truly want begins with and flows from this. For then you are here to experience fully, accept fully, appreciate fully, be fully grateful for, and actualize fully all that you'd like to experience here.

## **Your Thoughts, Feelings, And Instincts Are Always Communicating With You**

Your thoughts, feelings, and instincts are speaking to you. You can either identify with them and leave them unacknowledged and unanswered in what they are truly trying to convey, or you can respond to them.

When you believe that your thoughts, feelings, and instincts are about anyone or anything other than you, you are identifying with them. They say you are making them feel some way, and then you say someone else is making you feel this way. Then they repeat, more loudly and insistently, that *you* are making *them* feel this way. And then you feel more strongly that this other person or external situation is making you feel this way. The longer this goes on with you leaving your thoughts, feelings, and instincts unacknowledged in what they are truly trying to communicate to you, believing this is *you* speaking about *someone or something else*, the more insistent they become. They speak more loudly and

more forcefully within you, and then they speak through your external world—through your body, through your life circumstances, through other people.

And so you find yourself in undesirable situations in your health, environment, and relationships with other people as they accurately reflect how you are treating yourself by continuing to disregard the true meaning and intent of your thoughts, feelings, and instincts. You are failing to take responsibility for what your thoughts, feelings, and instincts are saying that you are making *them* think, feel, and want. This is the cause of all undesirable experiences.

When you recognize that your thoughts, feelings, and instincts are always about you, and about no one and nothing but you, you can have a meaningful conversation where you actually acknowledge what they're saying and respond appropriately. You can take responsibility for what you've made them think, feel, and want, apologize where appropriate in order to improve your relationship with them, and state with intention what you'd like to make them think, feel, and want going forward in place of or in addition to whatever you've made them experience before.

This way, your thoughts, feelings, and instincts feel acknowledged, listened to, heard, understood, useful, helpful, protective, appreciated, loved and cared for, trustworthy and like they can trust you, valuable and like they can value you, peaceful and like you are peaceful, fulfilling and fulfilled, important and like you are important to them, good and like you are good to

them, and grateful that you have listened to them and are always aiming (backed by actual intent and action) to treat them better. And since you experience whatever your thoughts, feelings, and instincts experience, these become your experiences as well.

## **Being Present Requires Listening**

When you don't listen to what your thoughts, feelings, and instincts are saying to you and respond with appropriate words and actions, they become like nagging children as they try to get your attention. They become more and more insistent and throw a whole bunch of life situations at you in an effort to get through to you, to get your attention and be listened to, acknowledged, understood, and acted on.

With all this insistency, with repeating thoughts and intense feelings and desires, it is very difficult to remain present. The solution is to listen. Once you listen to what your thoughts, feelings, and instincts are really saying to you, they quiet down.

They will keep trying to convey their message to you about how you are treating them that is incompatible with your desired destinations (the ones you indicated to them with the focus of your attention) until you get the message. Once you get the message, and you acknowledge that you've gotten the message, and you intend to treat them better going forward and show with action that you mean it, they will have no

reason to keep trying to get your attention. For they will have already gotten it.

Your internal GPS will keep recalculating with greater emotional urgency to the point that it is screaming and beyond if you keep ignoring its directions. But as soon as you start listening again and acting on what it says, it will go back to whispering directions in your ear with gratitude that you are listening.

Then you can simply relax and settle into the moment, and you can be present to what is in your experience all around you with peace, harmony, and contentment within.

## **The Familiar Is Comfortable, So Make A Positive Future Familiar**

No matter how bad the past and the present are, you are inclined to stick with them because you know them, they are familiar, and so there is a certain comfort with them. You are uncomfortable stepping into the unknown and unfamiliar because, for all you know, they are worse than what you already know. And so you project your fears, uncertainties, skepticisms, doubts, and even anticipated regrets and frustrations into the unknown future. The result is that you conclude that it is safer to stay with what you know—even if this is pretty terrible. Things probably have to get amazingly bad in order for you to conclude that different has got to be better than more of the same.

So, if you would like to make changes to your life and step into a future that is different, and *better*, than the past and present, it is up to you to make such a better future into something that is familiar to you. Then you don't have to take such a leap of faith and step out of your comfort zone of the familiar, since you'll actually be expanding, or rather shifting, your comfort zone to encompass this new and better future.

You can make a new and better future into part of the familiar by imagining how you would feel in the ideal in that future if things were to go your way. How would you really like to feel in a week, in a month, in a year from now? What are some things that you might be, do, or have in that future that would support you in feeling these ways? Add as much detail as possible. Practice this often, even everyday.

Once you imagine something sufficiently, stepping into what it could feel like in the positive and filling in enough detail, it becomes familiar. If you make your positive vision of the future known and familiar, you become willing to step into it—this becomes comfortable to you. As your focus of attention shifts from being primarily on where you have been and are to being primarily on your ideal experience that *could be*, changing becomes even more comfortable than staying where you are. Then you live, think, and act from these new identifications about who you are and what your life is like and what's possible for you, and this positive vision becomes your reality.

## **Seek And Ye Shall Find**

You will find whatever you look for, so look for what you want and not what you don't want.

What's wrong with or bad about the situation? What did I do wrong or badly? How could things go wrong or badly?

These are not the types of questions you want to be asking yourself unless you want to find things to be wrong. If you want things to go right, replace these types of questions with:

What's right with or good about the situation? What did I do right or well? How could things go right or well?

Notice the emotional shift that occurs when you ask yourself the latter questions in place of the former questions.

When you look for things to be right, you find things to be right—which is what you likely ultimately want. So look for things to be right, good, positive, and so forth, and you shall find exactly this.

## **Defining Yourself**

However you define yourself will become who you are. Whatever you focus on will become your reality.

So define yourself based on where you're going, not based on where you are or where you've been. Identify with your aims and aspirations, not with the struggles that you've experienced or are experiencing.

When you focus your attention on, and identify with, where you've been, you keep falling back there or being pulled back there, as though anchored there with an elastic cord. Life is a continual struggle to get away from your past, with seemingly endlessly repeating and inescapable themes, when you identify with your past.

When you focus your attention on, and identify with, where you're headed, you end up there. The future you've imagined and already experienced internally pulls you forward to become a physical actuality.

## **Other People**

You meet some people on the side streets of your life, some people at intersections, and some people on the main highways. Let people be to you whatever they are in each moment. Do not try to get off the track of your path to follow someone else. Do not try to bring someone else with you on your path.

Respond appropriately so that you are always creating a closer and better relationship with yourself (with your GPS), for your relationships with others are nothing but mirrors of your relationship with yourself (with your GPS). As you grow, choose to spend time with those people who reflect this better relationship with yourself. And as you grow, let go of those people who don't reflect this better relationship with yourself.

## **Attraction**

Whatever you find yourself attracted to or wanting to connect with in another person is what you find attractive and want to connect with in yourself.

If you are drawn to someone whom you find to be beautiful, you are finding parts of yourself to be beautiful. If you are drawn to someone who exercises a lot, you are either wanting to exercise more or are simply liking yourself for exercising and liking who you are when you are exercising. If you are drawn to someone who is artistic, then you like the parts of yourself that are artistic and would like to connect more with those parts of yourself. If you are drawn to someone who is analytical and logical, you are either wanting to connect more with the analytical and logical parts of yourself or are simply liking these parts of yourself.

So keep this in mind. You are attracted to things in other people that you find attractive in yourself, and you want to connect with other people when you see in them things (attributes, qualities, talents, skills, behaviors) you want to connect with in yourself. Your response primarily ought to be to connect more with those parts of yourself that you are noticing you are finding to be attractive within you.

This way, you will become attractive to the people to whom you are attracted, because they will want to connect with you if you are connecting and identifying

with the same things in yourself that they are connecting and identifying with, and like, in themselves.

## **Connection**

You can only connect with others through connecting with yourself. If you disconnect from yourself in order to connect with others, you will only end up feeling disconnected and lonely. If you connect with yourself and keep yourself company, focusing on what you actually want and following what feels right for you—what your thoughts, feelings, and instincts are saying to you—no matter what, you will end up attracting and maintaining the kinds of relationships in your life in which you feel deeply connected. You will feel like these people are with you, understanding you, supporting you, there for you, and you will experience the kind of fulfillment in these relationships that you truly seek.

## **Belonging**

You are accepted by others and feel like you belong when you accept all parts of yourself and make all parts of yourself feel like they belong within you. If you judge, dismiss, and exclude parts of yourself in order to belong somewhere, you will only end up feeling unaccepted and like you don't belong anywhere. If you accept your thoughts, feelings, and instincts and provide them with a role and a purpose within you by setting desired

destinations with the focus of your attention and listening to the directions that are provided to you, you will be guided toward a group or community where you truly feel that you belong and have a role and purpose, and where you feel accepted, and are accepted, as you are.

## **Helping Others**

You cannot help others who don't believe they can be helped. There's nothing you can do for them until they're actually open to being helped. You can't get them to be open to being helped. You just have to let them experience what they're creating for themselves until they not only reach out for help, but are also open to receiving it.

If you try to help them before they're ready, they will fight you and resist you and pull you down to their level so that you are drowning with them. They will end up believing you're having a negative impact on them, and you will come to believe this, too. Then you won't be able to help anyone else, including yourself. It will feel bad to be helping them because you won't be listening to yourself if you try to help them when they aren't actually ready and open to it. You will actually be setting the example based on the way you are acting that these people shouldn't listen to you or themselves, and they will follow this example.

So your attention and energy is far better spent on people who are ready to be helped. Then you will see

that your words are heard, listened to, and acted upon, and that your efforts are appreciated. You will see that you actually have a positive impact. When you help those who are ready to be helped by you when they are ready to be helped by you and in the ways they are ready to be helped by you, it feels good to help them because you are on the right track for yourself. You are listening to yourself and helping yourself, and thereby setting an example in the way you are living that people you encounter will follow. And this is the only way you can truly help—by living what you preach, following your own advice, *listening to yourself and following what feels good for you*, and helping yourself in the ways you are aiming to help others.

When you listen to yourself about whom to help and when, and you help yourself above all, you are actually benefiting everyone the most that you possibly can. It is essentially a choice between trying (largely or entirely unsuccessfully) to help one or a few people who fight you every step of the way and consume all of your energy and drain you and make you feel terrible, or successfully helping the entire world and getting a lot of appreciation and gratitude for it. You choose.

## **Follow Your Own Advice**

If you feel strongly that someone should hear some advice (or anything else, for that matter), this message is meant for you. If you follow this advice from your own thoughts, feelings, and instincts, people around you

will get the message, too. If you do not follow the advice and simply try to give it to others, no one will listen to it because you aren't listening to it.

People listen to your lived example and not to your words. They are a mirror of what is in you. If you still haven't gotten a message, you will still need a messenger to give you this message. So until you get the message and apply it yourself, the people around you cannot change.

For you still need the message. And so the messenger will remain.

But once you take your own advice and apply it yourself, you give the messenger permission to change—to reflect your new dynamic with yourself and therefore convey a different message to you.

## **You Should Be Your Own Highest Priority**

You should be your own highest priority. If you are not #1 on your priority list, you will not be anyone's priority. People will follow your example and put you after whatever you put yourself after. So if you put friends, family, a significant other, your community, money, a job, or whatever above you on your priority list, they will, too. When you consistently prioritize someone else over you, that person will consistently prioritize himself or herself over you, too. And so you will not be a priority to anyone, and this feels terrible and definitely doesn't advance you or anyone else in any way.

You cannot set a good example for others to follow by prioritizing anyone or anything else over yourself. You shrink instead of expanding and you fail to contribute to the world all that you are capable of contributing.

So take care of yourself. Take care of your body and your environment, pursue a career that fulfills you, spend time with people who make you happy when it feels good to do so, and focus your attention on good feelings and those things that bring them about. And remember that you create your experience with the focus of your attention (and that you are the only one who creates it), so remember to focus your attention on what you want in your experience and to express gratitude and appreciation regularly for what you get to experience here.

You are not being selfish by taking care of you. In fact, this is the only way you can truly be selfless and generous with your positive attention in all forms as you fill yourself to overflowing with love, joy, peace, respect, money, and so forth, and therefore have plenty to share and give away without taking from yourself to do so.

## **Preserving Yourself And Your Family**

You can only preserve and maintain your body, health, and surroundings and those of your family by attending to your own thoughts, feelings, and instincts. Forcing yourself to do what doesn't feel good in order to make money or whip your body into shape will not yield

you the results that you want. For, in the long run, you'll end up burnt out and unwilling or even unable to continue forcing yourself in this way to achieve your aims.

The only sustainable way to preserve, maintain, and take care of your body, your health, your environment, and your family is to identify what truly fulfills you—not what you feel you *should* be doing, and not what you want to do to escape your “shoulds”. Then ask yourself how you can do these things in ways that can help you achieve your desired aims of health and financial sustenance for yourself and your family.

Set desired destinations without self-imposed limitations. Imagine what it would be like already to be in perfect health, with a fit and attractive body, and with financial wealth and a clean, organized, and prosperous environment for yourself and your family. Then listen to what feels good rather than forcing or dragging yourself along by sheer will. This way you can actually achieve your desired aims—sustainably, in the long run, and enjoyably all along the way.

## **Body And Health**

Your body is part of the world that reflects your treatment of your GPS partner in creation. Treat your GPS with kindness, focusing on where you want to go and attending to its directions, and your body will be healthy and supportive of good experiences. If you don't

treat your GPS with kindness, your body will reflect this to you to be addressed.

Tension, aches, pains, exhaustion, hunger, thirst, digestive issues, respiratory issues, hearing issues, sight issues, and all other issues or ailments—fleeting or chronic, slight or severe—are reflections of focusing on where you don't want to go and not paying attention to your GPS in some way or other. You might be making your GPS feel like it can't move or can't breathe or that it's painful to speak or that you aren't fully digesting its messages to you, etc.

Relaxation, energy, satiation, comfort, good digestion, ease of breathing, and all other aspects of good health are reflections of focusing on where you do want to go and paying attention to your GPS. You are making your GPS feel like it can move and breathe freely and express itself to you completely, and like you are fully digesting its messages to you and responding appropriately with words and actions, etc.

Acknowledge your GPS's messages to you through your body as you would acknowledge its messages to you through other people and the rest of the world around you: Ask yourself what it's making you think and feel and want, take responsibility for causing your GPS to experience this, apologize where appropriate, and respond with a redirection of how you'd like to treat your GPS and make it feel going forward. If you're getting positive messages, there's a great opportunity here to reinforce these with gratitude and appreciation

for the positive experiences and for the good, healthy relationship you're successfully building with your GPS.

## **Money**

Invest in yourself (invest attention in your GPS), and you will be invested in. Pay yourself (pay your GPS attention), and you will be paid. Recognize that everything you pay for that is supporting you being in a healthy, happy place in which you can be your best self is an investment in you. If you were thinking of all of your expenditures as investments in you, not only would you choose to spend your money on different things and experiences in many cases, but you would also make your money back.

The money you spend on yourself being in a good place and actualizing yourself is the best investment you can make. And good investments yield returns.

So remember, you are ideally never just spending money. You are investing in yourself. And when you pay yourself, you are being paid already, so then the world mirrors this and pays you, too.

## **Spend Your Time Here Doing What You Love**

Choose a career and lifestyle that you're passionate about. This will likely be something that involves using your natural strengths, overcoming your weaknesses, and pursuing your interests.

Remember, you the creator of your entire experience, so why would you spend your time doing something you don't enjoy? You are here to experience, but also to learn to create the experience you want. So create the experience you want inside yourself and live in that, and pursue what feels right from that place.

## **Be True To Yourself**

If you imagine how you'd like to feel and step into this experience regularly and live from this and make your decisions from this internal place, you are on the right track. Do not adapt to others or the world or anything if it means going a direction other than what feels right for you.

When you do what's good for you, it will ultimately be good for everyone and everything. When you do what's bad for you, it will ultimately be bad for everyone and everything. This is true even if you can't discern how this could be so in any particular scenario. So do what's good for you—what would feel good after you do it.

Follow this, and you're on the right track, and you'll have an experience here that is everything you'd like it to be.

## **There Is Nothing Outside You That Did Not Begin Within You**

You might ask how this can be so and try to point to friends or significant others or strangers who brought experiences to you. They are merely the messengers. Their treatment of you is an accurate reflection of your treatment of yourself. However they have made you feel is how you have made yourself feel.

Okay, you might say, so maybe I can take responsibility for my experiences after a certain point in my life, but certainly my parents are responsible for my experience before this. You might blame others for negative experiences and aspects of yourself that you can trace back to them, or you might simply feel that they are more responsible than you are for positive experiences, lessons, good values, etc. that you have.

But there is nothing within your experience that did not come from you. If you are blaming another, it is actually your GPS blaming you. If you are wanting an apology from another, it is actually your GPS wanting an apology from you. If you are giving credit to others, it is actually your GPS giving credit to you.

If there is any part of your experience for which you do not take responsibility, you are giving up your ability to create more of it or change it at will. If you take responsibility for everything that you experience—the good and the bad—then you can bring about more good things in your experience and change the bad

things in your experience so that they, too, become good things.

You chose your parents and siblings and teachers just as you choose everyone else—by treating yourself a certain way and thereby asking for others to come in and treat you that way. Those who treat themselves similarly are willing to come in and treat you this way as well, and you are willing to treat others who treat themselves similarly this way as well.

## **Your Shaping Of This Life Did Not Begin In This Life**

Your shaping of your experience of this life did not begin when you were born, just as your shaping of your experience of today did not begin when you woke up this morning.

The thoughts, feelings, instincts, and actions on which you focused your attention and energy yesterday and in many previous days before this has contributed to your shaping of your experience of today. If there is anything that you do not want to continue, this requires redirection so that today does not play out simply as you have already shaped it to before today.

The same is all true of this life. The thoughts, feelings, instincts, and actions on which you focused your attention and energy in the life before this and in many lifetimes before this has contributed to your shaping of your experience of this life. If there is anything that you do not want to continue, this requires

redirection so that this life does not play out simply as you have already shaped it to before this life.

## **Continuing From Where You Left Off**

When you died in your last life, you did not die having learned everything there was to learn and having perfected yourself in every way. You were in the process of learning lessons, with internal dynamics that were still in need of shifting if you wished to create a fully positive experience for yourself.

And so you closed your computer with all of the programs still open that were open at the moment of your death. Then, after a period of “time” in the life between lives, you entered the physical world again in this life, and you opened up the computer, and all of the programs you had open when you died in your last life began to open again. Your life up to your early to mid-twenties is the process of rebooting—of reopening old programs so that you can resume where you left off, deciding which programs you want to close and which new ones you want to open in their place.

Your parents and other formative figures during your childhood and young adulthood simply helped you reopen the programs you had open when you died. You were the one who created these dynamics with yourself. Your parents and other formative figures simply reminded you and helped you reestablish these dynamics so that you could then choose to change them.

## **The Gift Of The Mirrors**

We can be grateful for the mirrors when we recognize that this is what they are. For as much as we don't want to be treated in some way by others, we don't want to be treated this way by ourselves. And if we are being treated in some way by others, it is because we are being treated this way by ourselves. So the mirrors in people and the world around us are gifts. For they show us what we can change within ourselves so that we can experience everything we want.

We need not try to change the mirrors or wait for the mirrors to change. What we can do to change everything requires significantly less effort in a sense and is much more attainable. For we need only acknowledge our experience, take responsibility for our own experience, and respond to our thoughts, feelings, and instincts accordingly with apologies and redirection—with intention to treat ourselves differently going forward, which we then back with action.

## **Everyone's Intentions Are Ultimately Good**

The world is just showing you how you are treating your GPS so you can learn to treat it as you would like to be treated. From this perspective, everyone is always acting from good intentions—to help you treat yourself better and create your world on purpose as you want it to be.

There is a lot of love coming at you all the time. It just doesn't always look like love. Your job is to love yourself in a way that it looks like love so that you can experience it this way, and every aspect of the world of your experience is helping you do this.

Learn from the reflection, and the world will have served its purpose, the messengers will have gotten their messages through to you, and you will experience love in every interaction you have with anyone or anything.

## **You Are Eternal; Your Experiences Are Fleeting**

You are not your thoughts, your feelings, your instincts, your physical body, your accomplishments, or the circumstances of your life. You are the Source and Creator of your experience. You are the one who is aware of your thoughts, feelings, instincts, physical body, and the world around you. And you are the one who chooses on what you focus your awareness and attention and thereby what you feed and fuel into existence.

All that you experience—everything other than you, the Creator—is ephemeral. There is no need to get attached to the messengers of your experiences; they are all just reflections of you anyway. Simply create more experiences that you want inside you with the focus of your attention and energy. And receive the messages that come in response to this, respond, and let the messengers leave or evolve as they do to make room

for more messengers and more experiences that fit what you are asking for.

## **This Life Is One Of Many**

You chose to have this experience in this physical form in which you exist right now. This life is one of many, in many forms and many layers and aspects of reality—all of which you choose. You need not fear dying; it is just waking up from this dream you are having.

This is just one of a series of dreams by which you grow in your awareness and lucidity. The goal here is to learn to take control of the dream by directing your attention on purpose to thoughts of what you want to experience, for what you focus on will appear to you.

## **Enjoy Your Time Here**

Create experiences you want and enjoy your time here. This is the reason you came here in the first place. So learn, grow, and have fun doing it.

All you ever get to experience is the moment, so don't put off your happiness to some future point in time or relegate it to the past. Make the best of each moment. Look for what you love about here and now. Live in that.

Create inside yourself the feelings you want to experience and allow the world to support you in experiencing these.

Be more, and do less. It is from being in the internal place you want to be in that all that you want to experience here will come, and all that you want done will be taken care of. Simply take the actions that feel right when you are in the internal experience you want to be in, and you'll get more of the experiences you want here.

And you will feel the joy, the love, and the peace that you are living from and making your GPS feel. And life will give you more and more reasons to enjoy, to love, to relax, and to trust—that you are powerful, and that life is ever becoming whatever you ask it to be.

## About The Author

Jonathan R. Wachtel is an international inspirational life guide, speaker, and personality expert. Creator of the JRW Life Guidance System—an innovative and effective approach to helping people actualize their ideal lives—he offers guidance in the areas of personal development, health, dating, relationships, family, career, business, and more, in person in New York and via phone or Skype anywhere.

He helps people become willful creators of their experiences through one-on-one, individualized, life guidance sessions, as well as through group workshops and talks. He aims to inform, inspire, and guide with his written and spoken words and is the author of

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[\*The Relationship Key: Unlock Your Ideal Life Experience,\*](#)  
and

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

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