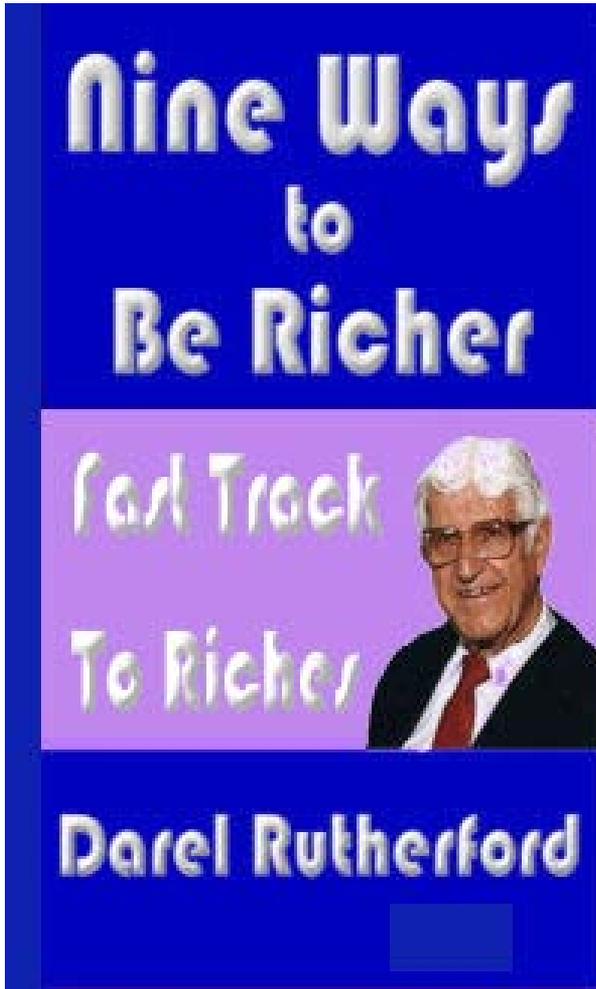


Nine Ways to Be Richer, Healthier and Happier



# Nine Ways to Be Richer, Healthier and Happier

## Introduction



*Life is so simple  
But we humans tend to complicate it*  
--Confucius

**From a limited-supply point of view, the things we want most from life will seem hard to come by when in truth, supply from the source is unlimited. It's only our self-limiting reality concept that blocks our living the life we really want.**

As spiritual beings we choose who we will be and the Universe automatically, through the Law of Attraction, brings into our lives who and whatever belongs in the reality of that way of being. Our chosen point of view decides who we will BE and that BEING choice makes us a magnet for attracting the people and circumstances appropriate to that reality concept.

Life really is that simple! The Universe is tuned into who you are BEING and how you feel about life. If you're not pleased with what you're attracting, perhaps it's time you attracted healthier,

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happier, richer results by changing your attitude and/ or your point of view.

### To Create a New Reality

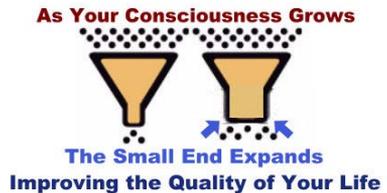


### Change Your Point of View

Like a tomato seed draws from the earth whatever it needs to become a healthy tomato plant, we humans (our BEING choices) attract from the Source a reality experience that must be a perfect match for our way

of BEING. BEING power (the power to choose who you will be) is an awesome authority most humans have only just begun to understand or appreciate.

Until you've woken up to your awesome BEING power, your ability to receive resources from the Universe will be limited by your lack of consciousness. The size of the opening in the small end of the resources funnel is determined by your self-concept, your self-worth and most of all, your lack of self-confidence. This book intends to help you expand the opening at the small end of your resources funnel.



Using BEING power, you could, easily, become healthier, happier and richer just by changing your mind about who you will BE. Your new BEING commitment decides who you will BE, what you will believe and how you choose to feel about life. The Universe, then, delivers appropriate content. If life really is that simple, how and why do we humans complicate it?

God gave us each an ego as the means by which we would experience life in the reality of our chosen way of BEING. Your

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ego's job is to maintain your chosen reality concept by excluding all others. So, once you've settled into a point of view about life, your ego makes sure you are not open to hearing anything different. What most of us haven't realized is that our chosen reality is nothing more solid than a point of view and an attitude that can be easily changed.

BEING power is the spirit of God individuated in you, and now, that spirit is experiencing life in and through you as you. God, as spirit, put Himself into each of us and then set us each free to use our God power to individuate ourselves by deciding what we would think, what we chose to believe and how we would feel about life.



### *Affirmation*

*As an individualization of God I individuate myself by choosing what belongs in my life and what doesn't.*

In essence, by choosing what to think, we've chosen who we will BE, and by choosing who we will BE we've created our own individuated reality. Then we experience life at the subjective level of our being – as our change-resistant egos.

All our lives, we've made BEING commitments (chosen a point of view) without a clue that the creative power of God was in our choosing. God gave us the power of choice and left us clueless about the awesome nature of that power. We're all like Harry Potters, living with the problems we created, using powers we've never realized we had.



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We become aware of our BEING power, gradually, as we find the courage, step by step, to make new BEING choices – choices that will improve the quality of our lives. Any attempt to make your life better will be a journey of self discovery, and realize it or not, self-discovery is your true mission in life.

**Self-discovery is simply the process for deciding what belongs in your life and what doesn't. Your true purpose, day by day, is to become more consciously aware of your God power through making new BEING choices that improve the quality of your life and also grow your consciousness.**

**That is how simple your life could be.** God gave us free will, but He also gave us an ego that fears change like you might fear death. So, we humans take charge of our lives as our egos and screw it up by resisting change. So now, you've chosen, and your change resistant ego is in charge of maintaining that reality.

You need to know that your ego doesn't want you out of your box, making new BEING choices, growing your consciousness.

**So, you're stuck ...until you find your courage, rebel against the status quo and make a new BEING commitment!**

**Your problem is simple:** to have the quality of your life get better, you must grow your consciousness (become more aware of your BEING power). If the change you want is not happening it's because your ego has a hidden agenda and is resisting the change.



Your ego resists change because it fears the unknown outside your current reality concept bubble. It blocks change

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by screening out new ideas and by making you believe there is no option other than your current reality concept trap.

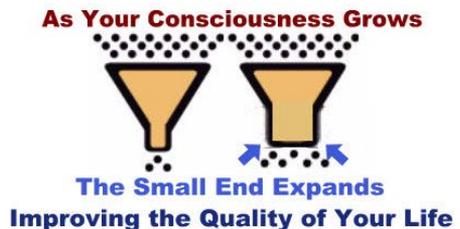
Your ego gave you amnesia because it doesn't want you to know that you have the power of God behind your BEING choices. You have the power, right now, to become healthier, happier and richer with a new BEING commitment.

If you are not as healthy, happy, or rich as you want to be, your current reality concept is a barrier to the flow of good at your end of the resources funnel. The real problem is: you've temporarily forgotten that you are an individualization of God who (in you, as you) has the power to create any new reality you can dream up.

**That's right! Anything you want from life is yours, if you can find the courage to come out of your current reality concept bubble and choose it!**

No matter how much your consciousness has already grown, or how big your current problem seems to be, you have the God power (BEING power), right now, to commit to a new way of BEING YOU that would grow your consciousness and easily solve your worst problem.

The purpose of this book will be to help you improve the quality of your life by showing you nine ways to grow your consciousness and expand the opening at the small end of your resources funnel.



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## Chapter 1 If You Care, You're Screwed



### **If you care, you're screwed.**

When you want something so bad you can taste it, the results you desire probably won't happen. You're screwed, because you need it – you care. Your caring, sends a “poor me” message, to the Source, as a signal, that it's time to cut the flow. The laws of the Universe are set up to provide additional resources to those who are not in need and to withdraw resources from those who seem to need them the most.

Believe it or not, the Game of Life is set up so that when you desperately need something, you can't have it, but when you, finally, no longer need it, you can have all you want. That rule may seem unfair and unjust, and maybe it's contrary to what you have believed, but that's the way the world works. If you're scared, you're screwed.

You will be allowed to have what you want most from life only after you've decided you no longer need it.

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### **My interpretation of that spiritual law reads:**

*You can have whatever you want from life,  
but only if you don't need it.*

Yes, it is so written, and it is a spiritual law you'll find in the Christian bible. That law reads:

*To him that hath, it shall be given and he shall have more  
abundance,*

*But from him that hath not, it shall be taken away, even  
that he hath.*

This little understood law will seem cruel and harsh to those who are prone to caring, and you will probably see yourself as a victim of this law, until you've learned to understand why caring about the outcome disempowers you in terms of being able to manifest the desired results.

Perhaps you'll understand this spiritual law better if you'll think of it as the "Survival of The Fittest" Law of Nature. Its purpose is to insure the survival of all species by weeding out the weakest while strengthening the strongest. In the jungle, the slowest gazelle gets eaten by the lion, while the fastest of the herd escape and are made stronger by having found the strength to rise to the challenge and escape the lion.

This "Survival of the fittest" law of nature applies to all species and rules the outcome in almost all situations. Caring or coming from need implies weakness, which sends a message to the Source, telling it to withdraw resources. So, you might as well get it through your head, that if you're scared, you're screwed because your need will be blocking the outcome you want.

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### But when he stopped caring

Ike Ogut, my Turkish friend, living in Los Angeles, wanted desperately to be an award winning actor in the United States. He struggled and tried for over five years to promote himself into an acting career. For as long as he continued to care, nothing happened. But when he finally gave up on that intention and chose a new goal, the Source delivered on his original intention.



**Ike Ogut**

Day in and day out, Ike thought of little else. He wanted that Oscar so bad he could taste it. In fact, he was so attached to that goal – you could say he was obsessed. He really thought that Oscar was what he needed to be whole and complete.

Ike worked part time as a waiter, so he would have more time to promote himself as an actor. And his endless struggle to become an award winning actor continued for the first five years I knew Ike, and still acting success eluded him. He was frustrated because his self promotion was not paying off!

He hadn't yet realized that his desperate need for that outcome was blocking the natural process for attracting what he wanted most. The idea that need blocks the flow from the source may sound strange and perhaps contrary to what you've been taught, but it is true. Having what you want most from life can't happen as long as you are urgently in need of it.

One of life's greatest paradoxes is that, as soon as you've made it okay not to have what you want, you can have it in abundance. How many times in your life have you given up on something you wanted, only to have it show up in your life, soon after you stopped caring?

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**BEING needy and attached to an outcome are the least understood of all the success barriers.**

If your desires to be richer, healthier and happier have been frustrated, your “must have it” mind set, is probably blocking your ability to have what you want most in life. The Law of Need restricts how much of the good life you may have. Here’s that law again:

*“If you need it, you can’t have it,  
But once you no longer need it,  
You can have all you want.”*

Ike went broke trying, and finally gave up on his acting goal. He chose instead to make it his primary intention to acquire and maintain a positive cash flow. Three months after he stopped caring and let it go of his acting goal, the Universe delivered, right out of the blue, four voice-over acting jobs. It’s the law: that when you no longer need it, you can have all you want.

### **Why does caring block the flow?**

You are an individualization of God with the power to make new BEING choices that will create any healthier, happier or richer reality you can dream up. You have the power to choose and attract whatever you want, but you lose that power when you feel needy. Being needy denies your awesome manifesting powers and blocks the receiving channel.

Right now, my guess is that some need, fear, attitude or point of view about life stands between you and having what you really want from life. Remove that block by detaching from the outcome you wanted and whatever you want will automatically come to

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you. Life really is that simple, but as Confucius said, *we humans tend to complicate it.*



*Affirmation*  
*As an individualization of God*  
*I can have whatever I want.*  
*I don't need anything.*

### Your Need Blocks the Flow

If you are poorer than you want to be, it may be because your need for more income and your fear of failure are combined to block the receiving channel.

Don't confuse want and need; the two are not the same. Life is simple; it's about knowing what you want – it's about deciding what belongs in your life and what doesn't – and then in choosing it. You can't choose it until you know what you want; just don't let your want become a need.

So wanting is good for you if it brings you to the point of choosing, but if your desire takes you beyond wanting it to needing it, you've lost your BEING power to that need. If you've become too attached to having it, as in *"can't live without him, her or it"* your desperate NEED blocks the small end of your resources funnel.

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Let me clarify the above resources funnel metaphor by explaining how the creative process for mankind really works. God individuated Himself in each of us. In other words, He put a part of Himself in each of us, giving us the power to create our own reality. We use that power when we choose who we will BE. And we choose who we will BE by deciding what to think, what to believe and how we will feel about it.

What most of us haven't yet realized is that once we've made a new BEING commitment, the Universe or Source, through the Law of Attraction automatically delivers content that must be a perfect match for that newly chosen identity.

Like the planted tomato seed attracts from the soil everything it needs to become a healthy tomato plant, our new BEING choice draws from the Universe, everything it needs to manifest people and circumstances that are a natural fit for our chosen way of BEING.

Everyone knows about the Law of Attraction, but not many of us have realized that, in choosing who to be and what to believe, we became a magnet that attracted our present circumstances.

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To trade in your present circumstances in favor of something healthier, happier or richer you must, first, make a brand new BEING commitment. The funnel image in this Introduction illustrates that our current self concept limits what the Universe can deliver to us. In that metaphoric illustration our self concept represents the small end of the funnel with God, Source or Universe at the large end.

**A BEING Commitment**



**Like A Seed Planted**

The point being that you could have whatever quality of life you can dream up if you expanded your reality concept by making a new BEING commitment. Each time you choose out of your old box, you'll become more consciously aware of your God power (BEING power).

With that illustration in mind, perhaps you can begin to understand why, when you need something, you can't have it, but when you no longer need it you can have all you want.

This anti-need spiritual law may seem unfair and, perhaps, contrary to what you've always believed, but it's true. Being needy blocks your ability to have what you want most in life. This paradoxical spiritual law will make sense to you once you've allowed yourself to remember that God individuated Himself in you and now experiences life in and through you, as you. Allow yourself to see that being needy or attached, denies your God power.

When you are attached to an outcome, you've given your power away to that which you've become attached. God doesn't need

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anything and neither will you when you are easily and effortlessly applying your God power (BEING power) to solving your biggest problem with a new BEING commitment.

This paradoxical rule of life applies to everyone in some way whether they want to be healthier, happier or richer. Believe me! Your need for something or someone is blocking your ability to have him, her or it. You are blocked, because, being needy cancels out your BEING power. No matter what you want, it can't be yours as long as you need it. Why is that, again?

You and I are individualizations of God with the power to make BEING choices that will automatically, attract, who and whatever belongs in the reality of that way of BEING you. But once you've become so attached to a specific outcome that you feel you can't live without it, you are coming from need and that need blocks the receiving channel.

If you've recently had a reversal of fortune that turned your cash flow from positive to negative, you are probably feeling poor; if so, label yourself poor, because by feeling poor, you send a message to the source that you are coming from need.

**To unblock the receiving channel, begin by being:**

- 1. Grateful for what you have now and**
- 2. Totally okay that the outcome you wanted, never happens.**

During those first five years of coaching Ike, we often discussed his money problems, and I frequently advised him that he must begin to solve that problem by:

1. First, choosing to BE rich and then by

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2. Doing whatever necessary for turning his cash flow from negative to positive.

But for those first five years, Ike wasn't ready to hear my suggestions for solving his money problems. He wasn't truly ready to give up being the needy out of work actor, in favor of who he would have to become if he was to be richer and more prosperous.

Five years later, he was still over extended financially. Then, one day, Ike's negative cash flow finally brought him to rock bottom and he called to tell me he'd made a major decision. He said,

*I've thought about it long and hard and I'm ready to file bankruptcy. I'm maxed out on all my credit cards; I can't keep up with the payments and I can't deal with the constant harassing of creditor calls.*

And I replied,

*Good!*

Ike responded,

*Why would you say good!! What's good about it?*

I said,

*I've been waiting five years for this to happen! You've reached a turning point. That's good because once you've hit bottom, there's no place you can go but up! With that decision, you've given up trying to fix it. Now, maybe, you're ready to get serious about solving your money problems with a new BEING commitment.*

Ike agreed that his situation couldn't get much worse and that he was truly ready to commit to a BEING solution for his money problems.

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I explained to Ike that he could only solve his money problems by making two new BEING choices.

1) **Problem 1**, *Ike, you are attached to earning your income as an award winning actor. Your attachment to that outcome blocks your success.*

a) *The success you want can't happen as long as you are attached to having your win come only in that way.*

*The Universe may have a different answer. To remove the attachment that blocks your success, you'll want to make it totally okay that you may never succeed as an actor –*

b) *And, you'll want make it okay that you may never win the Oscar.*

2) **Problem 2**, *your greatest success barrier right now, is that you can't manifest riches, because your negative cash flow is making you feel poor, and **when you're feeling poor, you are poor.***

a) *Make a new BEING commitment to BE rich.*

b) *Make up your mind to acquire a prosperity consciousness and FEEL rich.*

*Up till now, your money problems have had you feeling poor. As you applied for acting jobs, your lack consciousness, and your attitude of need, has communicated subliminally to those to whom you've submitted applications. Believe me; you were rejected as a loser even before you asked. All that will change once your cash flow is positive and you are feeling prosperous.*

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*Ike, go get a waiter's job at the finest restaurant in the city. Make up your mind to be the best waiter in the whole place and you will be. In no time at all, you'll be earning more than you're spending, and with your surplus income, you'll want to pay all your bills on time and begin paying off your credit cards.*

*Can you commit to doing that?*

Ike made his new commitment and got himself that full-time waiter's job. He put his heart into being the best waiter in that fancy restaurant and was actually enjoying the job. With pay and tips, he earned enough in the first three months to pay off one of his credit cards. When his cash flow turned positive, Ike began feeling rich and prosperous.

Then, out of the blue, an actor's studio hired Ike for four voice-over acting jobs. Voice-over is when you replace the audio of a film with a translation into another language. After one month of work for that studio, the owner put him in charge as director of the voice-over studio. Ike now had all the voice-over acting jobs he could handle.

How could it be that someone could spend all of his free time for five whole years, trying unsuccessfully to get acting jobs, only to have the Universe deliver acting jobs as soon as he let go of his attachment and quit trying? Strange as it may seem, that's the way the Law of Need works. As soon as Ike found his BEING power and stopped feeling needy, the Universe was ready to deliver content to match Ike's new BEING commitment.

Out of the blue, he got four acting jobs almost as soon as he stopped needing his success to come from being an award

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winning actor. In terms of the resources funnel example at the beginning of this chapter; Ike found his BEING power and expanded the opening at the small end of that funnel. That happened as soon as he acquired that “feeling rich and successful” attitude about his life.

Stop and think about all the times in your life when you’ve finally gotten what you wanted only after you gave up on it. Then allow yourself to see how often this anti-need spiritual law has blocked your success for as long as you were needy. You’ll find, once you look, that you have, on many occasions in your life, gotten what you wanted only after you stopped caring whether you got it or not.

Think about this law of nature with the intention to remember the rule:

*NEED blocks all forms of success,  
including health, wealth and relationships.*

Remember when you were in school and those who needed a boy or girlfriend were rejected as losers, while those who were carefree and not coming from need had all the fun at the best parties. Which one were you, the needy one or the life of the party?

When you think about it, you’ll see that your life has been filled with examples of how being needy blocked your flow of good. And hopefully, you’ll remember the many instances of having manifested the desired results once you gave up and were no longer attached to having it.

Once Ike was no longer attached to being an award winning actor, the Universe stepped forward and just naturally provided the success he’d been wanting, but not in the exact form he thought

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he wanted. After five years of almost zero success as an actor, Ike was finally on his way to fame and fortune as a voice-over actor.

With your God power, (BEING power) you already have all the clout (BEING power) you need to create any reality you can dream up. And except for your own self-imposed limitations, there are absolutely no bounds to what you can create with that power.

I hope you can see, that if you feel needy, you are denying your power of choice – which means you are denying your God power and the resources funnel will not deliver.

By being needy – by making someone or something more important than yourself – more essential to you than your Spiritual BEING, you've attached yourself to him, her or it. In becoming attached, you will have given away your BEING power to him, her or it. You must detach in order to regain your BEING power.

You are, an individualization of God, and **as a god, do not need anything**. As long as you continue to think you desperately need someone or something, you will be denying your God power. In BEING attached to an outcome you will have lost your power to BE your problem's solution.

By giving away your power to him, her or it, you'll feel powerless to see beyond the problem. Please allow yourself to realize that your attachment is the problem and the only solution is for you to detach and BE the problem's solution.

All the laws of nature are designed with the intent of having you wake up and learn how to use your God power (BEING power) for

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dealing boldly with life's situations BEFORE they become problems.

You have the power right now, to make a new “I-will-be-richer, healthier and happier”, BEING commitment and to easily and effortlessly manifest that better quality of life. The results are automatic once you're truly committed. But, if you've become attached to that outcome and feel you must have it for your life to be whole and complete, you've just rendered yourself powerless.

Being attached to the outcome will continue to block your desired success, until you've regained your BEING power with a new BEING commitment.

### *Paradoxes and truths about life*

- ❖ *Life is simply about knowing what you want and choosing it.*
- ❖ *But don't confuse want and need; the two are not the same.*
- ❖ *You must know what you want before you can choose it.*
- ❖ *But when your want becomes NEED, you block the flow.*

# Nine Ways to Be Richer, Healthier and Happier

## Chapter 2

### Free Yourself From Fear, Attachment and Need



**About the rest of this book:** The odd numbered chapters explain the nine ways you've created your current reality. The even numbered chapters show you how to create a new healthier, happier, richer reality, becoming your workbook for growing your consciousness while improving the quality of your daily living.

#### The Reality Concept Trap

Realize it or not, your current reality concept is a trap that locks you into a point of view that stands between you and having what you really want from life. You've created your own individuated reality by choosing who you will BE and the Universe has, long since, delivered the appropriate content.

Now, you want more from life, but it's not happening, and **it's not about to happen until you've created the space for it by detaching from your current reality concept trap.**

You won't be able to move on to any form of self improvement for as long as your life is crammed full of the appropriate content for your current perception of reality.

Let's face it; you are very much attached to the way it is now, because in essence, that's who you are. You actually fear the

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change that would make your life richer, healthier or happier. If you want more from life, you'll have to learn how to conquer that fear of change so you can create space for something new to show up.

You've created your current reality concept by choosing what to think, what to believe and how to feel about it. You've previously arrived at a point of view about life and made up your mind, "that's just the way life is or isn't". Now you want more from life, and you may even think you've chosen it, but if it isn't happening, aren't you wondering why it isn't?

The results you want are not manifesting, because there's no empty space in your current reality concept for anything new to show up. You've previously made your BEING choice and now, have everything that belongs in the context of that reality. Allow yourself to see that your life is full to the brim with content, leaving no room for anything new.

It's like your cup is already filled with coffee and now you want tea, so what's the first thing you'd do to create space for tea? You'd empty and rinse your cup, of course! But you haven't done that, have you? You haven't created any space for anything new to happen, have you?

You want to be richer, but your ego is hanging on to your old reasons why you originally chose not to BE rich. Notice that if you chose right now to BE rich, it would take you into the unknown space outside your current reality concept box. You haven't chosen the new because you're afraid of what's out of your comfort zone, aren't you?

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Allow yourself to see that your FEAR of the unknown blocks the change you want most in your life.



### *Affirmation*

*As an individualization of God I need nothing.  
Today, I set myself free of any and all attachments,  
creating space for a new healthier, happier, richer  
reality.*

### **Of what purpose is FEAR?**

Fear is good for us because it keeps our fingers off the hot stove, but not good for us when it keeps us trapped in the status quo, fearing change.

As human beings we're basically programmed to avoid pain, but more often than not, avoiding the pain of change is a big mistake. The pain of detaching from the old is a necessary part of the process for growing your consciousness and becoming healthier, happier and richer.

If the change you want most in life eludes you, it's because your ego fears that change like you might fear death. In fact, your ego believes that it must die as the old you before it can be reborn into a richer life – into a new way of being you. Your ego believes that avoiding the pain of change is its job in life.

But it is the fear of pain, not the actual pain that blocks your transformation into the new you, enjoying a better quality of life. You can make the fear go away if you will allow yourself to experience the imagined pain. Once you've experienced the pain in your imagination, you'll realize you can handle it and you'll be left with the gung ho attitude of a winner.

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Unfortunately, as a kid, I became an expert at avoiding pain and that's never a wise option. When I was too small to ride my big brother's bike, I rode it anyway, without his permission. The problem: my legs were too short to reach the bottom of the down stroke on the bike pedal.



I wobbled from one side of the bike's middle bar to the other as I made my way down the street, riding that bike for the first time. My right bare foot sideswiped the curb scraping all the meat off the outside of my little toe. I went home screaming about the pain. My mother disinfected and bandaged the toe, but it hurt so bad, I continued to scream.

A Christian Scientist, she sat on the edge of my bed and said,  
*“Darel, if you make up your mind it doesn't hurt, the pain will go away.”*

I somehow believed her, and, like magic, the pain was gone! I jumped off the bed and ran off to play. I was soon bragging to my friends that I could snap my fingers and make pain go away. Good trick, but not the wisest thing to do. Let me tell you why.

Making the pain go away still works for me when I go to the dentist and have him drilling on my teeth for a root canal with no gum-numbing pain shot. But it was many years later before I learned that the pain was part of the healing process.

One day I stubbed my big toe on the leg of my chiropractor's adjustment table. She examined the toe and assured me that it wasn't broken, and then said, *“Don't make the pain go away; the*

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*pain is part of the healing process.”* So for the first time in many years, I allowed myself to experience the pain.

In only three days the black and blue was gone and there was no more pain. That experience convinced me that the pain was truly a necessary part of the healing process. This was when it dawned on me that fear’s main purpose is to avoid the pain. And suddenly, I realized that our fear of pain is mankind’s number one success blocker.

### Your Reality Concept

Your concept of reality is your perception of how life works. Your reality concept is about how you perceive yourself and it’s about what you believe belongs in your life and what doesn’t; it’s your ideas about what’s good or bad, right or wrong.



When you chose who you would BE, you created a large bubble, the outside of which has become the outer limit to your reality concept.

What belongs in your life is already there in that bubble and everything else – anything you want from life that you don’t already have – will be found only outside your bubble. For instance, if “I’m poor” is your, inside the bubble reality concept, then, “I’m rich” will be outside the bubble.

If “I’m not good enough” is your reality, “I’m more than good enough” will be found only outside your reality bubble. Allow yourself to see that anything missing is not there because it doesn’t belong within the context of who you’ve chosen to BE.

## Nine Ways to Be Richer, Healthier and Happier

It must be obvious to you by now that any improvement in the quality of your life would require a new BEING commitment.

Contrary to popular opinion, the process for becoming richer is a **spiritual** adventure that always grows your consciousness and increases your BEING power.

The consciousness light goes on for you in that moment when you awaken to the fact that you can become healthier, happier and richer, easily, by just choosing to BE you in a brand new more abundant reality. Can you allow yourself to see that becoming rich is actually a spiritual undertaking?

Choosing to be richer sounds easier than it is. The change you want can be painful because before you can fully embrace the reality of being healthier, happier or richer you must, first, give up all the old ideas that are keeping you poor. The first step in any new outside the box adventure is to destroy your attachment to the way it is now or has been.

Detaching is always painful but in the long run, the pain of detaching is worth it, because each time you find your way out of the box and make a new BEING commitment, you'll grow more consciously aware of your God power.

**As your consciousness grows, the quality of your life will improve exponentially.** If you are serious about wanting to be richer you'll just have to create a bigger reality concept bubble in which to play at the Game of Life.

One of life's most difficult lessons is that, when you feel you need someone or something to make your life whole and complete, he,

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she or it doesn't really belong in your life (at least not yet). Your need puts him, her or it outside your reality concept bubble

If you are jealous in a relationship or afraid you'll lose something, you probably will, because that someone or something isn't really yours by right of consciousness. It doesn't belong in your life, yet. When someone or something is truly yours, he, she or it will be free to stay or leave by his, her or its own volition. That someone or something is only rightly yours if you don't need it. One of life's paradoxical truths is, you can have anything you want if you're not attached to having it!

In 2008, my friend, Chris Larmer, one of the most successful real estate brokers in Vancouver, Canada made a very brave, out-of-the box, career change decision. Chris found the courage to step out of his lucrative real estate business in favor of a brand new venture as a business broker.

**Chris Larmer**



**Business Broker**

Prior to making this life-changing decision, a wealthy business man, successful in several other businesses saw the potential in Chris and offered him a full partnership in the business of selling businesses.

And Chris accepted. Together, he and his new partner bought a building in downtown Vancouver and remodeled it into a first class show place that would impress even the largest of potential clients. They spared no expense in decorating their grand new offices with top of the line furniture and fixtures.

Chris and his partner were all set and ready for the business of selling businesses. They got many listings their first year in

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business, but sales figures were way below what they'd originally estimated. Even though there were many excellent reasons for Chris to believe his career change decision was a good one, the timing for their new venture became a real problem.

Soon after they opened for business, the economy worsened into what was to become the unhealthiest climate for business in 35 years. Closed deals that first year were so few that Chris and his partner discussed the possibility of giving up and closing down the business.

With that in mind Chris went to his basement at home, meditated and did some self-coaching. That day, it dawned on him that he and his partner were actually blocking the success they wanted by being too attached to the desired outcome. They made it okay to fail and then went on with the intention of making it happen, anyway.

Chris discussed the attachment issue with his partner and they agreed to remake their original BEING commitment and then to let go and let God. They recommitted, knowing that the wheels were already in motion, and the Universe would deliver!

To eliminate the fear that was blocking their success – Chris and his partner seriously considered the consequences of failing. In other words, they seriously visited the pain of failing, made the possibility of failing an acceptable outcome and then, with the fear behind them, enthusiastically committed to manifest the success they wanted.

And as in most cases when no longer fearfully attached to the outcome, almost immediate results manifested. In no time at all, 5 deals were closed and their competitors were asking for the

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secret to their success. Chris just told me they will bill more business this month than they did all of last year.

**Strange as it may seem, real security in life comes from letting go, not from hanging on.**

It's like you were safe and secure as a teenager living with your parents, but once you kicked yourself out of that nest, you found a level of self confidence and security you never knew before. In letting go, you'll discover that real security comes from the self confidence gained by doing what you once feared doing. Real security will come to you when you can step out of your comfort zone and conquer your fear of letting go.

When you're hanging on the rail at the top of the ski lift, you'll feel safe and secure but once you let go, you'll find real security in that feeling of freedom and self confidence that comes with flying full speed down the mountain on your skis.

One of life's strangest paradoxical rules is: ***"You can have what you want most from life only after you've made it totally okay not to have it"***. If you can see yourself as the source, the giver of love you'll have love in abundance in return.

*Love in your heart wasn't put there to stay*

*Love isn't yours 'til you can give it away!*

Oscar Hammerstein II

When you can enjoy something to the point of loving it, but not needing it, more of it is yours just for the asking. The lesson to be learned, here, is that in being attached to anyone or anything, your need blocks your ability to have it.

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### **Winning at the Game of Life**

*The key to winning is to play at life like it was a game. Play life with every intention of winning, but only after you've made it totally okay not to win.*

**The only way past your fear is in finding the courage to detach and choose out of your current reality concept bubble.** You'll find the courage to choose out of your current fearful circumstances once you've allowed yourself to experience the pain of failure and realized that you really could handle that pain if you failed.

We go through life avoiding pain, but avoided pain becomes a festering splinter that, sooner or later, must be pulled before the wound can heal. Pain, once experienced, is a necessary part of the healing process that grows your consciousness.

The real benefit in imagining your way through the pain is that you'll come out the other side of that experience no longer afraid of failing. Once your fear of failing is removed, you'll be blessed with the winner's attitude, daringly doing whatever it takes to succeed.

### **Some Forms of attachment**

- Once you've set yourself a goal, you can block your desired success by being too seriously attached to that outcome.
- When you are enamored in a relationship to the point of being attached – jealous, as in a needy, clinging vine – your attachment and need tend to destroy the relationship.
- When you are prospecting for clients, coming from need, your need will communicate subliminally to the prospect, and you'll almost always get yourself an automatic "No" answer.

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Keep making BEING choices that increase your awareness of your God power (BEING power), growing your consciousness. This expands your end of the resources funnel, automatically increasing the flow. The real secret to winning at the Game of Life is to learn how to detach from the outcome.

### **Your homework: Detaching From the Outcome**

1. Create a vision of yourself being richer in some way.
2. Imagine yourself failing in that attempt.
3. Make it totally okay that becoming richer doesn't happen for you (this is the process for giving up your attachment).
4. Remind yourself, that as an individualization of God, you don't need anyone or anything.
5. Then totally commit to BEING richer, and see if you can enthusiastically expect the results without being attached.
6. Notice how quickly the Universe responds to your BEING choice once you are totally committed, enthused and yet unattached to the outcome.
7. See if you can remember the other times in your life when your success happened right after you let it go and stopped worrying.
8. Buy yourself a spiral notebook to use as your gratitude or success journal.
9. Every night before retiring, enter any and all solid evidence in your success journal.
10. Then celebrate the fact that your intention is manifesting.
11. Share your successes with someone who believes in you and your goal.

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### *Paradoxes and truths to live by*

- ❖ *Real security in life comes from letting go, not from hanging on.*
- ❖ *If you want more from life, first, create the space for it to happen.*
- ❖ *To be truly happy, you must first let go of unhappiness.*
- ❖ *Before you can win, you must, first, make it okay to lose.*
- ❖ *Then you can fearlessly commit to the results you want.*

# Nine Ways to Be Richer, Healthier and Happier

## Chapter 3

### The Rich Are Rich Because They Chose to BE RICH The Poor Chose NOT to BE



If you are not already rich,  
maybe it's because you've chosen not to BE.

Believe it or not, the number one reason the rich are rich, is simply, because they've chosen to BE rich. The riches they're manifesting came into being as a result of their BE rich BEING choice.



Those who are poorer than they want to be would probably disagree with the idea that they've chosen not to be, but it's almost always true. Everything in your life now, riches or poverty, is there or it's missing because it either belongs in the reality of your BEING choice or it doesn't. Choosing NOT to BE rich is the same as choosing to BE poor.

The spiritual laws of the Universe are set up so that once you've chosen who you will BE, you'll automatically attract who and whatever belongs in the reality of that BEING choice. And the only

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way to trade in your undesirable lack conditions for more prosperous circumstances is for you to take responsibility for having chosen NOT to be rich. By admitting that you chose not to be rich, you will have found the power to change your mind and choose again.

Esra Banguoglu, from Istanbul, Turkey, wrote:

*“When I first talked with Darel on the phone, I was making about \$450 - \$500 dollars a month working as a Kundalini Yoga teacher in Los Angeles. Whether it was being a yoga teacher or working at various other jobs, people always thought whatever I did was great, but somehow I could never make ends meet. I never had quite enough money to pay the bills.*

*Before I became a yoga teacher, there was even a time for a year or two when I made \$3600 a month. But at the end of the month I would be sitting in my living room crying over the bills I couldn't keep up with. It was around that time that I began awakening to the fact that my money situation, had something to do with who I was BEING and not what was happening in my world. However I did not know how to change it.*

*In our very first conversation with Darel, he asked me if I believed I could make money. "Of course, I can. With two degrees and my world traveling background, I look at myself on paper and find it absurd that I can't seem to make ends meet. I am really talented in making money".*

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*Darel started laughing, and I was not sure why. "So tell me", he went on "As a yoga teacher, do you believe it is easier to walk the spiritual path with money or without?"*

*I answered,  
"Of course, without".*

*Then there was long pause and he asked what I thought about rich people. I answered, "Well, they are usually snobs, they ruin the environment, they think they are superior for being rich, and they lack compassion..... Oh, my God I gasped, I actually believe that money has the capacity to ruin the humanity in people".*

*To me this was news, in that brief pause, I felt like I had just been struck by lightning. In seconds my past life passed in front of my eyes, and all the memories linked to this one story unraveled like a thread.*

*I remembered being around 6 or 7. I was with some elder people from my family, who were saying that "love" is a stupid reason to get married and that a "right" or "successful" marriage should be one in which you marry for "status" and "money". I remember being pissed off at what they were saying, and I thought they have no clue about anything. I also remember being very, very disappointed.*

*I ran to the bathroom really upset, faced the mirror and declared, "I will always follow the way of love and say 'NO' to money".*

*No wonder I chose jobs I loved but paid very little. No wonder, none of my boyfriends had ever been, "well off".*

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*Anyone who liked me but dared to have money would be automatically checked off my list. My chosen reality concept was, "Where there is money, there is no love".*

*Even though I learned about my Ego's story relative to money, nothing changed; I was still scattering money like bird seed and always broke at the end of each month. But now I could no longer feel sorry for myself. Darel had confronted me about my spending habits many times but I felt he just did not understand. Was I buying anything luxurious? "No". Was I going out a lot? "No". Was I traveling anywhere? "No".*

*My ego was telling me, Darel just didn't seem to understand that I was not living my life under the SPENDER's LAW OF MONEY. But then, a year later, I finally got around to creating a budget for the first time, and I was shocked to learn that my ego was hiding the fact that 80% of my earnings were spent on eating out.*

*I made up my mind to cut back on my spending enough to have a positive cash flow no matter what; I started saving my money instead of spending it and within a year I had increased my income by 13 times. This time, I had truly made a BEING commitment to become prosperous, and was more intent on saving money than spending it.*

### **You chose as a kid**

Early on in life, we've each decided who we will be by choosing what to think, believe and how we would feel about money and those who have it in abundance. Back then, you chose who you would be relative to money. Now you are reaping the fruits that just naturally belong with that way of BEING you in that

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relationship. If prosperity and wealth elude you, you may want to see a child's BEING choice as the reason.

If you want to BE richer than you are now in some way – maybe healthier, wealthier or happier in your relationships, the results you want will manifest for you only if you can step out of your old box and choose it. The Universe will deliver prosperity if you can say, “NO” to lack circumstances and commit to being healthier, happier and richer.

But choosing to be richer may be more difficult than you might expect, because your change resistant ego is dead set against any change in who you're BEING. Whenever you attempt to make your life better, you'll find your ego has some hidden agenda blocking that change.

### **Your Hidden Agenda**

Your ego's hidden agenda is part of the reality concept filter you're using to reduce the opening at the small end of your resources funnel.

Between the ages of three and six, Rose Marie tried to learn the rules of life; that was back when she was in the process of choosing who she would BE. She was creating her own individuated reality concept. She'd often heard her parents make judgmental, cutting remarks about their rich next-door neighbor. From those judgmental comments about their neighbor, Rose Marie concluded that the rich were not very nice people.

But Rose Marie was wrong about their neighbor. The couple was unpretentiously rich, busy being successful, but much nicer and far more generous than anyone in the block suspected. She didn't really know her neighbors, but based on what she'd heard, Rose

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Marie, made up her mind, then and there, that she would never, ever, want to be like them. With her six-year-olds crucial conclusion, she had unwittingly chosen, for the rest of her life, NOT to BE rich.

At the time, Rose Marie didn't fully realize that there'd be long term success blocking consequences for her choosing to "never be like them". Her naive conclusion about rich people would turn out to be a serious barrier to her ever becoming rich. That little girl's juvenile conclusions back then, about money and the people who have an abundance of it, are now the hidden agenda running her life, keeping her poorer than she wants to be.

Rose Marie, now, grown up and out on her own, wants more income, but somehow that change isn't happening. She sincerely wants to be richer, but her desire for that quality of life change may never manifest, because she's butting heads with her ego's hidden agenda. In fact, she has two serious success barriers sabotaging her intent to be richer:

1. Rose Marie's desire to be richer is blocked by her inner child's decision to ***"never be like them"***.
2. And two: she hasn't, yet, realized that her powerful change-resistant ego maintains the status quo by resisting change. The small end of her resources funnel is blocked by her ego's hidden agenda to maintain the status quo by "staying poor".

You too, have a hidden agenda and a change resistant ego. As a child, you will have made many important decisions about who you would BE and how you would relate to life, love and/or money. Those old antiquated decisions are who you are. Your

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powerful ego is, now, busy defending the original reasons you had for choosing NOT to BE rich.

Those outdated reasons are keeping you poorer than you want to be. So, at this point, there should be two questions on the table for you:

1. In what way do you intend to be richer?
2. And, what is the hidden agenda that blocks your ability to choose to BE richer?

You'll want to find answers for both questions if you seriously intend to manifest that richer, better life for yourself.

The fact that you're not as rich, happy or successful as you want is truly God's cosmic joke on you, a joke because you DO have the power, right now, to make a new BEING choice that would improve the quality of your life. As an individualization of God you have the power to manifest any reality you can dream up.

But you're not allowing yourself to be that powerful, are you? Instead, you're living your life as your ego, stuck in a mundane reality you previously created. The fact that you are poorer than you want to be, is laughable because you have the power to choose something better. Were you even aware that your ego has a hidden agenda and is programmed to resist change?

Allow yourself to see that your self-concept IS the small end of your resources funnel. Who you are BEING limits your flow of resources from the Universe. To have more of the good life, you'll want to grow your consciousness. You've been in the process all your life.

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The first few years of your life were about deciding who you would BE and some of those old ideas are still in charge – still running your life. The size of the receiving end of your resources funnel was originally established at a time in life when you may not have been wise enough to understand the long term consequences of your BEING choices.

Now, your ego, the appointed keeper of your current reality concept, does its job by resisting change. Your ego will be dead set against any attempt to change your mind and BE richer. Your ego resists change because it knows that to manifest the change you want, it must die as the old you and be reborn as the new you.

Brenda Lee grew up in a household where, according to her mother, there was never quite enough money after the bills were paid to acquire the things they really wanted. So almost every time Brenda asked her parents for anything, she was given the standard answer; *“Sorry, we can’t afford that right now”*.

As a child, Brenda concluded *“that there’ll never be enough money”*. That conclusion became Brenda’s story and that story is, now, Brenda’s hidden agenda. Every time she decides to do something about improving her money situation, something unexpected happens, the roof leaks, the car needs new tires, etcetera.... She has no idea that as a powerful manifestor, she manifests circumstances to match what she believes. Brenda’s story sound familiar?

Brenda’s story about money, her hidden agenda, keeps manifesting the same lack circumstances in her life, over and over again. She is mired down in the status-quo, because she doesn’t know she is manifesting her story like a broken record. So, her ego

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uses that story to sabotage every attempt to enrich the quality of her life.

Don't you see that Brenda can never BE rich as long as she has that not-rich hidden agenda.

\* \* \*

Every time **Cynthia Guajardo** set out to improve her life, she had a vague feeling that something was wrong. She said, *"I kept seeing this pattern: I would take one step in the right direction and see some success, then I would do something stupid that set me back two steps. I was actually sabotaging myself every time I saw some success.*

Later, she wrote: *After reading your books, I no longer have that free-floating anxiety that I had before. Thanks, Darel for the practical tools and techniques you've given us for counteracting ego's sabotage so I can move forward with my success. I really feel like I'm now in charge of my destiny*

\* \* \*

Dr. Rebecca Riales wrote: *By nature I am NOT "money-motivated" – I am very "success-motivated," however – I DEFINITELY WANT to have a LOT of money (\$2 million in the bank by June 2014) that comes as a side effect of focusing on adding value to others' lives in my/their business – that's my idea of success. The two things are inseparable values, rather like two halves of a pair of scissors!!*



*I know what I want and I think I've chosen. All the*

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*dominoes are in place, what's keeping the first one from being tipped?*

My answer to Dr. Riales: You're not manifesting what you really want, because "I choose to BE richer", the essential domino is missing. The lead domino is "I want to be rich." The mover-shaker domino that's missing is **"I choose to BE the one who WILL HAVE what I want"**.

At the moment, it would appear that your first domino is, "I WANT", as in *I choose to be someone who wants to be richer*. That domino has no intention of moving beyond the wanting. Your "I want" prayer is already answered; you already ARE someone who wants.

If you think you've chosen and nothing is happening, allow yourself to see that you've chosen to be someone who only WANTS life to get better; you've not actually chosen to BE the one who IS manifesting that healthier, happier, richer life. The creative process for mankind is always BE, DO, HAVE, never DO, HAVE, BE.

No matter how badly you want life to get better, nothing can or will happen when you are stuck in wanting; nothing can or will change until you've made your new BEING commitment. Choosing to BE someone who only WANTS life to get better puts you in an old ego trap designed to keep you enslaved by the status quo.

**For most people, the gap between wanting and choosing is as wide as the Grand Canyon.** The domino you'll want in place first is: **"I choose (commit) to BE the one who is manifesting and living that richer life style"**. Only your **"I am" commitment** domino has the GO power to move the rest.

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Rebecca, if you'd planted carrot seeds in your garden, and later decided you wanted onions, you won't get onions; you'll reap carrots. If you originally planted "NOT RICH" as in – "*By nature I am NOT money-motivated*"-- (that's the unwanted carrot (weed) in the garden of your mind, (your hidden agenda). You'll never BE rich, until you label NOT RICH as a weed, pull it out and replant the "I am" seeds of BEING Rich.

\* \* \*

Let's assume that your missing domino is **a commitment to BEING RICH**. Choose to BE RICH, and the weeds (your hidden agenda) will pop up in the garden of your mind; then you can deal with it as a weed and pull it.

To be richer in some way, you'll want to uncover your hidden agenda by allowing it to show up after you've made your new out-of-the-box BEING commitment. When your ego resistance shows up as mind chatter, you can replace it with your new BE richer agenda. You'll also want to learn about ego's many tricks for blocking any new BEING changes. You'll learn the "how to" in Chapter 4.

Rose Marie and Brenda Lee, like most people, are totally unaware of their BEING power. They haven't realized that they have the power to make out-of-the-box BEING choices. They're not aware of their hidden agenda and haven't a clue about how and why their change resistant ego resists change.

Cynthia, on the other hand, has become aware of her ego's tricks for resisting change, and is now manifesting exciting quality of life changes. Cynthia has increased the size of the small end of her resources funnel by growing her consciousness and being truly in

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charge of her future. I'm not sure about Rebecca – whether she's still stuck in "I want" instead of "I choose!"

You'll grow your consciousness by using your God power (BEING power) to improve the quality of your life in some way. If you're truly ready for that change of life styles, reading this book will give you a head start over the average person who attempts a change of circumstances.

### *Paradoxes and truths to live by*

- ❖ *"Rich" is not the state of your finances; it's the state of your consciousness.*
- ❖ *Choosing NOT to BE rich is the same as choosing to be Poor.*
- ❖ *You can never BE rich until you've chosen to no longer be poor.*
- ❖ *Everyone wants to be richer; only a few actually choose to be.*
- ❖ *The gap between wanting and choosing is as wide as the Grand Canyon*

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## Chapter 4

### The Step by Step Process For Choosing To BE Healthier, Happier and Richer

- 1. Detach from the old
- 2. Create Your Vision



Living Prosperously

- 3. Choose to BE RICH

Almost everyone you know wants to be richer, healthier or happier, but only the determined few will manifest their dream of living better. Why so few? What stops the rest of us from having what we really want from life? The real success blocker is your change-resistant ego who has a whole different agenda than the one you keep telling yourself you want.



Your ego is focused on keeping you trapped in your current reality concept, safe from harm. It would rather live with the discomfort and upset of your dismal circumstances than to face the

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uncertainty of imagined dangers outside your current reality concept bubble.

You'll remain stuck with your life the way it is now, **trapped until you are sufficiently disenchanted with present circumstances to choose out.**

And even then, unless you are aware of your ego's many tricks for keeping you boxed into the status quo, any hopes you have to become healthier, happier or richer will be thwarted by your ego's hidden agenda. You'll find yourself back in the old reality concept bubble wondering what happened to your dream.

Anne Gage wrote:

*When I think about choosing to BE rich, what comes up for me is RESISTANCE and FEAR. Like your metaphor for choosing is like standing, undecided, on the end of a diving board. I remember, after being challenged by my older brother, climbing up the ladder on the high diving board at the public pool when I was a child.*

*The closer I got to the top, the more I felt the fear. As I walked out to the end of the board, the fear increased until it was almost paralyzing. My choices were to step off the board or to walk away and go back down the ladder. My fear of the ridicule I would receive from my brother was greater than the fear of stepping off the board.*

*So, after what seemed like an eternity to me, I made the decision to jump and live (or, in my young mind, die) with the consequences.*

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*The difference with your "challenge" of choosing to be RICH by changing the pattern of my thinking - is that my choices are between staying as I am (in my COMFORT zone) or stepping off the high diving board (metaphorically) into the unknown (the abyss) of choosing to BE richer.*

*It is interesting that my mind takes me to negative thoughts rather than thoughts of prosperity, abundance, fulfillment and opportunity.*

Many people, who want more from life, will be disappointed, because they haven't actually committed to BEING healthier, happier or richer. When they arrived at the jump off place, they'll lack the courage to choose a new way of BEING. When the time comes for choosing, their egos may even con them into believing they've chosen, when in fact, they've only chosen to WANT to be healthier, happier or richer.

And now that you think you've chosen to BE rich, your ego has you exactly where it wants you, trapped in the status quo until you can find the courage to choose out of that old box. So, know this: **Wanting to be healthier, happier or richer, just won't get it for you!**

The only way out of your current insufficient income problem is for you to create the space for BEING richer, by destroying your attachment to the uncomfortable safety of the status quo. You'll be ready to commit to something better, only when you are sufficiently disenchanted with the way it is now, that you'll choose out.

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To find your way out of your old reality and into something much better, you must accept responsibility for the way it is now and then detach from it by choosing out.

You'll create the void (the space for something new to happen) only by detaching from the status quo. Don't ask yourself, how do I choose? When it comes to choosing, there is no "how to". You'll choose or you won't. You will detach from the old, only when **you are sufficiently fed up with the current situation to rebel against the status quo and make your new BEING commitment.**

If you want to choose a better life, but are thinking you don't know how, your ego is blocking your ability to choose with the "how to" question. Asking, how do I choose is like standing on the end of a diving board and asking "*how do I jump?*" Silly question, isn't it? "*I don't know how*" is one of your ego's many tricks for keeping you trapped in your undesirable circumstances.

**If you are truly ready for a change, first reject your lack circumstances and then choose to BE richer, healthier or happier. If you've truly chosen, your ego will be scared out of its pants; so, be ready to deal with all the reasons why you thought you couldn't, shouldn't or wouldn't ever be rich.**



### *Affirmation*

*When I speak my word, as an individualization of God, it has to manifest. Today, I rescind my earlier BEING choice and now choose to be richer.*

The process for creating your new reality is simple: once you're detached from the old, just create a new and exciting vision of

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what your life would be like if you were already healthier, happier or richer; see yourself enjoying the benefits of that new richer life, and allow yourself to feel as enthusiastic and joyful as you'd be, if your dream reality had already manifested, and when you're feeling richer, simply commit to BEING the one in that dream.

If creating a new reality really is that simple, why isn't everyone as rich, healthy or happy, right now, as they want to be? They haven't chosen anything better because they're trapped in a reality concept of limited supply and lack circumstances. They're trapped because they blame their circumstances.

But their circumstances are not the real problem! The problem is: **they haven't discovered BEING power**, and they (like you) have change-resistant egos, determined to maintain the status quo. Blaming our circumstances is egos' way of keeping us trapped.

When you're ready to choose the good life, start by creating your vision of living your life more abundantly, compare that vision to the status quo; then rebel against the way it is now and choose out.

1. First choose out of unhealthy, unhappy and money problems;
2. Face your fears about what may be outside your box and then,
3. Find the courage to choose past your fear into the unknown reality of BEING richer, healthier and happier.
4. Expect ego resistance and pay attention to its mind-chatter reaction to that change.

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### **Reinventing your life is a continual process!**

Before the quality of your life can change for the better in any way, you must, first, change your mind about who you will be. You must have been transformed from who you were, to who you would be, if you had already manifested the change you want.

Transformation is not the one time, born again happening most people think it is. Transformation is a lifetime, ongoing process, for growing your consciousness. To have more from life, you must become more aware of your God power (BEING power) and use that power to create the more desirable reality.

You've always had the power to become healthier, happier and richer, just by changing your mind about who you will be. And it's that simple, but to be transformed, your ego must buy into that new reality by accepting the role of the new you living your life, healthier, happier and richer. But 95% of the transformation process is in learning how to deal with your change resistant ego.

### **Talk to your ego**

So what do you do when your ego resists the change you want? Talk to your ego. Start by reminding yourself that you are not your ego.

You are instead, an individualization of God. You are the spirit of God in you, as you, individualized with the power to create any reality you can dream up, by simply changing your mind about who you will be.

Now, step back away from the resistance self talk and be the casual observer. Listen with compassion, not sympathy, to your ego's fear thoughts. Let yourself feel what your ego is feeling.

## Nine Ways to Be Richer, Healthier and Happier

Understand its problem, but don't buy into and give support to its victim story.

When you've truly heard your ego's concerns, talk to it like a big brother or sister. Reassure your ego that the new benefits in that new reality are worth far more than the risk. Convince your ego that it will love its new job of maintaining the richer, healthier, happier reality!

**Don't fret your ego's fears. When the resistance shows up, re-make your commitment to BEING healthier, happier or richer.** Then, let your ego know you are fully committed to that new way of being, and ask for its support. Accept that it's your job to sell your ego on the benefits to be had in that new reality, because your ego will need constant reassuring.

**The first rule of success** in any new venture, is to make it okay to fail. Visiting and accepting the consequences of possible failure detaches you from the outcome. Experiencing the pain of failure removes fear as a success blocker.

**Here's how:** In your imagination, visit the worst possible outcome; make that result an acceptable risk, (allow yourself to see that you COULD handle the pain of failing) and then choose past the fear and go for the win.

**When you find the courage to choose past your fears into a new richer reality, you will have grown your consciousness** (you will have become more aware of your BEING power). And that fearless new you will have found the will to win.



**Winner's Attitude**

## Nine Ways to Be Richer, Healthier and Happier

### You DO have the power to choose again

Most of those who want to be healthier, happier or richer will fail in the attempt, because they haven't a clue that the power of God is behind their BEING choices, nor are most people aware that their powerful and very tricky ego is so intent on blocking that change.

No matter what your circumstances, you have the power, right now, to choose out of your current situation into a healthier, happier and richer life.

In the meantime, allow yourself to see that your ego is in charge, running your life, busy maintaining the status quo by resisting change. Anytime you're ready to listen, your ego will give you a multitude of reasons (excuses) for why you are not as rich, healthy or happy as you want to be.

### The following are some of your ego's standard excuses.

Ask anyone why they chickened out on choosing to be healthier, happier and richer – why they backed out at the point of choosing and you'd probably hear some silly excuses, like:

- *I'm not smart enough to be rich*
- *I'm not skilled enough*
- *It takes money to make money*
- *Money is the root of all evil*
- *Those who have money are controlled by it*
- *All rich people are greedy*

All of the above are old wives tales, stories someone made up and your ego bought that excuse to justify why you chickened out

### Victim Stories

Victim



Poor me!

### Excuses

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when you found yourself at the end of the metaphorical diving board for choosing to be rich.

If you are serious about wanting to be richer, healthier and happier, you'd be wise to admit that you've actually created your current reality by choosing NOT to BE rich, healthy or happy. By taking responsibility for the BEING choice that manifested your current circumstances you will have begun the process of transforming yourself from poorer to richer!

### **How did you end up with a reality that's no longer serving you?**

Allow yourself to see that you have created your current reality and attracted the present undesirable circumstances by deciding:

1. How you would think about life,
2. What you would believe, and
3. How you would feel about your life in general.

We have each become what we thought about, and are just naturally attracting what belongs with that way of thinking. So, it would seem logical that you could easily create a much better life for yourself by merely changing the pattern of your thinking. How hard could that be?

Think about it! **If you could just rethink what you've previously chosen to believe and feel about life in general, you'd manifest a whole different quality of life for yourself, automatically.** If solving life's problems is that simple, why don't we just DO that?

We humans don't often change, because we're too attached to our old way of BEING. Our old thought patterns are habitual and we're attached to the hidden agendas that run our lives, and even though those habitual mind tracks are no longer serving us, we're locked into to that way of BEING, believing, thinking and feeling.

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**To have what you really want from life, you must be willing and able to sacrifice BEING who you are now in favor of who you'd BE if you were already manifesting the desired result. To choose into a new richer quality of life, you'd have to first choose out of the old.**

With the sacrifice of your old self concept in mind, are you ready to choose to BE richer, healthier and happier?

You may not want to believe this, but the rich are rich simply because they've made BEING choices in and around the reality concept of living their lives prosperously; the poor on the other hand lack sufficient resources in life because they've made BEING choices out of a lack-consciousness reality concept that began way back when they originally chose NOT to BE rich.

I hope you can accept that you've become what you thought about and are now what you believe, think and feel about life. If you can accept that premise, allow yourself to see that what you are presently manifesting is a perfect match for your current way of thinking, feeling and BEING you.

### **The cure:**

Think about this! Ask yourself how you feel about yourself when you think about your financial circumstances. Do you feel rich or poor? Get serious with your answer here, because it is in how you feel about money that either makes you a magnet for attracting it or repelling it.

If thinking about your money problems has you feeling poor, notice that your circumstances are a perfect match for that way of feeling. If you see yourself as a victim of your circumstances, that way of thinking is attracting more of the same.

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If you can accept that your attitude and your feelings have actually attracted your circumstances rather than the other way around you'll be ready to solve your money problems!

If you seriously intend to improve the quality of your life, begin by looking more closely at the BE, DO, HAVE formula as the creative process for mankind. Allow yourself to see that having BEING power makes you much more powerful than your ego's victim story would have you believe. As an individualization of God, you have the power, right now, to make a new BEING commitment that would have you attracting prosperity like a magnet.

### The power of your word

In the Christian Bible, book of Genesis, it reads: *In the beginning was the word; and the word was with God, and the word was God.* What does that mean? You were created in the image and likeness of God, which makes you and me, individualizations of God. As gods, we create our own reality by speaking our words. We say "I am more healthy, happier or richer, and we've just created a new, richer reality.

Following our new commitment, the laws of nature are put in motion to manifest the corresponding results.

*"In the beginning was the word..."* In the beginning of the process for creating a new reality for yourself, you, as a god, will speak your word, "I am". *"...and the word was with God..."*, God's word spoken in and through you as you. *"...and the word was God"* "I am" is God's name in you. Thus: your spoken word, "I am ...," chooses your way of BEING, which then, manifests materially.



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**Allow yourself to see that God, individuated in you, gives you awesome manifesting powers you've not yet learned how to use.** For you to know that power, experientially, you must continually prove your god power to yourself with manifested results.

The quality of your life, as it is now, is the natural manifestation of your spoken word – as in how you've chosen to complete your “*I am*” statements. Almost every thought you think or word you speak is an “*I am*” thought; for instance, when you say something like, “*I hate it when the wind blows,*” or “*It's too hot,*” you are actually choosing who you will be relative to the weather.

Think about it! With those words, you've just chosen to BE a victim of the wind or hot weather.

Every time you think a thought or speak your word, you are creating your own reality – declaring who you will be relative to some other him, her or it. By saying someone upsets you or makes you happy, you've just declared yourself a victim of, or in need of him, her or that situation. When you say, “*I'm not good enough or smart enough,*” you're right, but it's true only because you said so.

If your dad called you a klutz when you were a kid, and you bought into it (believed you were a fumble fingered klutz), then from that point on in life, you'd be, think and act like a klutz. We form an opinion about the way life is or isn't, and once we've arrived at that conclusion, we are destined to experience life from that point of view.

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The mess we've created with a six-year-olds reality concept just goes on and on, manifesting results until we've changed our minds and rethought that point of view.

When I was a kid, from something someone said, I concluded that I was dumb and from then on, no matter how hard I studied, I just didn't get it, and my report cards continued to reflect my ignorance. In playing at life as a dummy, I was ignoring my God power.

Then, one day, my reality concept was transformed by my seventh grade English teacher's praise. Because I diagrammed a sentence she thought couldn't be diagrammed, my teacher proceeded to tell the whole class how smart I was. She even convinced me!

The net result of my changing my mind – finally believing I was smart: my school work, from that point on, was easy, and my report cards all read, A's and B's. I had been transformed by changing my mind.

How can a kid who believes he's dumb go, like the flip of a switch, from dumb to smart? Anyone will manifest different results when they change who they're BEING. My new BEING commitment half-way through the seventh grade changed my self-concept and my belief system from "I am dumb" to "I'm smart" and from then on, I manifested easy studying, clear understanding and good grades.

In the Christian Bible it reads: "***As thou hast believed, so shall it be done unto thee***". My transformation from dumb to smart is merely an example of how and why we humans manifest results to match whatever we've chosen to believe.

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We each have the power to create our own reality by changing our minds about what we believe. We then manifest our new point of view into our material reality because we have the power of God behind all our BEING choices.

**Using your God power (BEING power) you have what it takes, right now, to create any reality you can dream up, if you truly believe in it.**

This is nothing new! You've been using your BEING power all your life to grow your consciousness and improve the quality of your life. Even so, I doubt you've even had a clue as to the extent of that power. But now that you know, (at least intellectually) let's walk you through the process of becoming richer, happier and/or healthier by simply changing your mind about who you will BE and what you'll believe. Just change your mind about who you are and you will have been transformed!

With each new transformation you will grow more confident and self confidence is the most powerful form of riches on the planet. That's because **belief in yourself and belief in God are one and the same!**

The idea that you are a god with god-like powers may rattle your cage, but once you accept the idea, you'll find your manifesting powers have grown substantially. So sit back and allow yourself to see that God experiences life in and through you as you. Play with the idea, that belief in yourself, gives you far more power than you've ever imagined.

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### *Affirmation*

*As an individualization of God, I now choose to be healthier, happier and richer.*

But don't get the idea that it's easy. Your transformation can only happen after you've created the space for it to happen. Your ego has to die as the old you before you can be reborn into being you in a brand new way.

You'll create the space for something new by saying "NO" to the status quo. Being unhappy and resistant to the way it is now, is a form of attachment. You won't be free of that problem until you've given up your role as the victim. What you resist must persist!

Rather than avoid dealing with a problem, allow yourself to see that your previous BEING choice attracted those undesirable circumstances. Once you accept that responsibility, you will have found the power to manifest a whole new set of circumstances.

In other words, before you can move on, you must be able to tell yourself the truth about what's going on with you and how you feel about it. You'll want to get real before you can move on to better things.

Until you've made it okay to be who you are now, responsible for what you've created, you won't be able to change. The true catalyst for the change you want in your life is to accept yourself and love yourself just the way you are now, unconditionally. Unconditional love is the space we create for ourselves and one another to be who we are with no intent to fix or change.

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So it's necessary that you know where you are now and make that okay before you can get to where you really want to be. But make no mistake about it! Unconditional love for yourself is hard to come by for most of us, but it is the only true catalyst for changing your mind about who you will BE.

### **The Power Pact**

If you truly intend to improve the quality of your life, you may want to form or join some sort of support group. You'll find it is much easier to believe in yourself when someone else believes in you. In fact, you can expect your self confidence to grow exponentially in the presence of another who supports you in being who you are.

Someone who accepts you unconditionally, just the way you are with no intent to fix or change you, will have created the space for you to step out of the old you and BE more than you were. It is that sort of unconditional love that creates the space for your transformation in consciousness.

You might want to make it your intention to form a Power Pact support group before you attempt the change you want in your life.

With the awesome power of God behind your BEING commitments, you will manifest any reality you can dream up. Your manifesting powers will be limited only by the level of your belief in yourself and your BEING power.

Our tendency, on first learning of this power, is to set goals far beyond our ability to truly believe. This propensity for aiming too high is one of our egos tricks for setting us up to fail, trapped in the status quo.

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### **So, I recommend baby steps toward your ultimate goal**

In setting your goal, you'll want to think big, and set smaller short-term goals – baby steps that take you outside your comfort zone, but not so far out that it's beyond your ability to believe. Set only goals which you totally believe can and will happen.

Let it be your main purpose in goal setting, to grow your consciousness, while in the process of making out-of-the-box BEING choices that improve the quality of your life.

With each manifested baby step taken, your god-power awareness will grow, increasing your confidence for taking increasingly bigger baby steps.

### *Paradoxes and truths to live by*

- ❖ *You want to be healthier, happier or richer.*
- ❖ *But your change resistant ego has a different agenda.*
- ❖ *As an individualization of God, you can create your dream reality*
- ❖ *Change your mind about what you believe and manifest a brand new life.*

## Chapter 5

### By Deciding How to Think and What to Believe You've Created A Reality of Rich or Poor



#### The Limited Supply Reality Concept

Early on in life you formed an opinion about money and those who have it in abundance and you came to a conclusion. As a kid, you decided whether you would be rich or poor and your resolution, from that point on, has continued to make you either richer or poorer.



Those who live their lives in conditions of lack, do so because they see life through a reality concept filter that, just naturally, limits the size of the Thanksgiving Day pie. With the limited supply mind set, it would be inconsiderate for you to have a second piece of pie, because it would deprive someone else of their fair share.

But, those who live the richer life have a totally different reality perception filter. They see a much larger pie or many pies. With the richer mind set,



**Create A Bigger Pie**

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you can have all the pie you can eat and so can everyone else.

### **Rich or poor, you've created your own reality**

You've created the reality of being either rich or poor by deciding which you would be. If you are rich, it's because you've chosen a way of BEING that attracts riches like a magnet. And if you are not rich, it's because you've chosen a way of BEING that repels abundance and just naturally attracts conditions of lack.

### **It's Like Planting A Seed**

A man approached the pearly gates of Heaven and asked God for fruit. God replied,

***"We have no fruit here, only seeds."***

The life lesson to be learned from this important metaphor is this: in order to reap a harvest of prosperous living, you must first plant the seed of you BEING richer. Prosperous living is yours when you can commit to BEING you in a reality concept of living life abundantly. How hard could that be?

Think of it like this: you've planted a BEING seed in the ground of Universal subjective consciousness and that seed is now drawing from the Universe, whatever it needs to manifest either prosperity or lack. What seed did you plant?

If you've chosen to be richer in the last few days, and nothing has happened yet, be patient. You can't expect to plant tomato seeds one day and pluck ripe juicy tomatoes off the vines the next day. Once you've planted the seeds you must nurture them by watering, cultivating and pulling weeds.

In nurturing "be rich" seeds you'd maintain your vision of prosperity. You'd be looking for the weeds of self-doubt and resistance, ready to pull them out of the garden of your mind.

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God gave you and I the power to plant the seeds of a better life and manifest the corresponding result. We create our own individualized reality by making new out-of-the-box BEING commitments.

Notice that you've already done that; you've used your God power and chosen to be, either rich or poor. As a result of that choice, you're either living a life of abundance or wallowing in lack circumstances. Which reality did you create with your earlier conclusions about money and rich people?

If you are not happy with what you are manifesting, you can change it all with a new BEING commitment. You can step out of poverty and into riches by rebelling – by simply choosing to no longer BE poor.

Try this: create a vision of living prosperously and then, simply choose to BE rich. Then, just like planting a seed in your garden, once you've truly chosen, the Universe will begin to deliver the appropriate content. Once you've chosen, the "How to..." – the BEING and Becoming rich part of becoming rich comes naturally.

If you've truly chosen, one of two things will happen:

- 1) Your ego will react with fear and self doubt thoughts. It's called mind chatter.
- 2) Like the green sprout if you've planted tomato seeds, you'll see manifested evidence of some sort.

Either case is reason to celebrate. The resistance is solid evidence that you've chosen and the manifested results speak for themselves.

If you are not already living as richly as you'd like, it's because you've originally planted seeds of lack and need. If, as a child,

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you've chosen NOT to be rich, you'll just naturally be manifesting lack circumstances. As long as you continue to believe the supply is limited, the Universe won't be delivering an abundance of prosperity into your life.

**You can never be rich until you've fully accepted responsibility for having created the reality in which your money problems, now, persist.** You'll want to rebel against your lack circumstances so you can say, "YES" to something healthier, happier and richer.

To BE rich, begin by visualizing yourself living prosperously and then commit to BEING the one in that vision. Just by choosing to BE rich, you will have planted the seed that must bear the fruit of affluent living. I hope you can accept, as a fact of life that, by choosing what to think and deciding how you will feel about life, you are creating your own reality.

If you are truly fed up with conditions of poverty and now want to BE rich, allow yourself to see that what you are currently manifesting is a result of who you've chosen to be. You have become what you thought about, and with those thoughts, have created a reality that may no longer be serving you.

Once you accept as your basic truth, that you've created the reality in which your current circumstances belong, you will have found the power to make life better. The creative process is quite simple: You decide what to think, what to believe and how you will feel about it. By choosing your thoughts and feelings, you've chosen who you will BE.

Your BEING choice, like a seed planted, is a magnet for attracting who and whatever belongs in the reality of that way of BEING you. You've chosen, and the Universe has responded by delivering

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circumstances to match that way of thinking, feeling and BEING you.

Take a look at what you've created. Are you happy with it? Are you as healthy, happy and rich as you want to be? If you are unhappy with your current circumstances and are truly ready for a change, just make a new BEING commitment and change the pattern of your thinking. The following is an example of how that works.

In 1952, I was the not so proud owner of a business on the brink of failure! One more month like the last 3 and I would be closing the doors on my business for the last time.

With that in mind, I sat on my front porch, one Sunday morning, reading a book that would transform the quality of my life forever. While reading that book, I realized that we become what we think about, and in that moment of revelation, knew I could turn my failing business into a success by simply changing the way I thought and felt about it.

That revelation was a spiritual awakening that transformed me from a victim of my circumstances into an in charge person – it was like I flipped a switch and became “master of my fate, captain of my soul”. In that moment I made my new BEING commitment and became suddenly unstoppable.

Believe me! By simply changing your mind about who you will be and how you'll think and feel about life, you too can easily, change the quality of your world. You and I choose who we will BE by deciding on what to focus our attention, what to believe and how to feel about it.

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With that BEING commitment, we've created an attitude, which becomes a powerful magnet for attracting whatever belongs with that way of thinking, feeling and BEING you.

### The Power of Attraction

You've heard and read a great deal about the power of attraction. Realize it or not, the Attraction Principle is always working and it is tuned into your attitude.

In choosing who you will BE, you've taken on an attitude about life that makes you the magnet. What most people don't realize is that the Attraction Principle works both ways – it can either attract what you want or repel it.

Please get that the real secret to attracting the kind of success you're looking for is in acquiring and maintaining a prosperity consciousness – it's that "feel rich" feeling you'd have if you had money in abundance.

**Once you've stopped blaming your circumstances for your attitude about life, you'll discover that you can change your mind about how you feel and attract a whole different quality of life. You'll attract a better life just by choosing to FEEL rich, by appreciating what you have!**

**Acquire that  
"feel rich" feeling**



**Attract Money  
Like a Magnet**

I want you to see that my business was failing not because of the market conditions I blamed for my problem, but because my attitude was focused on my circumstances. I was mired down in doom and gloom.

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My full attention had been focused on my negative income and my fear of the consequences of failing. With that anxious survivor's attitude controlling my future, there appeared to be no solution for my problem. I was in the survival mode, trying desperately not to fail and, believe me; that's a success strategy which never works.

I was up against an unbreakable law of the Universe which says, ***you cannot succeed while trying not to fail.*** This rule holds true because fear is never the true motivator for success. Real success requires, instead, the gung-ho, can do attitude of a winner.

**The secret to winning your battle with fear, is to first overcome the fear by facing the pain of failure and making it okay to fail. Once you've realized you could handle the pain if it actually happened, the fear will be gone and you'll choose to go for the win anyway.**

Making it okay to fail may seem contrary to what you've been taught. **But to win at anything, you must choose out of the survival mode and acquire the winner's attitude.**

My business was truly failing, and then, I made it okay to fail. In one exciting moment of enlightenment I was transformed from a sad sack victim of my circumstances into an enthusiastic, bright eyed, can't fail entrepreneur.

When I walked into my store the following Monday morning, my employees took one look at me and said,

*"What the hell happened to you and where can I get some of that?"*

**That's what happens when genuine enthusiasm bubbles out of you; it's catching!**

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My employees and a fearless new me turned that failing business into a roaring success almost overnight. In what was left of the year of my near-failure, my profits went from losing money to being profitable beyond even my wildest dreams. When I sold that successful business 27 years later, in 1978, I had over 100 employees.

Soon after I became wealthy, using the principles you'll find in this book, I began coaching others and teaching prosperity workshops. For the first two years of my workshops, I told participants,

*"You can have whatever you want once you know what you want and can find the courage to choose it".*

But it's not that simple. With that advice, I was leaving out the main ingredient for success, the BEING Principle! Back then I was telling workshop participants what to DO to become successful. Big mistake!

The only real solution for almost any personal problem is for you to begin by saying "NO" to what you don't want, and then by committing to a new way of BEING you. Believe me, no matter what your problem, you'll solve it only by choosing to BE the one who will soon have that problem solved.

After two years of coaching others, it finally dawned on me that people are rich or poor not because of what they're doing, but as a result of who they've chosen to BE. That's right, rich people are rich as a result of who they've chosen to BE and those who are not rich are poor for the same reason.

In fact, take a look at what they're doing and you'll see that it is a direct result of who they're BEING. The world is full of good advice on what you should DO to solve your biggest problem, but no

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DOING solution ever works for long unless preceded by a new BEING commitment.

Inspired DOING happens automatically once you are committed to a new way of BEING you. This is the real truth about why you are either rich or poor. You created that reality by choosing who you would BE, so if you're blaming your circumstances for your negative cash flow, think again!

### **Defining rich and poor**

I say you're rich when your income exceeds your expenses and allows you to live comfortably at your chosen standard of living. And you're poor when you are running a victim story (your excuse) for why you think you can't have what you really want.

Think about yourself in terms of that definition of riches and decide whether you are rich or poor. A simple way to think about it is to say that you're rich when you're almost always "feeling rich", and poor when you usually "feel poor" while thinking about your financial situation.

The only true path to riches is a prosperity consciousness, which can be defined as that "feel rich" feeling that attracts money like a magnet. See if you can accept that, BEING RICH is simply a BEING choice and a "feeling rich" attitude that manifests more and more of the good stuff in life.

### *Paradoxes and Truths to Live By*

- ❖ *We become what we think about*
- ❖ *And then, automatically attract what goes with that way of thinking*

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- ❖ *Rich is not the state of your finances; it's the state of your consciousness*
- ❖ *What the rich have that the poor do not is a prosperity consciousness*
- ❖ *A prosperity consciousness is that “feel rich” feeling that attracts even more riches*

# Nine Ways to Be Richer, Healthier and Happier

## Chapter 6

### The Step by Step Process For Creating A Healthier, Happier and Richer Reality

**First, Create The Vision**



**Then Choose to BE  
the One In Your Vision**

The above illustration says, “First, Create the Vision”. And that would be the correct order of business if you had rebelled against the status quo and were truly ready for the change you say you want. But before you can say, “YES” to anything new in your life, you must first say “NO” to the old.

Before you can seriously choose to be rich, you must first recognize the fact, that at some point in your life, you’ve chosen NOT to be rich. First, accept responsibility for that previous decision and then rebel against the lack circumstances you’re manifesting.

The creative process for mankind begins not with creating the new, but with creating the space for that something new by first saying NO to the way your life is not. The formula for change is quoted as, Create, Persist, Destroy, but create doesn’t really come first. The process begins with destroying your attachment to the old.

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So, the first question you might want to ask yourself is “Am I sufficiently displeased with my present circumstances to rebel and choose a new way of BEING me?” If the answer is, “YES” then you’re truly ready to create your new reality.

### There is no “how to”

If you’ve been wondering, “*How do I choose to BE rich and live my life prosperously?*” The answer is, “There is no “how to”. When it comes to making a new BEING commitment, you just step out of the old box and choose to BE healthier, happier or richer.



Asking yourself “How to choose” is like standing on the end of a diving board and asking “how do I jump”? Silly question!

The process for creating that new reality is simple: just create a new and exciting vision – imagine what your life would be like if you were already being healthier, happier or richer; see yourself enjoying the benefits of that new better life; feel the enthusiasm and joy of feeling happy and successful and then choose to BE the one in that vision.



### *Affirmation*

*As an individualization of God, my spoken word is law in the Universe. As sure as night follows day, my BEING commitment will manifest.*

*Today I choose to BE richer!*

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You've been making new BEING choices all your life and once committed, you acted on that decision in some way, didn't you?

- When you were a crawling baby, you decided to become a walker. What did you do next? – You got up and walked.
- When you decided to BE a bike rider, you couldn't wait to do what? You got on that bike and pedaled like crazy, didn't you?
- Now, you're tired of being poor and have decided to BE rich instead – or have you?

If you've truly chosen to BE rich, you will have taken a first step. What's your inspired action – what's your leap of faith?



If you think you've chosen to be rich, but haven't yet made some move in that direction, we must assume you have NOT actually chosen to BE rich; instead, you've only chosen to WANT TO BE RICH. Confusing wanting with choosing is a mistake most people make in their desire to be richer.

They decide they WANT to be rich and then, take it for granted they've actually committed. They haven't! And when nothing happens, they either keep hoping or lose faith in the manifesting process. BEING commitments never fail to manifest results, but wanting to be richer is a commitment to want to be richer.

Notice that I use richer as the BEING choice example, but in each case you can substitute healthier or happier. But the same rule applies; wanting to be healthier, won't help you lose weight; first you must commit to BEING someone who weighs their ideal weight. And choosing to BE happier will just naturally attract the corresponding results once you've chosen.

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Almost everyone you know wants to be richer, healthier or happier than they are now. But only the very few will actually find the courage to step out of their current reality concept bubble and commit to a new way of BEING.

And until you've chosen, nothing will happen to bring about the change you want. If nothing is happening, you must assume that what's lacking is your commitment to BE the one who HAS or will HAVE the life you want. Here are some questions to ask yourself:

- So, how bad do you want that change?
- Are you ready to give up being who you are now in favor of who you'd be if you already had the change you want?
- Are you ready to make a new BEING commitment that will manifest the change you want?

If you think you're ready to commit, imagine your life as it would be if you were already living the life of your dreams – see yourself healthy and happy, rich and prosperous.

It's your ego's job to keep you safe from harm by resisting change. Listen to your ego's fears and doubts and deal with them when they show up. Don't fight the resistance; instead, listen to your ego's concerns with empathy; listen as you would to your six-year-old child. Acknowledge your ego's resistance and then choose past your fear thoughts.

Allow yourself to see that resistance is just your ego, busy keeping your current reality concept intact and unchanged. When ego resistance shows up, sell your ego on the benefits of being richer, healthier and happier.

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Assure your ego that it will enjoy its new job of maintaining a healthier, happier reality. Then, let your ego know you intend to manifest the desired change in spite of its fears.

The first rule of success in any new venture is to make it okay to fail (accepting the pain of failure as a possible outcome takes away the fear). To deal with the fear, imagine the worst possible outcome; make that unlikely result acceptable if it happens, and then choose to go for the win anyway.

Every time you find the courage to choose past your fear, you'll be transformed into a new you who has chosen with a winner's attitude, to BE healthier, happier and richer.

Most of those who want to be richer will fail in the attempt, because they haven't realized the awesome God power (BEING power) available to them in the process of making a new BEING commitment. They'll fail because they haven't found their BEING power or because they haven't learned how to deal with their ego's resistance to change.

### **Your ego's resistance stories**

If you were to ask those who've chickened out in the process of choosing to be richer, why they backed out at the point of truly committing, they'll probably give you some silly excuses, like:

- *Money is the root of all evil*
- *Those who have money are controlled by it*
- *I'm not smart enough to be rich*
- *I'm not skilled enough*
- *It takes money to make money*

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When I hear someone making excuses like the above, I usually respond with “If you say so!” Excuses are just stories you’ve made up and have been using to justify why you chickened out at the end of the metaphorical diving board for choosing to be rich.

Let’s assume you are truly ready to commit to being healthier, happier and richer. Let’s say your desire for that change comes from BEING totally disenchanted with things the way they are now, and that your desire to live life more fully is strong enough to move you to choose out of the status quo and commit to a new way of BEING you.

Before you start down the path toward a new way of BEING and the manifestation of living your life more prosperously, let’s look at how you came to be stuck in a reality of lack that’s no longer serving you. How did you end up creating a way of life that’s no longer what you really want?

### **Here’s how**

You created your current reality and attracted your present circumstances by simply deciding:

- 1) What to think about
- 2) What you would believe,
- 3) How you would feel about your life.

Since we become what we think about, you could obviously create yourself a richer life by merely changing the pattern of your thinking. Just rethink what you believe and how you feel about life in general and you’ll manifest a whole different quality of life. If we could solve all our problems by simply changing the pattern of our thinking, why don’t we all just DO that?

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We've forgotten that we have the power to transform our lives with a new BEING commitment. Your ego maintains the illusion that you're powerless by giving you amnesia. As you live in the illusion of your current reality, you've become attached to that way of BEING. And even though it's no longer satisfying, it's who we are and it's comfortable – safe.

As the old you, you'll have several agendas that run your life, and even though those old habitual mind tracks no longer serve you, you're attached to that way of thinking, feeling and BEING you. To manifest the changes you want in your life, you must be willing and able to sacrifice BEING who you are now in favor of who you'd BE if you were already experiencing the desired result.

To choose into that new richer quality of life, you must first be ready to say "NO" to the way it is now. If "NO" is not an option for you, there can be no "YES". So, ask yourself the following question:



**Creates The Space  
For a Yes**

**Are you truly ready to sacrifice your old self concept and commit to BEING healthier, happier and richer?** Can you really say NO to the old reality concept and commit to BEING healthy, happy and rich?

That's all it takes! ...a solid "NO" followed by a new BEING commitment.

The rich are rich because they've made BEING choices in and around the reality concept of living their lives prosperously; the poor are poor because they've made BEING choices that came out

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of, first, choosing NOT to BE rich and then by thinking thoughts that attract lack circumstances as a way of life

I hope you can accept that you've become what you thought about – that you are what you believe, think and feel about life. Accept that premise and then allow yourself to see that you are, right now, manifesting a reality experience that must be a perfect match for that way of thinking, feeling and BEING you.

If you're serious about your intention to manifest a change for the better, begin by looking more closely at the creative process for

### With Two Awesome God-like Powers



#### The Power to BE

#### The Power to ATTRACT

mankind (BE-DO-HAVE). Allow yourself to realize that at the core, you are much more than your ego's self concept is allowing you to experience; you are, instead, an individualization of God who has created the reality your ego now maintains.

You have two awesome God-like powers, the power to BE more than you were and the power to attract whatever belongs with that new way of BEING.

In chapter four, I quoted from the Christian Bible, book of Genesis: *In the beginning was the word; and the word was with God, and the word was God.* Let's review what that means. That you were created in God's image means God individuated Himself in you and me. That makes us gods with awesome powers we have not yet understood, nor learned how to use. Once you've mastered the use of BEING power to solve your problems, you'll have the world by the tail.

In the meantime, you may be giving away your power to others or you may be draining off your God power by failing to keep your word.

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Your spoken word (God power) is a BEING commitment that must manifest results, unless you sabotage your God power by lacking integrity. When you promise to be someplace at a certain time and are late, you've broken your word. And in essence, you are your word. Failing to keep your word is like shooing yourself in the foot. It destroys your God power.

Allow yourself to see that you have awesome manifesting powers because God individuated Himself in you. The quality of your life, as it is now, is the natural manifestation of how you've been completing your "I am" statements. But you can render yourself powerless, by claiming to be the victim of their actions. When you say, "He or she makes me mad!", you've just given your power to that individual.

Every time you think or talk, you are declaring who you will be relative to some other him, her or it. By giving others the power to upset you or make you happy, you've just declared yourself a victim of him, her or that situation. When you say, "I'm not good enough," you're right, but only because you say so. If your dad called you a dummy one time, and you bought into the reality of being dumb, then from that point on, you'll BE, do and act like a dummy.

Once we've formed an opinion about the way life is or isn't, we will live life from that point of view and that story will run our lives until we take back our power.

When I was a kid, I concluded that I was dumb and from then on, no matter how hard I studied, I still got barely passing grades. Then my seventh grade English teacher convinced me I was smart and from that point on, learning was easy. I went from barely passing grades to A's and B's.

How can a dumb kid go, like the flip of a switch, from BEING dumb to suddenly BEING smart? Anyone who has a similar problem can solve it by simply making a new BEING choice. With my new "I

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Am” BEING commitment in the seventh grade, I changed my “I am” assertion from dumb to smart and then, easily manifested smart results. To go from, “not good enough” to “better than good enough,” just change your “I am” statement.

But, before that sort of transformation can take place, you must, first, take full responsibility for having created the “not good enough” reality. No one did it to you! You did it to yourself! Once you can clearly see how you created your “not good enough,” you will have found the “I AM” power (BEING power) to create the reality of “I’m better than good enough”!!

Like me, you probably created your “not good enough” victim story when you were four or five years old and that silly childhood conclusion has run your life ever since. Isn’t it time you changed your mind and created a new you in which you are “better than good enough”?

Allow yourself to see that any attitude, belief or point of view you’ve assumed over the years, was you choosing who you would BE relative to life in general. Also, allow yourself to see that life isn’t going to get any better for you until you are truly fed up and ready to change your mind about who you will be. Please get that nothing in your life can or will change until you do. Change your self-concept and your world will change to match.

Once you’ve accepted full responsibility for creating the reality concept in which your current dismal circumstances persist, you will have found the power to create your new reality of living life prosperously!

Stop and look at what you’ve attracted into your life up till now. What have you manifested? Are you happy with what is showing

# Nine Ways to Be Richer, Healthier and Happier

up? Are you as rich as you want to be? Wouldn't you like to BE richer in some way – healthier, wealthier or happier in your relationships?

The process is simple; if you don't like your current situation and are truly ready for a change simply change your attitude and the pattern of your thinking. Of course, you'll do that only after you've clearly decided to stop playing at life as a loser – a victim of your circumstances.

## To BE Your Problem's Solution Three Things Must Change

**How do you change your attitude and the pattern of your thinking?**



**Your  
Focus**



**Your  
Attitude**



**Your  
Belief**

**Focus - Attitude - Belief**

Create a vision of yourself enjoying a healthier, wealthier and happier life. Feel the satisfaction and joy of living more prosperously. And then be grateful for your new found prosperity. Gratitude truly is the most powerful prayer on the planet.

Now, from the space of having made a new BEING commitment, listen compassionately to your ego's reactive mind chatter. Listen to its fears, doubts and worries. When your ego tells you its story, ask, *"Is that really true?"* Then reassure your ego that it will really enjoy its new prosperous role in life.

## To BE your problem's solution, three things must change

- 1. your focus**
- 2. your attitude**
- 3. and your belief in what's possible for you**

While you focus in on seeing yourself live prosperously, your attitude will move out of doom and gloom and you'll be joyous and enthusiastic.

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And each time you change your focus from negative, fearful thoughts to a happier grateful thoughts, you will have taken a step forward in changing the habitual pattern of your thinking. That's how you create the new you, who now lives your life joyfully and prosperously.

### *Paradoxes and Truths to Live By*

- ❖ *Most people want to BE healthier, happier or richer*
- ❖ *But only the very few will actually choose to BE*
- ❖ *The gap between wanting and choosing is as wide as the Grand Canyon*
- ❖ *There is no "How To" when it comes to choosing*
- ❖ *Just create you vision of success and choose to BE the one in your vision*

## Chapter 7

The Rich Think, Act and Feel like a Winner and Get Richer  
The Poor Focus Mostly on Surviving and Get Poorer

### Your Attitude Sends A Message



#### Your Attitude Sends a Message

When people ask me why they're not as successful as they want to be, I usually tell them they're not holding their mouth right and they laugh because they think I'm kidding. I'm not! If you're down in the mouth, feeling like a victim of your money problems, that "poor me" attitude communicates subliminally to everyone you meet or talk to.



Realize it or not, your attitude is a powerful magnetic force for attracting from the source, whatever belongs in the reality of how you are thinking and feeling. If you are feeling poor, you'll attract even more reasons for feeling poor; but when you're feeling rich, you'll attract more prosperity. You could easily become richer, healthier or happier just by changing your attitude.



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I became aware of this subliminal communication phenomenon, many years ago, in a Touch for Health seminar. Dr Herb Beatty, our seminar leader, asked 15 of us to line up with our right hand on the left shoulder of the next in line. He, then, asked the man on one end of the line to answer the same question twice – once truthfully and the other answer, a lie.

Each time the man answered, Dr. Beatty muscle-tested the young lady at the other end of the line. Prior to the workshop, she didn't know the man answering, so she had no idea which answer was true or false, but when the man lied she muscle tested weak and conversely tested strong when he told the truth.

That's when I realized that you and I can't tell a lie that doesn't, somehow, send out negative energy that affects everyone in our space. You'd like to think that, who you are BEING and how you are feeling are private, but, in truth, who you are BEING communicates subliminally to everyone in your life. Think about it! You can't tell a lie or pretend to be what you're not that it doesn't weaken or have some negative effect on you and everyone in the room.

But the opposite is also true. When you're being true to yourself and feeling good about it, (being real), your integrity strengthens everyone in your space.



**I smell fear**

Dogs can smell fear; we humans sense it subliminally. Your fears and doubts send a subliminal message to everyone in your life. If you are afraid your prospect will reject your offer, he or she probably will, because you've sent him or her the no confidence message.

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If you fear rejection your friend, customer or prospect gets this message: *“I’m drowning, save me!”*

If you are feeling needy while prospecting or making a proposal, your prospect, friend or customer will get that subliminal message and decide they do not want to BE your life preserver. Your neediness communicates like radar and will have the prospect saying *“No”* even before you can ask the question.

### **Success begins with an attitude change**

If you are serious in your intention to take your health, wealth, or relationship to the next level of success, first acquire the attitude of a winner. Successful people succeed easily and more often than average, not because of what they’re doing or saying, but because of who they’re BEING.

What the successful person is saying and doing is merely a reflection of who they’re being. I’m saying your success in all areas of your life, or lack thereof, will be a manifestation of who you are BEING – as in how you’re feeling about yourself as you communicate or relate to others. Believe me! Your attitude sends a message.

If you are not feeling successful as you relate to others, you’ll repel them like you were the wrong end of a bar magnet. Believe it or not, becoming successful begins and ends with your feeling successful. To become a magnet for attracting what you DO want in life, you must learn how to maintain the attitude of gratitude that comes from feeling successful.

To manifest the success you want in life, you must

- (1) First see yourself already successful to the point of

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- (2) Feeling successful, and then once you've acquired that rich feeling,
- (3) be grateful and
- (4) Choose to BE the one in your vision of success.

This truly is the key to transforming the quality of your life – your way to have what you really want from life:

1. Create your vision
2. Feel richer and happier
3. Be grateful for what you have
4. Choose to BE the one in your vision

### **The Power Pause**

Now might be a good time to introduce you to a simple 3 step process that will have you feeling successful prior to every sales or prospecting call. It's called, The "Power Pause". John Harricharan, introduced the Power Pause in his book, "**The Three Minute Power Pause**". He has given me permission to use it as I please.

During my many years of teaching prosperity consciousness workshops, I've had a multitude of salespeople test The Power Pause as a sales tool. As an experiment, I suggested that they commit, for one full week, to do a Power Pause prior to each sales or prospecting call. Those who did the experiment, invariably, reported that their sales for that week doubled.

You can't create anything new when you're afraid, doubtful and worried. Fear is not a success strategy, so you may want to try the Power Pause.

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## The Power Pause

1. Step one of the Power Pause is to begin it with a moment of peace. Everyone can remember a time and a place when they experienced being totally at peace. Go to that peaceful place in your mind and re-experience BEING totally at peace with yourself and the world around you.
2. For step two, create a vision of your BEING healthier, happier, and or richer as if it had already happened. Capture the joy and enthusiasm that goes with that feel rich feeling of living your dream.
3. Then thank God, The Universe, Spirit or whatever you call your higher power as though it had already happened.

Try it! Do the Power Pause prior to every prospecting or sales call – do it prior to any meeting in which you hope for a certain outcome. Visualize the outcome you want and BE grateful for it, but don't become too attached to that outcome. You'll become more consciously aware of your manifesting powers with each Power Pause.

You'll find the Power Pause works every time you use it with total faith, because it changes your attitude from negative to positive; it transforms you, replacing who you were BEING with a more successful new you. The new YOU will get instant results and have your prospects saying, *"Yes!"* even before you pop the question.

But first let me tell you how I learned some of the success secrets you are finding in this book.

I briefly mentioned in Chapter 5 that, in 1952, I was the not so proud owner of a business on the brink of failure! One more month like the last 3 and I would be closing the doors on my business forever. But, then I read a book that transformed the

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quality of my life forever. In that book, I learned that we become what we think about, and in that moment of revelation, I knew why.

That's when I realized I could turn my failing business into a success just by changing the way I thought and felt about it. In that "ah ha" moment, I went from feeling helpless to feeling powerful and truly in charge of my life. Like flipping a switch, I went from feeling sorry for myself -- a victim of my circumstances -- to master of my fate.

In that moment of newly discovered awareness and power, I became suddenly unstoppable. You, also, can change the quality of your life by simply changing your mind about who you will BE. And attitude is everything!

Believe me! With a new BEING commitment, like you'd flip a switch, you can go from poverty to riches, failure to success, from unhappy to happy. You and I decide who we will BE by choosing what to focus our attention on, what we will believe and how we choose to feel about life. Our chosen attitude, then, becomes a powerful magnet for attracting whatever belongs with that way of BEING.

Change your attitude and everything in your world will change to match the new you. It will seem that your attitude is your reaction to your circumstances, but it's the other way around. Your circumstances are the manifested reflection of your attitude. The pattern of your thinking manifested those results and had you feeling richer or poorer.

You've heard and read a great deal about the power of attraction. Well, who you've chosen to BE and your attitude about life are

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the magnet. The Attraction Principle works both ways -- to attract or repel. Please get that the real secret to attracting the kind of success you want is for you to acquire that “feeling rich” attitude.

**You’ll find that you DO have a choice about how you feel once you stop blaming your circumstances for your attitude.**

I want you to see that my business was failing, not because of market conditions, but because my attitude was mired in doom and gloom. My full attention was on my fear of failing. With that fear running my life, there seemed to be no solution for my failing business. I was trying desperately not to fail.

**Believe me; “trying not to fail” as a success strategy never works.** An unbreakable law of the Universe says that, *you cannot succeed while trying not to fail.* Real success at anything begins with the gung-ho attitude of a winner.

**To win at the Game of Life, first face your fears, accept the pain of possible failure and then choose past your fear and do it anyway!**

In the following chapter, I’ll explain how to acquire that winner’s attitude. Anyway, back to my story: in one exciting moment of enlightenment I came up with a winner’s attitude. I was transformed from a sad sack victim of my circumstances into an enthusiastic, bright eyed, can’t fail entrepreneur.

When I walked into my store the following Monday morning, my employees took one look at me and said, *“What the hell happened to you and where can I get some of that?”* **Genuine enthusiasm has that effect on people – it’s catching!**

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My employees and a fearless new me turned that failing business into a roaring success almost overnight. In the year of my near-failure, my profits in what was left of that year went far beyond my wildest dreams. I sold that business in 1978 for what, back then, was big bucks.

### *Paradoxes and Truths to Live By*

- ❖ *Fear is not a strategy for success*
- ❖ *Those who succeed always begin with a positive “can do” attitude*
- ❖ *Your attitude is a powerful magnet for attracting what belongs in your life*
- ❖ *You could become richer, healthier or happier just by changing your attitude*

## Chapter 8

### How to Change Your Attitude

#### And Become Healthier, Happier and Richer, Automatically

**Acquire a  
Winner's Attitude**



**Attract Success  
Like a Magnet**

#### **Acquiring the winner's attitude**

Almost everyone you know, yourself included, wants the quality of their life to get better in some way, but for most people the odds against that quality of life change are too great. They won't manifest the change they want because they haven't discovered BEING power and are not aware of their powerful ego's resistance to change.

And the vast majority of us are trapped in the status quo because we have the laws of cause and effect backwards.

Most of us tend to think of our circumstances as our biggest problem, when, in fact those circumstances are merely the effect. Problems for humans persist because we focus our attention on the circumstances and spend very little time thinking about solving the problem.

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We tend to believe our circumstances caused our attitude, when in fact our attitude is actually a powerful magnet that attracted those circumstances. The way we think life works is like thinking the cart should be in front of the horse.



### **Cause & Effect Reversed**

Only a very determined few will successfully manifest their desired change, and those few, only because they'll begin the journey into that new reality with a change of attitude. Contrary to popular opinion, your attitude is a powerful magnetic force for attracting whatever belongs in the reality of your current BEING choice. In fact, without the winner's attitude, you can't really win at the Game of Life.



### *Affirmation*

*As an individualization of God,*

*I speak my word and reap automatic results.*

*Today I choose to BE healthier, happier and richer!*

If you allow your circumstances to determine your attitude, you're using the laws of cause and effect backwards. Allow yourself to see that your fear-based attitude attracted those undesirable circumstances. Real changes in your life style can only happen as the result of your having committed to a new way of BEING you with the will to win whatever game you're playing.

Many of us experience lingering discontent without really knowing what's wrong. We're not happy with the way it is, but we don't know what we want because we don't know who we are. The problem is we haven't found the power to choose again.

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Without BEING power, there's no way out of the circumstances that belong with our old reality concept.

Until you've allowed yourself to see that what you've manifested in life is merely the effect of who you're BEING, you won't be able to see that a new BEING commitment is the only real solution for your health, wealth and relationship problems.

The only way to solve a problem is to rise above it and BE that problem's solution. Manifesting the change you want, will require that three things be changed:



1. Take your attention off the problem and focus on its solution
2. Change your attitude from that of a loser to a winner
3. Then choose to BE the one who will manifest the result you want

So, what's your biggest problem?

- ...unhappy in a relationship?
- ...troubled with poor health?
- ...have a negative cash flow?

Begin your transformation process by asking yourself, ***“Who would I be BEING if that were no longer a problem?”*** Picture the problem already solved and then choose to BE the one in that new picture. Once you are truly committed to a new way of BEING you, you can expect your ego to resist your decision.

The good things you want from life seldom manifest easily and effortlessly, because your ego is maintaining the status quo by

## Nine Ways to Be Richer, Healthier and Happier

resisting change. Please get that your ego doesn't want you changing your mind about who you will BE.

Most of those who attempt a serious change in the quality of their lives will try DOING solutions that will almost always fail because they didn't, first, commit to a new way of BEING. You can go on a diet and lose weight, but unless you've first committed to BEING someone who weighs the desired weight, the pounds will come right back. You lost the pounds that belong with your old way of BEING and now you must go back and find what you lost.

Those who tried and failed to manifest positive results will wonder why and tend to blame some external circumstances for their failure. The truth is, they failed because they left out the first step in the manifesting process, the BEING commitment. Without the BEING commitment, their change resistant egos easily sabotaged the doing efforts with a resist-change agenda.

### **A success formula you can take to the bank**

If you've thought you chose to BE healthier, happier or richer but it hasn't happened, you can blame your ego's fear of change for your lack of results.

Your tricky ego has you conned into believing you've chosen to be healthier, richer and happier, when, in fact, you've only chosen to WANT those results. Sorry, wanting to be rich won't get it for you.



To have what you want most from life, you must BECOME your own problem's solution. You must choose to BE the one who has what you want. First, know what you want, and then find your

## Nine Ways to Be Richer, Healthier and Happier

way past the WANTING by actually committing to BE the one to whom that good life belongs?

If you are truly serious in your intention to improve the quality of your life, visualize the success you want and then find the courage to choose to BE the one in your vision. How do you find the courage to choose?

Face your fear of failing by imagining and then experiencing the pain of failure. Do that and you will have moved past the fear and acquired the attitude of a winner. You'll be motivated by your new vision of success. This can only happen after you've made the possibility of failure an acceptable outcome.

**A winner's attitude is the only attitude with which you can win at whatever game you're choosing to play in life.**

Extraordinary success in life is the natural outcome you can expect if you're playing at the Game of Life with the attitude of a winner. Successful people succeed far beyond average, not so much because of what they're doing or saying, but because of who they're BEING. What they're doing to succeed is always a reflection of who they're being.

Believe me! You already are a magnet for attracting whatever belongs with your chosen attitude about life. If you want to attract a better quality of life, just change how you feel about life in general.

Being successful begins and ends with feeling successful. So, to attract what you really want from life, you'll want to learn how to acquire and maintain the attitude you'd have if you had already manifested the change you want.

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Being a success in life is simply your attitude manifesting – as in how you feel about yourself when you are successful. To manifest success, visualize that success to the point of feeling happy, healthy and successful, acquire that feel rich feeling and then commit to BEING the one in your vision.

Here's the formula for creating the reality of living your life prosperously!

- 1) Create your vision of prosperous living
- 2) Feel grateful for BEING healthier, richer and happier
- 3) Commit to BEING the one in your vision

The above formula works like magic for those who believe in their God power (BEING power). The size of the results you manifest will depend on the level of your belief in your manifesting powers. Your powers will grow exponentially as you, day by day, prove your God power to yourself with manifested results.

One of the most amazing tools for demonstrating your manifesting powers is, The Power Pause. I first learned about this manifesters' tool when I read John Harricharan's book by that name. I called John and was given permission to use the Power Pause any way I chose. So, today, once again, I'm introducing the Power Pause.

But before I do, let me give you an example of how powerfully it works. In several of my BEING Workshops I asked the salespeople in the class to use the Power Pause every day for a week, prior to each sales or prospecting call. Invariably, they've reported that their sales had doubled for the week they used the Power Pause every day. Now, let me tell you why it almost always manifests the desired result.

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In the moment prior to the sales call, step three of the Power Pause transforms you into the successful sales person you'd be if you had already made the sale. Your customer or prospect is actually dealing with an inspiring new YOU. You'll make the sale because of who you are being in that inspired moment.

### **The Power Pause**

The Power Pause is the most powerful tool on the planet for transforming yourself into BEING who you'd BE if you were already living the quality life you want.

If you truly intend to live a happier, healthier or richer life, I would recommend you consider making the Power Pause your habitual way of dealing with life. It's the simple way to have what you want most show up in your life.

I would suggest you test the Power Pause and prove to yourself that it actually works.

### **Make the Power Pause a habit**

But doing something different to be more successful doesn't really work until you've committed to a new way of BEING you. Make a new BEING commitment to BE more than you were and then, use the Power Pause as your DOING tool.

Practice the Power Pause daily in the process of transforming yourself into a healthier, happier and more loving Human BEING.

But remember; the first step into a better quality of life is to be able to say "NO" to the old way of BEING you. Your "NO" to the old will create the space for the new you. Your life right now is filled to the brim with content that belongs with your current way of BEING. For as long as you stay attached to the status quo, there

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will be no room in your life for the change that will make life better.

First, say a big loud NO to your old way of BEING. Then commit yourself to creating the Power Pause Habit. As your belief in your BEING power grows you'll just naturally become a more powerful manifestor. And, you'll be surprised at how powerful a manifestor you already are.



The Power Pause changes who you are BEING and other people respond to the new you in a way that manifests the desired results.

The Power Pause is also a powerful tool for changing your attitude from negative to positive. Whenever you feel fear, doubt or worry, use the Power Pause to visualize a desired outcome and you'll replace that negative feeling with happy successful thoughts and feelings. Each time a negative thought pops up, use the Power Pause to replace it with the attitude of success.

### What's a BEING change?

In your day to day living, you have become what you thought about and have become a product of the pattern of your thinking. When you change the pattern of your thoughts and feelings, you just naturally change who you are BEING. To BE the solution to your biggest problem, allow yourself to see what's happening, not as a problem, but as a situation to be dealt with. Then change:

- Your focus from the situation to its solution
- Your attitude from negative to positive
- And your belief in the problem's solution

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Choose a positive goal and use the Power Pause as your BEING change tool! The Power Pause will transform you, changing your attitude from negative to positive, from a loser to a winner.

Allow yourself to see that your current way of thinking has become an unhealthy habit. The only way to break an old habit is to replace it with a new habit. For instance: every time you drink coffee or tea, say an affirmation like:



### *Affirmation*

*I am an individualization of God. Every time I speak my word I manifest results automatically.*

*Today I choose to BE richer!*

Use the same affirmation to be happier or healthier. What you're after here is to change the pattern of your thinking from negative to positive, your attitude out of fear and into feeling like a winner.

Change your attitude and the pattern of your thinking and you'll manifest happier, richer results instead of poverty conditions. But don't forget the BEING commitment. First, you must choose to BE richer, healthier and/or happier and then you'll have a direction for your positive thoughts.

Once you've made your new BEING commitment, you'll be ready and able to deal with the ego's hidden agenda when it shows up as it surely will as your ego's resistance to the change.

I asked workshop participants to DO the Power Pause 15 times a day and then to report on how this worked for them. Here's how Kathleen Daniels responded:

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*This past week has been amazing.*

*I named my ego Danielle which is the name I would have given my daughter if she were not born my son (lol). When I feel fear and/or when the wild thoughts begin to pierce my mind, I talk to Danielle as you suggested and do the Power Pause.*

*I have made new BEING commitments in many areas of my life. I've chosen to keep my thoughts aligned and take action steps that move me in that direction.*

- 1. I've chosen to be in a loving relationship and have since, manifested two dates in one week. Prior to this choice, the last date I had was three years ago. I am not attached to the outcome. I am confident and feel powerful.*
  
- 2. I've chosen to be successful in my business and I got 5 new assignments in one day! While on these assignments - I found myself asking: Kathleen, what are you doing. Look around you. This is not a neighborhood for a woman - bars on windows, etc. I quickly shifted to the Power Pause and rather than thinking about someone causing me harm, I saw myself accomplishing the goal and helping a homeowner in the process.*
  - a. I felt empowered and confident at the end of the day. I stopped at a convenient store to buy a coke on the way home. I stood in front of the refrigerator section for at least 5 minutes telling myself that \$1.59 was too much to spend on a coke. I then realized - hey, that is thinking poor. I am not poor, I*

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*am rich and \$1.59 is nothing to spend on a coke - besides I am worth it and deserve it. I worked in the heat all afternoon. I want a Coke and I am having a Coke. I just earned \$250 in 2 hours with the 5 new assignments - then I smiled - felt good and looked forward to getting home to enjoy the Coke.*

*b. Having moved from \$1.59 being too much to spend on a Coke to I am rich and deserving, I also bought one Lottery scratcher for \$1. The convenience store attendant asked me: Can I get you anything else? I said: yes, a winning lottery ticket. He laughed and I said - you think I am kidding? I chose the ticket I wanted "Easy Money." There were 6 chances to win on the ticket and I won 6 times across the board! Easy Money - yes indeed!*

*3. Choice to be successful in my business = writing a winning response to an RFP which resulted in contract award. No telling what this will equate to in increased business yet I know it will be HUGE. This year will be my best year ever in terms of earnings. I cannot explain the mind-numbing thoughts that were pounding in my mind - what if I don't get it ... blah, blah, blah.*

*a. Then, Power Pause: I determined "it is done" the moment I prepared the email and attached my response - I declared it is a winning response and there was no other outcome. I spoke about it as though it had already happened. People would even say to me: Did you actually get the contract? To which I would respond "in my mind I did - the award date isn't until*

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*the 15th so that is when I will get the contract." That is exactly what happened.*

- b. Did I show GRATITUDE? Yes indeed! I ran around my house, dancing, singing, proclaiming yes, yes, yes – relished in tears of joy - it was exhilarating!*

*I am my ego's best friend, advocate and supporter. I keep constant watch on Danielle's thoughts and tell the truth over the negative thoughts when they arise. The Power Pause keeps me focused, heightens my confidence and causes me to feel certain and powerful. In feeling certain I naturally feel more relaxed. The negative thoughts of doubt and worry are replaced with confidence and certainty.*

*How did acquiring the Power Pause habit work for me you ask?*

*POWERFULLY!!!!*

### *Paradoxes and truths to live by*

- ❖ We tend to believe our circumstances caused our attitude*
- ❖ That belief puts the cart in front of the horse*
- ❖ It was our attitude that attracted those circumstances*
- ❖ Without a Winner's Attitude, you won't win success in the Game of Life*

## Chapter 9

# The Survival of The Fittest Law of Nature Is Making You Automatically Richer or Poorer



### The Universe is Tuned Into Whether You Feel Rich or Feel Poor

The “**Survival of the Fittest**” law of nature, automatically, rewards those who are successful, with more prosperity while it withdraws resources from those who are failing and feeling poor. This basic rule of life may seem contrary to what you’ve been led to believe, but it’s true. A law of nature is making you richer or poorer by design.



“Survival of the Fittest”

The fact that a feel-rich feeling just naturally attracts riches like a magnet may be the least understood of all the laws of nature. The other side of that law is; feeling poor attracts conditions of lack, keeping the poor, poorer than they want to be.

This rule of life will make sense to you once you’ve realized that the intent of this “survival of the fittest” law of nature is to insure the survival of the species. It does this by strengthening the stronger of the species, while withdrawing support from the

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weakest. Those who are not destroyed by this law of nature are made stronger because they've risen to a challenge and overcome an adversity.

Every time you make a mistake and choose again you'll grow more capable and confident. Breaking a bone and going through the healing process makes you stronger and less fearful of falling. Each time you fail and rise above that failure, you've graduated to the next level of self confidence. And as your confidence increases, your consciousness and your manifesting powers grow exponentially.

This law of nature strengthens the rich by increasing their resources flow and it weakens the poor by withdrawing resources. If you are not now rich you might see yourself as a victim of this rule, but by assuming the role of victim you will have set up this law to make you poorer. Just by choosing out of the victim's role you will have changed your attitude, which automatically, increases your resources flow.

When I look back at my life, I can see the worst things that happened to me turned out to be the best. By facing those challenges, I grew in consciousness and confidence. I dealt with each situation by rising above it.

Had I chosen to be the victim of those situations, I would have become a casualty of what, at the time, seemed like a tragedy. Instead, I grew in consciousness each time I made a new BEING choice that dealt with the situation and solved what could have been a big problem.

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Allow yourself to see that the “Survival of The Fittest” Law of Nature is set in motion by your attitude. That law is, right now, making you stronger or weaker.

“Rich” is the example I use most often to explain the laws of nature, but in each case, please feel free to substitute healthy or happy in place of “rich”.

**Yes, the survival of the fittest law of life, automatically, makes the rich, richer and the poor, poorer!** If you’re feeling happy, it feeds you more happiness and if you’re feeling healthy that law will make you healthier, but if you’re feeling sorry for yourself when you think about your health you’ll attract poor health circumstances.

If you’ve always thought being poor was more spiritual than being rich, and if you were taught that God favors the poor, you may want to rethink that point of view. You’ll need the power of spirit (BEING POWER) to transform yourself and the quality of your life from poor to rich, from unhappy to happy, or from unhealthy to healthy. Believe me, the laws of nature favor the rich and successful.



If you grew up in a home where there was just barely enough money to cover the essentials, every unexpected expense, like a flat tire or a leaky roof, was a financial disaster.

If that was your home environment as a kid you may have concluded “that never having enough money” is just the way life always is. That idea became your story. The resulting poverty

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consciousness you acquired just naturally manifests more reasons for you to feel poor.

Blaming your circumstances will make you feel poor and deprived. Feeling needy will keep you locked into the reality of being poorer than you've wanted to be. But don't blame your parents for that point of view. True, it was their point of view that kept the family always in need, but you bought into it and it then became your reality concept.

Now, even though it's just their story about the way life always is, that story is running your life. If you concluded, back then, that "life is hard", your current real life experience will be a perfect match for that way of thinking and feeling, especially as you relate to money.

Thinking that way can have you feeling like a victim of your money problems. And with that point of view, you'll continue to have money problems, until you've changed your mind and stopped feeling sorry for yourself.

If you are now sincere about wanting your money problems solved, you must, first, dismiss your victim story as BSG (Belief System Garbage) and then acquire the habit of feeling rich when you think about your financial circumstances.

If you feel poor when you think about your relationship to money, you'll attract more circumstances that will give you even more reasons for feeling poor. That "feeling poor" mindset triggers – activates this seldom-understood law of nature that automatically makes the poor, poorer and the rich, richer. Just



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by feeling poor, you will have put yourself on a downhill slide toward attracting more reasons for feeling that way.



If you've recently had a reversal of fortune – if your cash flow has turned negative in the past few months and you thought it was just your bad luck, that it's not getting better, think again. It's not luck that keeps making you poorer; you are at the effect of a law of nature that makes you poorer simply because

you "feel poor".

As a result of this unforgiving law of nature, resources just naturally, increase for those who are feeling rich and decrease for those who lack resources and feel poor. Very few of us are aware of this law of nature that makes us richer or poorer, but we've been at its effect all our lives.

Maybe it's time you realized that you have the power within you, right now, to attract a healthier, happier, richer life just by changing your mind about how you'll choose to feel when you think about your life.

In the Christian Bible, this often misunderstood law of nature reads,

*"To him that hath it shall be given and he shall have more abundance; but from him that hath not, even that he hath shall be taken away".*

To have nature's law of success and failure work to your advantage, you'll want to know that what the rich have that the less fortunate don't have is, "a prosperity consciousness". The poor would have you believe that their lack of money makes them

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poor. But that's not the missing element of cause for their poverty-like circumstances.

Believe me; what keeps the poor, poor is the fact that they feel poor when they think about their relationship to money. To reverse the flow, all they need is that "feeling rich" feeling they'd have if they were already as successful as they've always wanted to be. If they were rich and prosperous, they'd feel rich and that feel rich feeling would be attracting even more prosperity.

If you're not rich, the Survival of the Fittest Law of Nature will seem cruel and unjust. The idea that a spiritual law would reward the rich with more riches and make things worse for the poor by withdrawing resources will be contrary to some of your preconceived notions about why having money in abundance is non-spiritual and bad.

The truth is, God wants you to be healthy, wealthy and happy, but He isn't going to make you rich because you want it. He gave you the power of choice and the choice is yours. What you need to see is that you've already chosen. If you've chosen NOT to be rich, you've chosen to BE poor and must continue to suffer the consequences of that choice until you're fed up with poverty and are ready to choose again.

Your ego isn't going to step out of the old box and choose to be rich. It wants you safe and secure inside the old "poor" box. You want out of that box? Only the Spirit of God in you can make that new BEING commitment. And whether you choose to believe it or not, becoming rich is, in fact, a spiritual journey of self discovery.

If you were taught, as a child, that rich people are the bad guys, and the poor are the good guys, you might want to rethink that

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erroneous conclusion. Ask yourself if you really believe God wants you to be poor? If He does, why would He create a spiritual law that rewards the rich and punishes the poor? You may want to think long and hard about that, and then, focus on feeling rich and grateful for what you have.

Allow yourself to see that God wants you to grow your consciousness and in all ways be healthier, richer and happier in your relationships. That's the real truth: that the Universe – God – Allah – Spirit wants you to be healthy, happy and rich.

Don't just skim past the idea that a law of nature is, right now, making you richer or poorer. Allow yourself to see that this law of life is and has always been at work, delivering riches or poverty into your life. Think seriously about how this law of nature is affecting the way you live and make up your mind to learn how to acquire and maintain that "feel rich" feeling in spite of your adverse circumstances.

Remember Ike Ogut's example in Chapter 1, how he struggled through several years of negative cash flow until he hit financial rock bottom. Then he came out of it with a new BEING commitment, rejected poverty and set as his goal, acquiring a positive cash flow and above all, a "feel rich" attitude.

When his cash flow turned positive, Ike began paying off credit cards. Before long, Ike was feeling rich and automatically attracting acting jobs and even more income. His income has continued to grow exponentially, ever since.

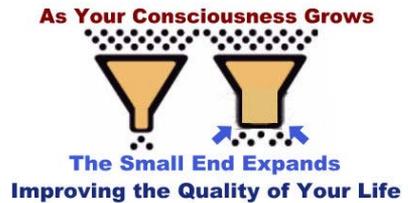
You'll learn the "how to" for acquiring that "feel rich" feeling in Chapter 10.

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To turn your money problems from negative to positive, you must choose out of that “poor me” reality concept by, first, saying “NO” to the old way of BEING you. Then say “YES” to a new richer BEING commitment.

With every new out-of-the-box BEING choice, you’ll improve the quality of your life and grow your consciousness.

Make Nature’s Law work for you, by first, choosing to be rich. Your new out-of-the-box BEING choice will force you to grow your consciousness and expand the small end of your resources supply funnel.



Let yourself see that you have the power, right now, to choose whether you will be rich or poor and then to manifest the corresponding results, automatically. Stop! Take this moment in time, right now, and use your BEING power to choose riches over poverty.

If you’re not already rich, or if your cash flow is negative, it would be only natural and very human that rather than choosing to BE rich, you’d be justifying your lack of wealth by blaming the rich or the economy for your money problems. Don’t fall into that ego trap. Being resentful of the rich or blaming the economy is like taking poison and waiting for the other person to die.

If your financial situation has you feeling poor, it’s time you committed to manifest a positive cash flow so you can feel rich and attract a richer life.

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The power of God in you is in the BEING Principle – that's the power you and I have to choose who we will be. Our BEING choices are made when we decide what we'll think about, and by

choosing how we will feel about life. Once we've chosen our way of BEING, the Law of Attraction automatically brings into our lives who and whatever goes with that way of thinking.



Think about this survivor's law of nature and ask yourself whether you are feeling rich or feeling poor, healthy or unhealthy, happy or unhappy. Then look at what you're manifesting and you'll understand how and why you're attracting that sort of consequence.

The pattern of our thinking determines how we will feel about life; and how we feel becomes a magnetic force for attracting poverty or riches. If you are in the habit of blaming your circumstances for how you feel, you may want to rethink your ideas about which is cause and which is the effect.

Life's simple success formula is to think rich, which will make you feel rich and just by feeling rich you'll attract riches and become richer.

There will be no solution for your negative cash flow problem for as long as you continue to bitch and blame your circumstances for your cash flow problems. Your money problems are the effect, not the cause of your negative cash flow!

The solution for your money problems is simple. To live more prosperously, you'll want to change the pattern of your thinking.

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Changing the way you think, changes who you are BEING, and the Universe, always tuned in, just naturally delivers content to match that way of thinking, feeling and BEING you. The same cause and effect rule is also true for your health and relationship problems. What you are experiencing will be the effect, not the cause of your problems.

**Success in any form is simply a BEING choice in the process of manifesting.** And the more often you use your God power (BEING power) to improve the quality of your life, the easier it gets.

I spent several years, doing business the hard way – using the crunch-it-out, make-it-happen work ethic before I learned the easy way. Just make your new BEING commitment and then let go and say, “yes” to the opportunities as they show up.

I have found that it’s easier to teach successful people how to double their incomes, than it is to teach the unsuccessful how to manifest a little success. BEING power works like magic for the rich because although they are not often aware of the true nature of that power, they’ve been using it to manifest their above average success.

Once highly successful people realize that it is the power of God behind their BEING choices, they find it easy to double their incomes

I once told my massage therapist that rich people were easier to teach because they had higher consciousnesses. She strenuously objected to the idea that the rich were more spiritually aware. Her reaction, typical for most people, comes from her belief that the path to becoming rich is a non-spiritual endeavor.

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Those who have chosen to be richer are often unaware of the true nature of their personal power. They've used their God power (BEING power) to choose out of the box many times. And every time they've manifested positive results they've grown more consciously aware of their power to BE more than they were.

The truth about rich people is that they're far more practiced than the poor at making new BEING choices and manifesting the results they want.

Then, on the other side of the fence, those who label themselves, "not rich" are trapped in a victim story they made up while trying to explain why they're not quite as rich as they want to be. And most self-declared victims of lack circumstances are not willing to give up on their "why I'm poor" victim story. "Poor me" stories like this are another example of how our old BEING choices and the "survival of the fittest" law continues to make makes the rich richer and the poor poorer.

**My Massage  
Therapist**



**"No they don't!"**



### *Affirmation*

*Every day from this day forward, I shall BE healthier, happier and richer! I say this knowing my word must manifest because I am an individualization of God with the power of the Universe behind my spoken word.*

You and I have the BEING power to manifest any quality of life we can dream up just by choosing to BE that successful. Life really is that simple! God gave you and I the power to choose who we will BE, along with the power to attract whatever belongs with that

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way of thinking, feeling and BEING YOU. How could BEING a success in life be more simple and effortless?

Problems persist for most of us, because we have no idea that our negative thoughts are powerful prayers (BEING choices) being automatically answered by a giving Universe. We are not aware that our fears and doubts just naturally manifest negative results and perpetuate the problem.

What you and I have chosen to think, feel and believe are BEING choices that just naturally manifest as our real-life experience.



We've created our own reality, and are, now, stuck in it because we believe our circumstances create our reality. The truth is, we're stuck simply because we are unwilling to change our minds about how we think, feel and believe. A frown takes more energy than a smile, so use your energy to think "can do" positive thoughts that lead you to a new BEING healthy, happy and wealthy attitude.

**Focus your attention on solutions, not problems and the quality of your life will automatically improve.**

Life can be far simpler than you've made it out to be; once you've broken the "poor me" mold and chosen to BE rich, you will have captured that "feel rich" feeling, and for as long as you feel rich, the "Survival of the Fittest" law of nature will make you automatically richer.

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But if you've feeling poor, that same law will keep you poorer than you want. It is your feeling rich or feeling poor that flips the switch on the Law of Cause and Effect.

If you are not already rich, don't kid yourself that you're poor because you've chosen not to choose. There's no such thing as "not choosing" because choosing not to choose is choosing.

God's law, The Law of BEING says that, one way or the other, you must always choose; just by thinking, feeling and believing anything, you've chosen who you will BE. Choosing not to choose is not really an option, because choosing not to choose to be rich is the same as choosing to BE poor.

So, know this for certain, no matter what your circumstances, you've created that reality by choosing who you will BE. And whatever path you've taken, rich or poor, winner or loser, nature's law will nudge you even farther down that path. If you're seeing yourself as a victim of market conditions, you've created yourself a reality from which resources will automatically be withdrawn.

You can expect that negative resources flow to continue, until you stop playing victim of your cash flow problems. Once you've changed out of feeling poor and into feeling rich, that law of nature will reward you with more reasons to feel rich. For as long as you maintain that "feel rich" feeling, that law will keep making you richer.

In Chapter 10 you'll learn how to acquire and maintain that "feel rich" feeling that makes you rich.

## Nine Ways to Be Richer, Healthier and Happier

### *Paradoxes and truths to live by*

- ❖ *The Survival of the Fittest Law of Nature,*
- ❖ *By design, makes the rich richer and the poor poorer*
- ❖ *Once you've stopped feeling poor and start feeling rich*
- ❖ *That law of nature will reward you with even more reasons to feel rich*

# Nine Ways to Be Richer, Healthier and Happier

## Chapter 10

### Acquire That Feel Rich Feeling Attract Money Like a Magnet



*“I’ve been broke many times, but I’ve never been poor.  
Being broke is a temporary situation.  
Being poor is a state of mind”*

--Mike Todd

Many wealthy men were broke more than once before they finally made their fortune. One of the reasons for their reversal of fortune is that they learned how to fail before they acquired the winner’s attitude and succeeded. They learned that you can lose a battle without losing the war.

Mike Todd, one of Elizabeth Taylor’s many ex-husbands, obviously learned how to deal with “broke” before he became a real winner at the Game of Life.

The intent of this chapter will be to show you how to go from feeling poor to feeling rich in a way that will have you attracting riches in abundance. As you learned earlier, the formula for acquiring a positive cash flow is Think rich/ Feel rich/ BE rich.

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During a downturn in the economy, a great many will have had had a reversal of fortune and be feeling poor. No matter how well off you are compared to others, **if you've lost part of your fortune and are feeling poor, you are poor.** The resulting acquired "poor me" attitude will have you attracting even more reasons to feel poor. Feeling poor does that to you.

### The Positive Cash Flow Formula



One such reversal of fortune victim was feeling poor when he called to ask if the BEING Solution would solve his money problems. He told me he was 3 months behind in his mortgage payments and in fear of losing his \$1,800,000 house.

After an hour of coaching, he was finally able to make losing the house an undesired, but acceptable outcome. By making it okay to lose the house, he overcame his fear. Once his fear was gone, he was able to reacquire that feel rich feeling that made him successful before the crash. Before long his cash flow miraculously turned from negative to positive.

Six months and three BEING Workshops later, he reported an \$18,000 a month positive cash flow and a net worth of 14 million dollars. All it took to turn his life back around was to acquire that "feel rich" feeling. He had conquered his fear of losing it all and then, feeling rich, reversed his cash flow from negative to positive.

When you are in an emotional slump and feeling sorry for yourself ("feeling poor") the seemingly heartless "Survival of the Fittest" law of nature nudges you even farther down the path to failure. But, once you've accepted this law of nature as the unavoidable

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path to either success or failure, you'll choose to replace the kind of thoughts that make you feel poor.

Allow yourself to see that the only possible solution for your negative cash flow is to make a new **BE rich** BEING commitment and acquire that "feel rich" feeling you'd have if your cash flow were already positive. Even if you don't have a negative cash flow, a negative attitude about market conditions or your situation can block your good intentions for making money in abundance.



### *Affirmation*

*As an individualization of God with the power of the Universe behind my spoken word, I reject conditions of lack and choose today to be healthier, happier and richer.*

To begin the process of reversing or improving your resources flow, begin by monitoring your internal mental processes. You'll want to take charge of the way you think and feel and you'll begin by choosing a new way of BEING YOU – you'll want to choose a whole new way of thinking, believing and feeling about life.

Please get that your success or your lack thereof is merely a reflection of your thoughts, your attitude and your point of view about life. What you've manifested up until now is simply your attitude materialized.

Remember, it's a law of life that we become what we think about and then, automatically, attract who and whatever belongs with that way of thinking, feeling and BEING. If you're clear about intending to solve your money problems and improve the quality of your life, begin by taking charge of your thinking habits.

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## Where do you start?

If you spend more than you make, and are feeling poor, where and how do you start the process of turning your cash flow positive? Make it your intention to acquire that feel rich feeling. How do you do that?



Begin by making up your mind to no longer BE poor. That will be a BEING commitment in which you've committed to no longer BE poor! If you're not rich, I'm betting that your reality concept is filled to the brim with lack-consciousness thoughts.

To turn your life around, you'll want to empty your reality concept (poverty cup) of all the old ideas that are keeping you poorer than you want. You'll have to do that before you can fill your cup with riches. Once you've chosen out of your "poor me" mind set, you'll be choosing to be rich. Above all, you will have made up your mind to acquire a prosperity consciousness.

That's how and where prosperity starts – you must choose out of wanting to be rich and actually make a new BEING commitment – to BE rich and then be determined to acquire a prosperity consciousness.

A prosperity consciousness is nothing more complicated than that "feel rich" feeling you'd have if you'd chosen to BE rich and your income were already considerably greater than your expenses. Feeling rich! That's what it takes to attract money in abundance.

I'm sure you'll remember, from the first part of this book, Ike Ogut's story about his five year struggle to succeed as an actor.

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With a needy mind set he tried desperately, to promote himself as an award winning actor but was not rewarded for his efforts. Being needy and way too attached to his desired outcome, he was blocking any possibility of financial success.

Ike's down-hill slide with five years of negative cash flow finally caught up with him. Faced with a multitude of creditor's collection calls, he decided it was time to file bankruptcy. In coming to that conclusion, Ike had given up his attachment to being an award winning actor and had accepted failure as a possible outcome.

He rose above his fear of failure and was no longer attached to the successful actor outcome. He was now open and ready to listen to coaching. He was finally ready to give up his victim's role, choose out of poverty and then to acquire that "feel rich" feeling necessary for becoming rich.

I convinced Ike that a positive cash flow would soon have him feeling rich, and that once he acquired the feel-rich feeling he'd be attracting money like a magnet.

Ike took my advice and chose as his number one goal in life to acquire and maintain a prosperity consciousness. He committed to do whatever it took to make it happen.

He set aside his acting goal and took a full time job as a waiter at the best restaurant in town. With wages and tips he soon had a positive cash flow with which he began paying off his credit card debt.

One month later, one credit card was paid off, and Ike was beginning to feel rich. Two weeks after acquiring that "feel rich"

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feeling Ike was awarded, not one, but four voice-over acting jobs. (Voice over acting is what an actor does when he or she changes the sound track of a TV ad from one language to another). These new acting jobs came to Ike right out of the blue.

Was this a miracle? No. Those acting jobs manifested as a natural result of how the Universes' Resource funnel works. Just let go of your attachment, acquire that "feel rich" feeling and you'll attract the success you want.

Ever since his cash flow turned positive Ike has felt rich and his income has never stopped increasing. He now makes big bucks from several sources and is saving 40% of his income to invest. Believe me! You too will attract money like a magnet, once your cash flow turns positive and you've acquired that "feel rich" feeling. In the meantime, how do you reverse your cash flow from negative to positive?

If you are truly ready to reject poverty as your way of life, do so now: say "NO" to your lack circumstances, and then choose to BE rich. Once you've made your new BEING commitment you will be inspired to find a way to get that raise in pay or the change of jobs that will turn your cash flow positive. When you are finally earning more than you spend, you'll begin to feel rich. And that "feel rich" feeling, will attract even more income.

Don't think of those positive results as magic, because they're not; an ever increasing positive cash flow is simply the result of a law of nature that, automatically, makes you richer once you've chosen to BE rich.

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### So, here are the steps so far

1. Make up your mind to no longer be poor; rebel against your old poor-me thought patterns
2. With all your heart, commit to BEING rich
3. Make it your goal to maintain a positive cash flow and acquire a prosperity consciousness (that “feel rich” feeling)

The Universe is truly tuned into who you are BEING and how you are feeling at all times. And it is always ready to provide you with the appropriate content for your chosen reality concept. That’s right! The “Survival of the Fittest” Law of nature automatically delivers more resources to the successful and withdraws resources from those who are feeling unsuccessful.

About a prosperity consciousness, Esra said: When I first started my prosperity coaching with Darel, I thought I would never get there. My ego was running this story that money is bad. So I would shy away from big paying jobs or find it hard to talk about money or even ask for money from those who owed me.

And then when I began to attract money, I would spend it as fast as I made it. When I finally realized that my silly story about money was running my life. Once I choose out that victim story, I couldn’t believe how easy it was to attract money and keep some of it. Saving allowed me to invest and finally money was working for me instead of me working for it.

I was no longer money’s slave. After keeping this space and my new-found relationship to money alive for a while, a deeper space opened up for me. When I went to meet Darel in Albuquerque, I found myself saying,

“You know if tomorrow, I lost all my money in the bank, I wouldn’t care less. It would be like, great, let’s create it all

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over again. I finally know beyond the shadow of a doubt, that my being rich has nothing to do with the money in my bank account, the richness is in my consciousness. I know that I am prosperous and no economic crisis can take that away. I just know that I'll never be poor again.

Free-spirited souls like Esra and Mike Todd think and feel rich even when they are broke, but they would be the exception to the rule. If you are on the negative side of the resources flow, you'll want to learn how to change how you feel when you think about your financial situation. As Mike Todd once said, "poor" is a state of mind, not a situation.

For five years, Ike tried to succeed when his cash flow was negative, but it didn't happen. It's definitely not easy to feel rich once your cash flow turns negative. To reverse the resources flow, you'll want to learn how to be broke without feeling poor.

Once you've chosen to be rich, your number one goal should be to acquire and maintain that "feel rich" feeling. Here are some suggestions for reversing the flow from negative to positive. If you are spending more than you earn:

1. Cut your expenses
2. Increase your income
3. Or both

Your primary purpose for turning your cash flow from negative to positive would be to acquire that "feel rich" feeling. Feeling rich will prime the prosperity pump and start resources flowing to you. I hope you can see that this reversal of fortune from negative to positive isn't going to happen until you've actually said "NO" to poverty and "YES" to BEING rich.

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None of those three steps above can be taken successfully, until you've actually chosen to BE rich. The creative process for mankind is BE DO HAVE. But you won't be choosing to BE rich until you've chosen to no longer BE poor. You might want to check your prosperity pulse at this time. Are you feeling rich or poor when you think seriously about your financial situation?

If poor, are you sufficiently fed up with your sad sack situation to choose out of it? The rule is: **You must choose out of what you don't want before you can choose into having what you DO want.**

If you've destroyed your attachment to those lack circumstances and chosen, instead, to BE rich, you should be excited, enthusiastic and inspired to act. If there's no enthusiasm, urging you to act in some way, you simply haven't chosen. Nothing can or will happen until you've first chosen out of your lack circumstances and then committed to BEING healthier, happier or richer than before.

Once you're committed, you'll jump in and take chances like when you were a kid. You'll choose a solution, and if that doesn't work, you'll let it go and choose again. When you know where you're going, you'll find it easy to choose the route you'll take.

### ***"I don't know how"***

Don't let yourself fall into the "I don't know how to..." ego trap. Once you've truly committed to that new healthier, happier, richer way of BEING you, the "HOW TO" will come to you and the DOING part will follow naturally. Once you've committed to a new way of BEING you, you'll be enthusiastic and inspired to act, and there are several things you might do to start the ball rolling in the right direction.

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## Doing Solutions

### 1. Budget your expenses

One of the things you might want to do to create a positive cash flow is carry a small notebook and keep track of your expenses. Pay attention to every penny you spend on a notebook you keep in your pocket or purse. Record every penny you spend.

If you review your spending, daily, you'll be amazed to learn how much you are spending on things you could easily do without. To turn your cash flow positive, just make it your intention to spend less than you earn.

One of my coaching clients, once she decided to keep track, was amazed to discover that she was spending way more than ½ her income on eating out. You'll be pleasantly surprised at how many things you are spending money on that you could cut out painlessly.

After you've written it all down, item by item for a month, review those expenses and decide what you can do without. Create a budget on how much you will spend on each expense item and stick to it.

You can reverse the cash flow and acquire that "feel rich" feeling by simply taking charge of your spending habits. This is a simple solution, but it won't happen unless you've first, made your new BEING commitment to BE rich. Until you are totally committed to a new way of BEING you, your ego will easily resist and block your good intentions.

Make no mistake about it, it will not be easy to budget your spending and change your spending habits. Your old "big spender" habits will try to prevail and you'll have to be powerfully

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committed to override that ego resistance. When your ego resists the budgeting, don't fight it. Instead, acknowledge your ego and talk to it about how much it will enjoy living life more abundantly.

To stay enthusiastic and on purpose with the budgeting, keep reminding yourself that once you've primed your prosperity pump with that feel rich feeling, the Universe will automatically reward you with ever increasing riches.

### 2. **Acquiring the attitude of gratitude**

One of the most interesting, but little understood laws of nature is that being grateful for what you have, widens the resources channel for receiving even more of the good life.

Many years ago it was common practice for families to say grace prior to eating each meal. They had somehow learned that gratitude is the most powerful and most answered prayer on the planet. You'd be wise to make it your intention to acquire the attitude of gratitude. Be grateful for what you have and you'll be given more.

What you have in your life, like it or not, is a manifestation of your current reality concept. When you focus on your circumstances as though they were the cause of your problems, you will manifest more of the same. But if you could flip a switch and change your reality concept, you'd manifest a whole different set of circumstances.



If you look closer, you'll see that you've manifested a great many things to be grateful for. If you can change your focus from what you don't want to what you have, and be grateful for that good, more

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will come to you – it’s a law of nature – and it’s on automatic. So, I suggest you purchase a spiral note book and make it a daily practice to make a list of everything you’ve manifested that day that you can be grateful for.



Once you’ve begun feeling grateful for what you have, the size of your gratitude list will grow each day.

Each evening, before you go to bed, read everything you’ve written and allow that grateful feeling in you to grow. Pat yourself on the back for what you’ve manifested and give yourself gold stars for even the smallest victory. Your attitude of gratitude will add to your “feel rich” feeling and help you prime the prosperity pump.

### 3. Acquire the Power Pause Habit

The Power Pause is an excellent three step process for practicing your manifesting powers. On many occasions, in BEING Workshops, I’ve had the participants use the Power Pause prior to each sales call. They practiced the Power Pause for the whole week and reported their successes in the next workshop session.

In almost every case, their sales for that week actually doubled. With this kind of report on how well it works, you might want to test the Power Pause for yourself. For one week, prior to every sales or prospecting call take these three steps.

- 1) Experience being at peace by remembering a peaceful place or experience.

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- 2) Once you have that feeling of peace, visualize the result you want from your upcoming sales or prospecting call.
- 3) Choose to BE the one in your vision and thank your higher power for that result as though it had already happened.

That's the three steps of the Power Pause.

**Exercise:** You don't have to be a sales person to use the Power Pause. It changes the outcome of meetings because it transforms you into the successful person you want to be before the meeting, and the other party just naturally responds to the new you.

Almost every time, if that person on the other end of the line is a valid prospect, the results will turn out as you pictured them. Using the Power Pause to manifest frequent instant results will allow you to grow your consciousness. You'll begin to see yourself as the powerful manifestor that you already are.

Make it a habit to use the Power Pause every day for a week and each evening before retiring write the results in your gratitude journal. At the end of the week, I think you'll be amazed at the week's results. This should go a long way toward helping you acquire that, powerful manifestor, "feel rich" feeling.

The amazing thing about the Power Pause is that, every time you use it, you get almost instant results. It changes who you are BEING and the new you, just naturally manifests different results. Use the Power Pause prior to a prospecting call with a moment of peace; visualize the outcome of the phone call; say thank you God, and in that moment, you've changed yourself into the successful prospector/salesperson you want to be.

If you're intending to have a serious change-of-rules conversation with a family member, use the Power Pause; visualize the desired

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result prior to that negotiation. You'll be pleasantly surprised how often that meeting comes out the way you visualized it. This works, not because you changed the other person, but that you changed who you were being prior to that meeting.

### *Paradoxes and truths to live by*

- ❖ *If you've had a reversal of fortune and are feeling poor*
- ❖ *You are poor no matter how much money you have*
- ❖ *And feeling poor, by a law of nature, attracts more reasons for feeling poor*
- ❖ *The only solution, at that point, is to reacquire that "feel rich" feeling*

**Chapter 11**  
**Results Are Manifested**  
**From the Subjective State of Your Consciousness**



● **Your Resources Flow Restricted  
by A Self-Limiting Belief System**

**You'll Be Rich or Poor According to The Subjectified State of Your Consciousness.** In other words, you'll manifest a healthier, happier, richer life only after your ego has accepted richer as your chosen reality concept. You'll be truly rich only after you've sold that new way of BEING to your change resistant ego.

- The rich are rich, because at the subjective level, they think, feel and act rich.
- The poor are poor, because even when they think they've chosen to be rich, deep down, in their heart, at the subjective self-concept level, they still think, act and feel poor.

No matter how bad you want to be rich, wanting it won't get it for you – not until you've actually committed to BEING rich and have been transformed from poor to rich through the BEING and BECOMING process. When you can say, "I am rich" and



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truly feel rich in your heart -- when you can think, act and feel rich, you'll attract money like a magnet!

But many who think they've learned how this creative process works – many who think they know the secret to the good life – have actually missed the point. And when they don't come up with the desired results they wonder what happened. Students of metaphysics tend to think of the metaphysical teachings as, a something for nothing philosophy, like, if you want it, you can have it automatically. But it doesn't work that way.

They've left out the number one step in the becoming richer process. They haven't created the space for the results they want. What they don't seem to realize is that their life is filled to the brim with the results of their previous BEING choice. Metaphorically speaking, your cup is filled with tea and you want coffee. Pour out the tea, wash the cup and then you're ready for coffee.

Before you'll manifest the riches you want, a very big price must be paid – that of sacrificing the old you in favor of a new way of BEING you. You'll have to rebel against the status quo and say “NO” to poverty.

To change the content in your life, you must first change the context by changing who you are BEING. And before the new you can manifest the new results, the old you must cease to BE. To put it bluntly, you must die as the old you in order to be reborn into a higher, richer consciousness

We think only of creating something new and forget that it can't happen until we've created some space for it. The process of letting go – detaching from the old is the most difficult part of the

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transformation process. That's why your ego is so deathly afraid of change.

You must be truly ready to give up BEING the old "poor me" in favor of a new richer-in-consciousness you. And even after you've chosen, to complete the process, your ego must have bought into that new way of BEING you.

In other words, you must have subjectified the change at the ego level -- (actually have taken on the identity of) the new BEING choice. Each time you choose out of that old box you are growing your consciousness, like a butterfly coming out of its chrysalis – like a snake shedding its skin – like the nesting dolls, each one getting bigger and bigger.

Ernest Holmes, in his Science of Mind Text book wrote, ***"God, in man, as man, is man"***. But he also wrote, ***"We live and move and have our being on the subjective side of life."*** In other words, Holmes was saying, even though you and I, as individualizations of God, have the power to create any new reality we can dream up, we live and move and experience life as our egos.

We manifest our chosen reality based, not on who we'd like to be, not on who we say we are, but on whom we've actually become at the subjective level of our consciousness. In essence, you'll manifest the reality your ego has taken on to defend.

Many of those who call themselves spiritual teachers suggest that ego is bad and should be dumped in favor of Spirit. I emphatically disagree. We need both, Spirit to create our new realities and inspire us to BE more than we were. But we need our ego as the means by which we get to experience life in our chosen reality

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concept. Ego is the sand box in which we get to play at the Game of Life.

As Spirit, we create the vision of a new reality and choose to BE the one in that vision. But in order for that vision to manifest, it must first, have been realized as your internalized self concept. The old you must die in order that you be reborn into that new way of BEING YOU. What you manifest in life will always be a reflection of who you're BEING at the subjective level of your consciousness.

You'll create your new reality as Spirit, but you'll live your life as your ego.

I hope you can see that all those out of date BEING choices you made as a child are mostly still there, running your life because you've never reviewed and dismissed them as false. Before you can manifest riches easily and effortlessly, you must dismiss your reasons for choosing NOT TO BE RICH.

A Science of Mind minister wrote me that she had, at one time in her life chosen not to be rich, but, since then, had changed her mind and chosen to BE rich.

*“But, it's not working,” she wrote, “I understand the principles; I teach this stuff, so I know how it works. I even feel rich most of the time, but for some reason, in terms of actual positive results, I'm not manifesting riches. Can you help me?”*

I said “Yes”, but inwardly, cringed and shook my head in doubt, because I knew it is almost impossible to sell an different version of an idea to someone who thinks they already know what you're

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about to tell them. They'll hear everything you say through their ego's idea filter.

My doubts were based on my many failed attempts to teach ministers – those who believe they know how it works and to have them actually commit to a new way of BEING.

I finally concluded that, teaching a minister how to pray is not impossible, but it may be the most difficult coaching job of all. I was sure she wouldn't be able to hear me through her, "I already know this" idea filter and she didn't.

Our ego's idea filter twists and turns everything we hear or read so that, in our own mind, it fits what we already believe. As a result, we hear only what we want to hear and we're blind to whatever doesn't match our current belief system; we hear a truth and reject it as though it was not there.

Once your ego has accepted an idea or BEING choice as the reality to defend, its job is to maintain that reality by screening out any input that doesn't fit.



That's why **you'll only be able to hear a real solution for your worst problem after you've rejected your current reality as not working.** You'll hear me only after you've detached from the old and are ready to commit to a new way of BEING you.

Most ministers have chosen not to be rich because they think "BEING rich" is a non spiritual endeavor. Later in life, when they

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try to choose a richer life, the old decision to be poor becomes their hidden agenda. It's blocking their "want to be rich" attempt.

There's nothing wrong with being poor if that's truly your choice, especially if you're happy living under lack circumstances. But if you are truly fed up with being poor, if you are so unhappy with present circumstances that you're actually ready to choose out, you're reading the right book.

**If you've rejected being poor and have truly chosen to BE richer, healthier and happier, that new BEING choice is as certain to manifest as night follows day.** That's according to my experience of how the Law of Consciousness works. Once you've truly committed, the law never fails to manifest a reality content that will be a perfect match for your belief system.

So, if you think you've chosen to BE rich and riches in some form are not showing up, you, either have not committed to the change you want or you haven't sold your ego on "rich" as your new BEING choice. If you've chosen, and nothing's happening, your ego hasn't accepted rich as your new identity – being rich is not, yet who you are as, your subjectified self concept.

The rule is: ***you can have whatever you want from life if you can become the one to whom that benefit belongs by right of consciousness.***

In order to manifest your desired result, you must have actually traded in the old poverty consciousness you, in favor of BEING the new, richer in consciousness you. You must have become the one to whom that level of success belongs. The transformation is complete and always manifests matching results once the BEING change is real at the subjective level.

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**It's a done deal only after your ego buys that change as its new reality!**

A great many who think they've chosen to BE rich, will never actually follow through with the BEING and BECOMING part of the creative process – they haven't subjectified their new BEING choice. They will think they've chosen when they've only chosen to WANT those results. Then, they'll assume they've chosen, and then fret and wonder why their desire to be rich isn't manifesting measurable results.

To bolster your faith in the process, let me say this: When you make a solid committed true at the core BEING choice, it has to manifest. When the change is a done deal in consciousness, you can expect results to begin to show up.

If you plant a seed and water it, you'll soon see a green sprout. But, if nothing's happening, you probably haven't (in your heart) truly committed to that new way of BEING you. Of course, your new BEING commitment doesn't always get instantly manifested results.

Sometimes it takes time. You can't plant tomato seeds today and expect ripe juicy tomatoes tomorrow. What follows the seed planting is the BEING and BECOMING part, like caring for the garden of your mind by nurturing your new BEING choice with the sunshine of your faith – you'll also be pulling weeds of (doubt, worry and fear), all the while maintaining your vision of ripe juicy tomatoes.

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All your life, you've been in the process of choosing who you will BE and each time, aware of it or not, have done the BEING and BECOMING part. Every single one of those old BEING choices you made back then, are, now, a part of who you've BECOME at the subjective level. Those old BEING choices are what you are manifesting; and now, those old BEING choices have now become the weeds you must pull before you can ever hope to see those richer results manifest.

### Seed Planting To Harvest



**Before you can be any richer than you are now, you must, first, say “NO” to poverty.**

### Sometimes It Takes Longer

To have the quality of life change you want will require a transformation in your consciousness – you must first have changed who you're BEING at the subjective level. As your ego, you must have BECOME the one to whom that new level of success just naturally belongs. Let's face it; making a BEING change at the subjective level, would mean giving up who you are BEING now, in favor of who you must BECOME in order to manifest the change you want. **Can you really give up the old you?**

Before you and I can improve the quality of our lives, we must first take the first step: Say “NO” to whatever you're attached to that no longer serves you. **“NO” is the most powerful word in the English language** because in saying “NO” to what we don't want, we've created the space for saying “YES” to what we really DO want.

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**"NO" to 30**



**"YES" to 1**

At Baskin Robbins, you must say "NO" to 30 flavors before you can say "YES" to the one you want most.

First, make your new BEING commitment and then be ready to clear out any old success-blocking BEING choices from your subjective consciousness.

The creative process you've been using all your life is BE DO HAVE. With each progressive change in your life you've chosen who you would be and then you've gone through the process of being and becoming – identifying yourself with that new way of BEING you – growing into your new role in life.

Before your new BEING rich choice can be subjectified to the point of having the results you want, your old "I'm poor" BEING choice must be revealed as one of your past choices and cleared out of the way! Your old way of BEING must be seen as a weed in your new garden, and pulled. The clearing out process is a part of the BEING and BECOMING process for being transformed.



**Creates The Space  
For a Yes**

### **Exercise: Ask yourself if you are truly ready to recommit?**

Before the quality of your life can change for the better, you must first accept that you are not a victim of those undesirable circumstances. What you're experiencing, today, is the natural manifestation of who you've BECOME at the subjective level.

Are you truly ready and willing to give up BEING who you are now, in favor of who you would BE if you were already manifesting the

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life style you really want? If your answer is, “Yes”, take the following steps:

Take a long hard look at the whole transformation process and tell yourself,

1. That you’ve said “NO” to your poverty circumstances.
2. That you’ve truly made your new BEING commitment to BE richer.
3. Or that you actually haven’t –
4. If you haven’t chosen, think seriously about choosing to be richer and listen to how your ego feels about you BEING richer.
5. Then, if you are sufficiently motivated, choose beyond that resistance.
6. Commit to BEING richer and then make the transformation process a fun game to play with your ego

### *Paradoxes and truths*

- ❖ *The rich are rich, because at the core, they think, feel and act rich*
- ❖ *The poor, even when they think they’ve chosen to BE rich*
- ❖ *Will still think, act and feel poor at the subjective level*
- ❖ *You’ll manifest a richer life, once you’ve sold being richer*
- ❖ *To your change resistant ego*

## Chapter 12

### Transforming Yourself From Poor To Rich

#### Learning How To



#### BE and Become RICH

#### How to BE and Become rich

God put a part of Himself in each of us and set us free to choose a point of view about life. Just by choosing a point of view, you've created your own reality and now your ego is providing you with the experience of life from that perspective. Think of it this way: the life you are experiencing is merely a manifestation of your way of looking at life.

#### To manifest a richer, happier quality of life,

- The real you (the spirit of God part of you) must choose to see life from a whole new perspective
- Your ego must, then, assume the identity that corresponds to that way of thinking
- The Universe then sees your new reality concept as a new seed planted and automatically delivers appropriate content.

#### The process for becoming richer is simple:

1. It begins with your rejecting poverty as your way of life

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2. Just say no to poverty and imagine what your life would be like if you were already richer
3. Then choose (commit) to BE the one in your vision of living your life more prosperously
  4. Continue to maintain your commitment to be richer until your ego accepts “richer” as its new role in life ...
  5. Once you’ve become the new you, the Universe automatically delivers appropriate content.



The process is the same for becoming healthier and/or happier. It begins by rejecting poor health or unhappiness as your way of life. Simple, huh? The problem is, you would already be rich if you hadn't previously chosen not to BE. Now, you're telling yourself you'd rather be richer, healthier and happier, but maybe it's not happening!

That would be because your ego doesn't want you changing your mind about who you will BE. Your ego is, just naturally, resisting that change.

And if you are like most people, that ego resistance is powerful enough to shut you down by sabotaging the change you want. If you truly intend to BE richer, you must acknowledge your ego's resistance as a natural reaction and then talk to it. Convince your ego to support you in your new reality – suggest that it assume the role of living life more abundantly.

The point being that, choosing to BE rich is not enough. Before you can manifest that richer life, you must actually BECOME rich at heart. Before the content of your life can be changed for the

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better, you must have changed the context. Your transformation at the subjective level is required.

To be transformed from poor to rich, your ego must have become the new richer you! Making new BEING choices will come easier for you if you can think about a BEING change as nothing more serious than a change in your point of view – a change in your focus from poor to rich.

**Think for a minute about how this simple solution could solve your money problems.**

And think about this: 99% of all human problems persist only because we focus on our problems and not the problems' solutions. If that's your main focus, then your real problem is not in your situation, but the fact that you are focused on the problem, not its solution.

### **Change Your Focus**



**From Problem To Solution**

The obvious solution in that case, would be to simply take your attention off the problem and focus totally on the problem's solution. Change your perspective; see your situation from a different angle. How difficult could that be?

**Actually, there are three possible choices in every situation,**

1. **you can choose to act,**
2. **react**
3. **or do nothing**

Realize it or not, every moment of your life, you will be making BEING choices when faced with some situation. Then you will act,

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react or run and hide. But before you take whatever action or non action the moment may seem to require, you must first choose to BE the one who will or will not respond. You can't act until you've chosen to BE the one who will act. Even when your choice is to not respond, you are, in fact, choosing to BE someone who DOES nothing.

**In other words, in any situation, you can fight, run or hide.** The most positive form of action is to simply rise above the problem. **When you are no longer attached to that certain outcome, you will have risen above the problem.** Stop and think for a second about how powerful you'll be once you've accepted the premise **that each situation you face requires a BEING choice.**

With BEING power in mind, take a look at your victim stories and choose not to be the victim! If you think you're not BEING a victim, think again. **Any time you are complaining you are choosing to BE a victim of that situation.** But once you stop grumbling and admit that you may be the problem, you can look for and find a solution.

I lived in Phoenix, AZ, for 10 years and frequently bitched about Phoenix heat in the summer. I dreaded getting into my car after work after it had been under the sun in the 120 degree heat all day. I want you to see that by complaining, I was choosing to BE a victim of the Arizona weather.

To get real value out of my "Phoenix heat" victim story, you must be able to see that the real problem was not the heat but in my seeing the heated car as a problem.

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### How did I stop being a victim?

In those days when I worked in Phoenix all week, I returned home to Albuquerque every weekend. Every Saturday in Albuquerque, I played golf and after the game spent time in the dry heat of the Four Hills County Club sauna. Every weekend, I was enjoying the same sort of heat I bitched about when I got off work in Phoenix.

I gave up my victim story when I realized that I had my own private sauna , at least for a moment or two after work each day. When I thought about my car as my own private sauna I began to enjoy it and was no longer a victim of Phoenix weather.

Notice that the heat didn't go away when I stopped being a victim. The only thing that changed was my attitude about it. In other words, I simply changed who I was being relative to the weather, **and the problem no longer existed.**

Every weekend, I had to smile when my golfing buddies complained about the terrible 90 degree heat in Albuquerque. When you react by complaining about something, you are BEING the victim. Your victim story is nothing more serious than a point of view that you can change anytime you're ready.

You'll find real personal power in the realization that every moment of your life requires a BEING decision.

Each time you decide whether to act, react or do nothing and hide from the problem, you are choosing who you will be. As you read this, you are deciding to accept what you're reading as gospel or you are rejecting it because it doesn't fit your current point of view about life. **Either way, accept it or not, you've made a BEING decision.**

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Once you accept that, no matter what the situation, you always have a choice, you will have stepped out of your victim story and become more powerful. ***Ego's greatest fear in life is that, one day, you will discover just how powerful you really are.***

Allow yourself to see that every situation in life requires a new BEING commitment. You get to decide who you will BE, whether you'll act, react or hide out. This might be a good time to ask yourself, "**Who would I be BEING if I were no longer stressed by what's happening?**"

For instance, if you are stressed because your money always runs out before the end of the month, you are seeing yourself as the victim of your monetary circumstances. If you never have enough money to pay all the bills, you'd first want to choose out of your victim's role.

Then commit to BEING one who always has more than enough money to pay the bills. Once you've chosen past the stress with your new focus on the problem's solution you will have applied BEING power to solve your money problems.

If you were in a relationship that was no longer serving you, you'd first, choose out of the relationship the way it was and back into it with new way of being you. Then to solve the problem, you'd make a new agreement with the other person. The next time you feel stressed, or feel like complaining, try thinking in terms of you BEING the problem's solution.

**All problems are merely situations with which you have not yet dealt.** You'll be amazed at how powerful you feel once you've risen above the problem by choosing to BE that problem's solution with a new BEING commitment.

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Let's say your perceived problem is a negative cash flow. Quite simply: you are spending more than you make. The solution for your problem would seem to be more income. As a victim you might want to define the problem as insufficient income, but "more money" is not the real solution for your money problems.

Rich is not about the money in your bank account, it is in the state of your consciousness. If you feel rich when you think about your relationship to money, the Universe will make you richer. So, the real solution for your money problems is for you to choose to BE someone who attracts money like a magnet because you feel rich. Acquiring a prosperity consciousness would solve your money problems.

The rich are rich, because at the core, they think, feel and act rich. The poor are poor, because they think, feel and act poor. Those who live in the reality of a lack circumstances will tell you they want to BE richer and some will even tell themselves they've chosen to be richer. But if there's no manifested evidence of that change, you can bet the farm that there's been no new BEING commitment.

Allowing yourself to think you've chosen to be rich when you've only chosen to want to be rich is ego's favorite trick for keeping you trapped in the reality of insufficient income.

You'll find that those who think they've chosen, but haven't, are not rich in consciousness. They say, "I'm rich", but deep down, in their heart, at the self-concept level, they still think, feel and act poor.

No matter how bad you want to be rich, wanting it won't get it for you. Not until you've actually committed to BEING rich and your

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ego has accepted the new richer BEING choice as the reality it will, now, maintain and defend.

Once you've realized that BEING healthier, happier and richer are simply BEING choices in the process of manifesting, you'll see that being unhappy, unhealthy and/or poor is rather a silly way to live.

The quality of life change you want will require a transformation in consciousness. You must be transformed from the old into a new way of BEING you. Your transformation from poor to rich, unhappy to happy, poor health to feeling good again is simply a new BEING commitment in the process of manifesting.

Quite simply, you've taken on a new point of view and you've changed the pattern of your thinking and in so doing, you've been transformed. As the apostle, Paul said, “ *Be ye reborn by the renewing of your mind*”.

Your new BEING choice will be quick; the BEING and BECOMING part usually takes longer and the process can be frustrating because your ego will continue to resist being transformed until it actually buys into (accepts) the new role and becomes YOU in your new healthier, happier, richer reality.

Your ego uses fear, doubt and worry for resisting the change you want. But don't fret your ego's fears. The fact that you are afraid is a clear indicator that you've made a new BEING commitment. But your ego has not yet accepted that way of BEING as its new role in life. Your tendency will be to resist the fear, thinking you shouldn't be afraid.

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The truth is, you might want to celebrate your fear as a clear indicator that you've made a new BEING commitment. Then ask your ego to tell you what it fears about the intended change.

### **You, as the observer**

Deal with your fear as an indicator that it's time to celebrate and reaffirm your new BEING choice. Your fear is just a reminder for you to begin again the job of selling that new BEING choice to your ego.

Your job, as the spiritual you, is to maintain your vision of life as it will be in your new healthier, happier, richer reality, and then to step back and be the objective observer, constantly monitoring your attitude and your thoughts.

**Here are some suggestions** to help you through the process of selling the new reality to your ego.

1. Be objective. Talk to your ego and as you do, notice that you can't be your ego and talk to your ego at the same time.
2. Remember, for the most part, you live and move and experience life as your ego, but in truth, you are not your ego. You are instead, the spirit of God, individuated in you with the power to create a new and richer reality just by visualizing it and choosing it. As spirit, you have committed to BE the one in that vision.
3. As the creator of your own reality, you'll want to remain detached; step back, as the observer and pay empathetic attention to what's going on with your ego. Empathy, but not sympathy.

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4. Give your ego a name and talk to it, frequently. Treat it as you would your six-year-old inner child who fears the change you want.
5. Don't resist the resistance! Don't fight with your ego and be upset about ego resistance; instead expect it to resist the change and when it does, welcome that as another opportunity for you to re-affirm your new BEING commitment. Keep in mind that it's your job to sell the new you to your ego. Ask your friend to work with you toward realizing the desired change.
6. Each time your ego reacts to your new BEING commitment see if you can step back and be the observer. Pay attention to your ego's fears. Smile and reassure your ego that it will really love its new job of maintaining the new reality concept. Explain to your ego that it will love living its life in the richer way once you've manifested the new reality of living prosperously.
7. Learn to recognize your ego's tricks for getting you back in the old box – tricks like self doubt – overwhelm – “don't know how” – fear and worry, and have a reassuring response for each of ego's fear tactics.

Alfred Colella wrote:

*I think these points about communicating with the ego shed a little more light for me. Point number 2 above is not something I thought about and therefore tried, and I can see how it may be very helpful. I will definitely use this "tactic". Also, reassuring the ego that it will love its new job sounds like excellent advice -Alfred.*

Just keep remembering that we humans manifest results from who we're BEING at the subjective level. To manifest the quality

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of life change you want, you must have actually become the one in your vision of success. So, if you want results, make sure you sell your ego on the new way of BEING you.

### **Ego tricks**

One of ego's favorite tricks is to let you choose a goal too big, too far out – a goal you haven't grown into and accepted at the subjective level. Intellectually, you'll truly believe it can happen, but you really haven't bought into it. You know it's possible for some people, but maybe not for you. Down deep in your heart you know that if you truly believed in it, you would already be manifesting that grand a result; it would already be happening and you'd be seeing some evidence.

But if results are not showing up, it's because, at the subjective level, you're not yet who you'd be if you were manifesting that quality of life. Your ego has not accepted that life style as the reality concept to maintain. To get the results you want, your ego's reality concept must be reprogrammed, and the rewriting of that new programming is your job.

### **Baby Steps**

The best way to convince your ego that you are a powerful manifestor is to prove it with real results. Your manifesting powers will grow as your consciousness grows – as you become more aware of your God power (BEING power). That's why I recommend baby steps – you'll prove your manifesting powers step by step with manifested results.

So, choose a far out goal that will keep you focused on where you want to end up. To get you there, you'll be growing your belief in your unlimited manifesting powers with baby steps taken and real results manifested.

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- If you were going to learn how to crochet an afghan, you'd start with a pot holder.
- If you wanted to lose 40 lbs., you'd do it in 5 lb. increments.

Set only believable goals that you'll be able to manifest and celebrate. With each step forward, you'll grow your consciousness and your manifesting powers will expand exponentially.

By a baby step, I mean choose a short term goal that's outside the box for you, but not so far out that you won't totally believe you can and will reach that goal within your chosen time limit.

About baby steps, Alfred Colella wrote;

*I thought about baby steps when you talked about it before but kept going back and forth between picking a shorter term "smaller" manifestation and a large one, meaning one that encompasses the full range of the goal. In effect what I've been doing is changing my goal/intention constantly, from small to big and big to small.*

*Thank you for reminding me about the importance of gradients, taking baby steps rather than the whole pie all at once. Although I may intellectually believe that I can manifest anything I want no matter how large or great, I can see how it would be much easier for my subconscious to accept and feel more comfortable about manifesting a "smaller" step and then keep building on that.*

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*Also, I suppose I'm guilty of spreading my energy thin by focusing on several goals. I need to focus on one thing at a time.*

*I'm also going to re-read BEING the SOLUTION. I find that rereading certain books brings realizations I didn't have the first time around. -Alfred*

In searching for a problem's solution, it helps to remember your true purpose in life is self discovery and that your real reason for choosing out of the box is to grow your consciousness. The real benefit once the problem has been solved, is that you've become more consciously aware of your manifesting powers.

With each step out of the box, the quality of your life will improve, but even more important is that you've grown your consciousness and become a more powerful manifestor.

Choosing a long term, far out, goal is like choosing to drive from New York to California. With California in mind each day you'll pick the next baby-step leg of your journey. Since you're not trying to reach California in one day you can enjoy the scenery each day as you get closer to your final destination.

Because your baby steps are completed each day, they grow your belief in your ability to manifest any goal you can dream up. With each baby step you'll become more aware of your manifesting powers. And each subsequent step taken will be larger than the last because your grown consciousness allows you to think bigger.

Keep in mind that there are no limits to what you can have from life once you have acquired the consciousness to choose it and the courage go for it.

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Take a long hard look at your desire to be healthier, happier and/or richer. Ask yourself if you've truly made your new BEING commitment.

- Have you actually chosen to BE healthy, happy or rich?
- If not, what fear, doubt or thinking pattern is stopping you?
- How do you do you feel about the idea that results are manifested only from the “subjectified” level of your consciousness?
- How do you feel about the necessity for BEING and BECOMING the one to whom that richer life belongs?
- Have you accepted the job of selling your ego on the new richer way of BEING you, yet?
- Are you using the Power Pause to replace your ego's fear thoughts and are you truly committed to changing the pattern of your thinking?

Dr. Rebecca Riales wrote:

*I can say yes to those questions most days!!! Yesterday I wrote a totally awesome commitment letter to my “up line” and my best “Partner/down line” – a great, authentic BEING RICH AND SUCCESSFUL letter. I am very-very-very rich in a variety of wonderful ways.*

*And, oops, I haven't done the Power Pause in two days! I do it and it is awesome, then I have relapses when I hit “bumps” and my old-negative-ego-thought patterns roar back into my consciousness. What's your best advice for quick recovery from relapses and internal onslaught of negativity back into BEING RICH?*

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Rebecca, learn how to smile at your relapses. See them as a spur, a reminder for you to remake and reaffirm your new BEING commitment. A new BEING commitment is merely an agreement with yourself to change the pattern of your thinking. Reverses will happen from time to time. Don't beat yourself up when you fumble. Relapses are merely your old way of thinking popping up. Instead of fretting, welcome the opportunity to reaffirm your new BEING commitment.

Suggestion: do the Power Pause each time you have a relapse, replacing the negative thought with a positive one. And each time, thank your ego for the reminder

Dr. Rebecca also asked:

*Do you have any guidance for us regarding the "DOING that would follow the BEING commitment?"*

Rebecca, enthusiasm is a Greek word that means, "God in us". Once that spirit in you has truly chosen, you'll be inspired to act.

Keep reminding yourself that the creative process begins with your BEING commitment. What follows your commitment would be a, highly motivated you, DOING whatever you're inspired to DO. Don't let the DOING part be a, grit your teeth, grind out sort of dutiful DOING. Inspired DOING should be something you'll enjoy as an all-new daring adventure!

Tony Brezovski wrote:

*Thanks for helping me see that my BEING commitment in the past was motivated more by my reaction to circumstances than by conscious design. This is powerful*

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*teaching. I reread the lesson several times over three or four days and I, now, understand. And, I'm changing, especially in my use of the Power Pause.*

*I'm no longer experiencing difficulties with my vision of the future. The key, for me, was your emphasis on exercising disciplined practice in using the Power Pause. There is absolutely no substitute for practice. I used to give the Power Pause lip service but experienced no breakthroughs, until I actually began \*really\* practicing the Power Pause for daily use.*

### *Paradoxes and truths*

- ❖ *God not only put a part of Himself in each of us*
- ❖ *He gave us the freedom to choose our own point of view about life*
- ❖ *Your point of view is your reality concept*
- ❖ *Your ego is the means by which you get to experience life in that reality context*

# Nine Ways to Be Richer, Healthier and Happier

## Chapter 13

### The Poor Resist Decision Making For Fear of Making A Mistake

### The Rich Make Decisions Quickly and Easily Because They Know What They Want And Choose It



Success comes easily to those who have the courage to say “NO” to what they don’t want so they can say “YES” to what they DO want.

I started DAR Tile Company, in 1949, with no formal education and just \$2,000 of hard-earned savings as my investment capital. In other words, I chose to start a business without the benefit of a college education or any formal business training. You might say I went into business without knowing the “how to” part of running a business.

In spite of my uneducated start, that business became a roaring success in just a few years. My business succeeded, not because I was some kind of genius, but simply because I knew I wanted to own my own business and be my own boss. The difference is that I had the courage to choose it.

Life is a simple game of self-discovery where we get to choose, day by day, what belongs in our life and what doesn’t. Self

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discovery is the most rewarding game you'll play in life and it is the ability to make quick decisions that puts you on the fast track to the good life.

Unfortunately, your ego doesn't like the fast track to success. It doesn't want you making quick out of the box decisions. Instead, it wants you safe and secure, out of harm's way. Fear is your ego's tool for avoiding the imagined dangers lurking behind each new decision.

Courage is your ability to face your ego's fears without being deflected from your chosen form of action. The average person will avoid decisions for fear of making mistakes. As a beginning entrepreneur, I had no fear of mistakes; I saw them as a learning experience.



**Courage**

In my opinion, I succeeded in business, because early on in life, I acquired the ability to make decisions quickly and easily. I made many a beginner's mistake that first year in business, but I learned quickly from each mistake. If a decision wasn't taking me where I wanted to go, I'd simply choose again in mid stream.

If you want to succeed beyond your wildest dreams, I suggest you become a practiced decision maker. Before long, you'll acquire the enthusiasm and the certainty that comes from knowing when you've made a wise decision and when you haven't, to choose again.

Even as a kid, my strategy for life was, *"I'll cross that bridge when I come to it."* You'll find, once you've found the courage to make quick decisions and are willing to make a few mistakes, your life

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will have become an on-going daring adventure and you'll know you are on the fast track toward the success you want.

When the Spirit of aliveness in you is in charge of your choices, you'll have a passion for life that is called, "enthusiasm". And, once you have that, you can't lose! "Enthusiasm", in case you didn't know, is a Greek word that means, "God in us".

Looking back on my life as a child, I can see now that I was fortunate to have parents who had grown past the need to micro-manage my growing up. I was the fourth of four siblings and a late arrival. In my years of growing up, I was, usually, left alone to make my own decisions.

Although my parents' lack of concern for my whereabouts didn't always seem like a benefit, my unsupervised growing up quickly taught me to become self-sufficient. From being free to make my own decisions I soon became braver and wiser. Although I suffered the consequences of my unwise decisions, I also grew more confident with each of my better ones.

Self-reliance is not often learned from well meaning teachers or parents determined to keep their children safe from any possible harm.

The best way to lose your fear of mistakes is by making mistakes that teach you a lesson. With my fear of mistakes out of the way, my attitude for as long as I can remember has been, ***"I'll deal with life's situations when and if they show up."*** Believe me! Acquire this decision making skill and it will put you on the fast track to success!

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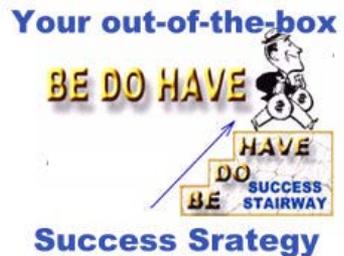
If you are doing anything or going anywhere with your life, it will be filled to the brim with situations that require a decision. The quicker you decide the sooner you'll move into the reality of a healthier, happier, richer life.

**Situations, by the way, are not problems!** They become problems only after you've avoided making a decision. This was your opportunity to deal with the situation before it got out of hand.

Decisions have always been easy for me; I say, "If it looks exciting and fun, I'll do it and deal with the consequences later." That may seem reckless to you, but isn't that what BE DO HAVE is ...choosing out of your current reality concept box into a new way of BEING you, and once you're out, dealing with whatever shows up?

What you want from life that you don't already have will always be found only outside your box – somewhere out beyond your current comfortable and safe reality concept.

So, if you want the quality of your life to improve, know this: BE, DO HAVE is the only real formula for success. Many self-help books will preach: DO HAVE BE as the way to go, but they have the creative process backwards. DO HAVE BE doesn't work because DO is not the first step on the path to a new life.



To improve the quality of your life in any way, you must find the courage to choose outside your box with a new BEING commitment. In other words, you must have chosen to **BE** a success before you can or will **DO** what you've

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been told successful people DO. Before you can enjoy bike riding, you must have chosen to BE a bike rider and have become a bike rider at heart.

### **But “I don’t know how!”**

If you’re someone who has to know the “how to” details—if you need to have everything in place before you start something new, you may never get your new project off the ground.

Or more importantly, with your focus on needing to know the “how to”, you may forget to make the necessary first-step BEING commitment. Choosing to BE a new you is always the real start button for bettering your life.



**Start Button**

Helen Keller, born deaf, was labeled “deaf and dumb” by her parents and almost everyone else in her community. But Helen had a teacher that helped her reject the “dumb” label society originally placed on her.

Compared to the average person’s childhood victim stories, Helen Keller obviously had more reasons to feel sorry for herself and end up with a “poor me” story running her life. She could have taken on the “I’m dumb” role and lived out her life as a victim of her parent’s ignorance about her condition, but she didn’t. Instead, Helen chose to reject the “dumb” label.

Helen Keller made a new BEING commitment that took her way outside the box and far beyond the “victim-of-my-circumstances” box she was born into. She was a shining example for all of us. She showed us how significantly the quality of our lives continues to improve once we’ve committed to living our lives outside the box.

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Imagine for yourself in how many ways the quality of your life would improve if you could give up your fear of change and choose the adventurous life. What would life outside the box be like for you if you could embrace Helen's challenge to mankind when she said, "***Life is either a daring adventure or it's nothing***"?

As an individualization of God, you've used your BEING power to create your own reality, but you're stuck in whatever reality you've manifested and have, since, shelved your God power. Like everyone else, you've turned the job of maintaining that reality concept over to your always fearful, change-resistant ego.

If you're average, your ego has you trapped in that box. You've forgotten you have the power and see no way out. Truth is: you could solve your current health, wealth or relationship problem by simply changing your mind about who you will be. You really do have the power to solve your worst problem; you've always had that power; all you have to do it use it!

Take a long hard look at the quality of your life, as it is right now. Are you hiding out, playing it safe and secure in a nothing life, or are you living your life, enthused and joyful, outside your box? Wouldn't you like to step out of that uncomfortably safe reality and into quality living?

The first step toward improving the quality of your life is to admit that you're not all that happy with the way it is now and you are not the victim of your circumstances, so you DO have a choice.

Even though you don't really like it the way it is, admit that you've actually chosen to BE the one who has manifested what you have in your life. I hope you can see that once you've stopped playing

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at being a victim of life, you'll be ready to choose again! Just push the start button.



When you've acquired the habit of solving life's problems with new BEING commitments, your life will have become a daring adventure.

The process is simple. Just visualize the quality of life change you want and then choose to BE the one in that vision. Make your new BEING commitment with the enthusiasm and joy of a new adventure and you will have put the spirit of aliveness in charge of running the show.

Get in the habit of making new BEING commitments on a regular basis, and your life will be one on-going, happy go lucky journey of self discovery. With each of your new out-of-the-box BEING choices, you'll improve the quality of your life and you'll be growing your consciousness.

Life is always a daring adventure for those who live outside the box in the NOW. With Spirit in charge of your life more often, you'll easily deal enthusiastically with life's situations, but only when, they show up. Life will be an adventure and a great deal more fun when you're crossing bridges, only after you've come to them.

The spirit of God in you, (the real you) will think of any new challenge in life as just another opportunity to grow your consciousness. It's the next leg in the journey of the daring adventure you've made of your life. With each new BEING commitment, you'll know you have what it takes and that you'll DO whatever is necessary to HAVING your new intention manifest.

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**In case you've forgotten, this chapter is about how to make your life a daring adventure just by learning how to make decisions quickly and easily.**

**Vanilla or Chocolate, which will you choose?** There's more to choosing your favorite flavor of ice cream than meets the eye. What you may not have realized is that when you came to the conclusion that you liked vanilla more than chocolate, you were actually choosing who you would BE in a relationship to vanilla ice cream. By identifying more with vanilla than chocolate, you were actually making a BEING choice.

Choosing what belongs in our life and what doesn't, is our way of discovering who we are. You've been individuating yourself all your life by simply deciding what belongs in your life and what doesn't. Each decision was a BEING choice, and with each new decision, you will have become clearer about who you are.

So, deciding between vanilla and chocolate may have been more important than you thought. Way back when you originally decided not to be rich, you were choosing who you would BE as in how you would relate to money and those who had it in abundance.

What you wouldn't have known is that your chosen relationship to money has since become a magnet for either attracting or repelling money in abundance.

A four year olds decision about rich people is now making you richer or poorer even as you read. Seen in this light, it should become obvious to you that you could actually solve your money problems by simply changing your mind about how you will relate to money. It's your choice. You've already chosen, but you get to

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choose again! So, who will you choose to BE in your new relationship to money? You'll find more on choosing a relationship to money in Chapters 17 and 18.

You are, at the core, an individualization of God. Your true purpose in life is to discover your God power (BEING power) and learn how to use it to improve the quality of your life. God, individuated in you gives you the power to create any reality you can dream up.

“How can I know what I want?” is a frequently asked question from newsletter subscribers. And I often answer, “When you know who you are, you'll know what you want, and you'll choose it!” A following question, might be, how will I know who I am?”

You've been coming to know who you are as you've gone through life deciding who and what belonged in your life and what didn't. You did this without knowing that your mission in life was self discovery. Well, now that you know, learning to make decisions quickly and easily can be your fast track to that end.

Contrary to what you've been led to believe, God won't love you more if you are poor. He doesn't want you to BE poor. He wants you fruitful and multiplying in all ways, and He wants you healthy, wealthy and happy in your relationships.

You can have it all by simply choosing to BE the one to whom it belongs by right of consciousness. What does that mean? It means to have more from life, you must become more consciously aware of your true identity.

Everything you want from life will be outside the box for you and can be had only by using your God power, (BEING power) to

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improve the quality of your life in some way. And the good life is all on the path toward self discovery.

The process for coming to know yourself is to simply choose what works for you and what doesn't. Decide what belongs in your life and what doesn't. Pretty simple, come to think about it, isn't it?

The process began with your knowing what you wanted and then, with your choosing to BE who you would BE if you already had it. By coming to know what belongs in your life and what doesn't, you are individuating yourself – creating your identity.

If you're not already rich, it's because you've previously made a BEING commitment to not be rich. That old programming now rejects riches because riches do not belong in your life until you've chosen again. Isn't it time you reviewed your old out-of-date BEING commitment and made a new one? Isn't it time you chose to be healthier, wealthier and happier?

Just for fun, imagine what your life would be like if your income were doubled. How would you be enjoying the additional income? What would your life be like if you had the money to live better? Think about it and find the courage to choose to BE that rich!

### *Paradoxes and Truths to Live By*

- ❖ *Success comes easily to those who know what they want*
- ❖ *And have the courage to choose it*
- ❖ *You'll find your God power only by using it to improve your life*
- ❖ *The only way to change the content of your life*
- ❖ *Is by changing the context*

## Chapter 14

### Learning To Make Decisions Quickly and Easily



#### Aiming for perfection

Mary Jane’s parents wanted her to be perfect and they thought the way to make her perfect was to teach her not to make mistakes. So, as parental perfection coaches, they were both quick to point out her mistakes and often praised her perfection. To others, her parents bragged about their perfect daughter, Mary Jane.

Mary Jane was pleased with the praise, but embarrassed by the “perfect” label, because, down where the truth lies, she knew she was not the angel her parents made her out to be.

And, of course, out of all this, Mary Jane came to two life-controlling conclusions:

1. That I’m not okay the way I am
2. and it’s never okay to make a mistake.

As a result of her “Get it right the first time” parental training, Mary Jane became a perfectionist – a pain in the neck to be around for most others. But on the inside, she didn’t feel perfect.

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The quality of her inner thoughts, fears and worries didn't even come close to fitting the perfect label.

Mary Jane worked at becoming perfect by becoming a professional student. Determined to avoid mistakes, she took every "how to" class that came down the pike. Maybe one day she'll wake up and realize that she has spent her whole life getting ready... to do what? ...probably to end up doing nothing because, heaven forbid, what if I make a mistake?



If you've somehow learned, early on in life to avoid mistakes at all costs, your parents or whoever taught you that, did you a major disservice. In fact, they set you up to fail in life.

Life is about making choices; it's about coming to know what you want so you can choose it. You won't choose if you're afraid you may make a mistake. Sometimes, you'll only know what you really want after you've chosen and realized that's not it.

That's when you'll acknowledge your error and choose again.



Making intelligent decisions based on experience is the ideal success formula. You'd be wise to realize that you can gain that experience and make wise decisions only after some not-so-wise decisions have taught you a lesson.

Don't get me wrong. I'm not suggesting that a college education and some business training would not have been a huge benefit for me when I started my business.

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In fact I would recommend that you learn the basics in school before you start your own business. What I could have learned in school, the easy way, would have saved me a lot of hard knocks. **But much of what I would have learned in school would have been no substitute for the actual experience.**

When I quit my full-time job as a carpenter foreman and went into the tile business I was 27 years old and very enthused about the idea of being my own boss. I started DAR Tile Company in Albuquerque, NM in 1949, over confident, and truly naïve, totally unprepared for the business education I was about to get the hard way (from experience).

I began it, knowing nothing about running a business except for the few lessons I'd learned as a paper boy. Pedaling papers, I learned a valuable lesson about whom I could trust and who I couldn't. And even before I was a paper boy I had, somehow, acquired the skill of making quick decisions and learning from my mistakes.

I went into the tile business expecting to make some mistakes, but I was surprised at how often I was in error. Looking back at my first years in business, I'd venture to guess that at least 70% of my first-time decisions were wrong. That's right 70% of my new-in-business choices were a mistake!



Based on that high ratio of a beginner's errors, you'd be right in thinking that my business should have failed, and, believe me, it would have failed, had I allowed my mistakes to discourage me.

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Instead, I adjusted my aim and chose again and my business didn't fail.

I read someplace that 95% of all new business start ups are no longer in business after five years. I was able to beat those odds because I was using the **Ready, Fire, Aim** success strategy. My quick decision approach to running a business was to shoot first, adjust my aim and fire again. With that game plan, I quickly:

- Chose a goal
- Went for it
- Learned from my mistakes
- And quickly made a better choice

The Ready, Fire, Aim success strategy can make you successful long before the “get it right before you start” pack even gets a new business started.

Twenty nine years later, when I sold that successful business for big bucks, I had over 100 employees. Using my mistakes as a learning experience, I discovered, how to run a business, by quickly learning how not to run a business. The more mistakes I made, the wiser and better business manager I became.

When something I tried didn't work, I quickly and easily made a new and often wiser decision. If you are one of those who is afraid of making a mistake, you might be inclined to say I succeeded in spite of my mistakes, but that's not what really happened! In fact, the exact opposite is true.

**I succeeded, because my mistakes were a learning experience.**

If you've been taught to plan and get it perfect before you start anything new, you may never get your new project off the

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ground. If you are a perfectionist, you are probably afraid of mistakes, and if that's the case, you'll spend most of your life getting ready but may never start.

The real winners in life, once they're out of school, just start toward their goal, planning to make direction adjustments along the way. Did you know that a torpedo once launched uses radar to adjust its course several times before hitting its target?

The entrepreneur's success strategy is ready, fire aim. Pick a target, aim and shoot, check for accuracy, adjust your aim and fire again. You can only use this strategy if you are willing to make a few mistakes. If you're wise, you'll actually welcome mistakes as a learning experience and use them as an opportunity to adjust your aim.

### **The purpose of this chapter is:**

- To help you overcome your fear of being wrong – mistakes happen, so what!
- To help you come to know what you want,
- And show you how to find the courage to choose it.
- To help you acquire the enthusiasm that comes from knowing that you've chosen wisely
- And to have you acquire the self confidence and certainty that comes from knowing you're on the right track.
- To help you learn how to make decisions quickly and easily so that you'll end up on the "Ready, Fire, Aim" fast track to success.
- To show you how to acquire the habit of solving all your problems with out-of-the-box BEING decisions which are powerful examples of Ready, Fire, Aim.

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**Your Fear of Mistakes Can Immobilize and Keep You Poor.** Once you've overcome your fear of mistakes, your life will be a daring adventure.

**Don't let your ego con you into believing you don't have a choice**  
One of your egos most often used pretenses or illusions is, "I had no choice". Nothing could be farther from the truth. Life is totally about choices. And there's no such thing as not choosing, because even when you choose not to choose, you are choosing to BE someone who does nothing.

Most of us haven't realized that every time we choose what we like or don't like, we're choosing who to BE relative to someone or something. If you decided you didn't like chocolate ice cream, you'd be choosing who you would be relative to that flavor of ice cream. When you make any sort of a BEING choice, you are simply adding bricks to the structure of your identity.

God individuated Himself in you, and is now, experiencing life in and through you, as you. The God part of you wants you to ascertain your true identity. He/ She set you free to make that discovery on your own – on the slow track or the fast track– your choice.

Your ego provides you with the on-going experience of the reality you've created with your BEING choice. And part of that illusion is that there's no way out. Your ego resists change because it know it must die as the old you in order to be reborn as the new you. It doesn't want to die, so it tries to keep you from making new BEING choices.

Because your ego is good at making you forget, you may need a support group or a coach to help you remember that you have the

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power to create something better outside the box any time you're ready.



*Affirmation*  
*As an individualization of God I individuate myself by choosing what I want in my life.*

### What's so important about choosing?

You might say the rich are rich because they've learned how to make out-of-the box decisions (BEING choices) that tend to make them richer. But those who have chosen not to be rich tend to hide out in the status quo and avoid decisions.

The quality of your life will always be determined by the choices you make. As a God you individuate yourself each time you decide what belongs in your life and what doesn't. Life really is that simple! You can have whatever you want from life. Just know what you want and choose it!

**Those who find choosing difficult, usually lack purpose and identity.** Indecision is one of life's paradoxes: When you don't know what you want, it's because you don't know who you are. The paradox of indecision is that the only way you'll come to know who you are is by choosing what belongs in your life and what doesn't.



**Your life could be a daring adventure**

Think about it! How difficult could it be for you to know what you want and choose it? If you could find the courage to choose what

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you want most in life, and keep choosing to make life better, your life would become a daring adventure!

## Indecision



**What Do I Want?  
What's My Purpose?  
Who Am I?**

Here are some of the benefits of becoming a proficient decision maker:

- You'll overcome your fear of being judged wrong
- You'll lose your fear of making mistakes
- You'll find yourself with awesome personal power (BEING power)
- You'll find yourself on the fast track to success (Ready, Fire, Aim)

If you don't know what you want from life, try this exercise:

## The Want / Don't Want Exercise

Find a ruled pad; draw a line down the middle from top to bottom. On left side of the line, make a list of all the things in your life that are no longer serving you – list that which you no longer want. To the right of the center line, make a want list that, when manifested, would cancel out the 'don't want' list. See following example:



Don't Want List	Want List
<i>I don't like my job</i>	<i>A better job</i>
<i>My negative cash flow</i>	<i>More income</i>
<i>Being overweight</i>	<i>Lose 20 pounds</i>

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Add your own want/don't wants to the list.

### **Get the habit of making decisions, quickly and easily**

Indecision is always a powerful success blocker that often stems from your lack of identity or purpose. The following exercise is intended to take you out of the “wishy washy, can't decide” mode and into the courage of BEING the quick decision maker.

With this exercise, you'll practice the art of decision making by making minor decisions quickly and easily. Making trivial decisions will give you the confidence you'll need to make the more important ones.

To start the process, let your family and friends know that you intend to become a decision maker. Ask them to agree that you will be the family decision maker for the next two weeks. Explain that you intend to overcome your fear of mistakes and ask them to help you become a confident decision maker.

For the entire two week period, you be the one who decides where the family will go to dinner and what movies you'll watch together. Suggest that they can support you thru the two weeks by praising your good decisions and not making a big deal about the bad ones. You'll want to be able to look at your worst decision as learning experiences.

To overcome your fear of choosing wrong, imagine choosing a place to eat dinner where most of you didn't enjoy the food or the service. Accept that your choice was not the best and make that judgment error okay. A part of your decision making skills will come from what you learn from the wrong decisions.

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Celebrate the good decisions and chalk up the errors as a learning lesson. If your choice of restaurants was good for everyone, pat yourself on the back for being quick at making decisions.

Use the above process when choosing which movie to watch. Make it okay to choose a bad movie before you choose, and then after you've chosen let your errors be a lesson learned and your better choices a reason for feeling good about yourself as a decision maker.

For two full weeks, practice your decision making skills with friends and family and then share with them how your self-confidence has grown in that short period. Don't forget to thank your family for their support and cooperation.

Allow yourself to see that the only way you'll come to really know who you are is by deciding what belongs in your life and what doesn't. Decisions are the only true path to self-discovery. (The above exercise would also be a good exercise for helping your kids grow more self reliant and confident.)

Keep in mind that self-discovery is the purpose of this exercise. After two weeks of doing the decision maker's exercise, you'll be far more decisive and confident. And even more important, you'll have a much clearer idea about who you are, really.



Once you've seen the benefit of making decisions, easily and effortlessly, you'll want to continue on the fast track to success by also making the more important decisions just as effortlessly. The side benefit of this

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exercise is you'll end up with clearer and more loving communication with yourself and your family.

### **Create a Gratitude Journal**

In Chapter 10 you created a gratitude journal. The purpose of journaling is to give you confidence in your manifesting powers. Your belief in your BEING power will also grow your confidence in your ability to decide quickly and easily

### **Exercise:**

#### **Learn how to use Ready – Fire - Aim as your success strategy**

Make it your purpose in life is to discover your God power, (BEING power) by using it to improve the quality of your life. With each step out of the box, you'll become more consciously aware of your manifesting powers. Acquiring the ability to make new BEING choices easily and effortlessly puts you on the fast track to success.

It's always been true that you are an individualization of God, but knowing that won't solve your problems until you've begun to prove that power to yourself with manifested results.

#### **The fast track to success: Ready – Fire - Aim**

- **Make quick decisions**
- **Check for results**
- **Adjust your aim**
- **Choose again**

Keep this success strategy in mind as you sharpen your decision making skills.

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### Make the most serious life changing decisions by flipping a coin

In my coaching sessions clients often come to me with heavy decisions to make, and no idea about which of two options to choose. Their question for me is, “I don’t know which is right. What should I choose?” And I always answer, why don’t you just flip a coin, heads you do one and tails you do the other.

The one with the question is usually shocked by my suggestion. They’ll say,

*“But it’s too important a decision to decide on the flip of a coin.”*

And I answer,

*“Yes, I know how important it is to you, but here’s the thing; once you’ve flipped the coin you’ll be pointed in one direction or the other. You’ll have a gut reaction to the outcome of the coin flip. You’ll either be pleased or disappointed. But from your reaction you’ll know what your heart wants you to do and that’s the key. Go with your heart.”*

### Keep this in mind at all times:

You’ll come to know who you are only by deciding who and what belongs in your life and in the process, you’ll become clearer about what you don’t want.

Decision making is truly the self discovery process in action.



### *Paradoxes and Truths to Live By*

- ❖ *Life is about coming to know who you really are*
- ❖ *Your consciousness grows as you decide*

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*what belongs in your life and what doesn't*

❖ *Sometimes you'll only know what you want*

❖ *After you've chosen something else*

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## Chapter 15

### The Rich Believe In Living Prosperously and Attract Riches The Poor Believe In Lack Circumstances and Attract Poverty



### Your Belief System Is Right Now Making You Richer, Or Keeping You Poorer Than You Want To BE

Henry Ford once said,

*“Whether you believe you can or you believe you can’t,  
either way, you’re right.”*

As illogical as Ford’s belief paradox may seem, it’s true! No matter what you believe, you will experience a life that is a perfect match for that reality concept. We humans, as individualizations of God, just naturally become what we think about and by deciding what we’ll believe create our own individualized reality.

So whatever excuses you’ve been using to explain why you’re not quite as rich as you want to be, have become a part of your belief system. And true, or not, those reasons (your victim story) are running your life and manifesting results you won’t like. If you want your life to get better, you may want to rethink your victim story and rewrite the ending.

Look closer and you’ll see that your story about why your life isn’t working logically won’t fly. The lack circumstances you experience

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are simply a mirror reflection of your Belief System. If you're poorer than you want to be, you believe more in poverty than you do in riches. Take a long hard look at what you've manifested and ask yourself if maybe it's time you revised your Belief System.

God's greatest gift to mankind is BEING power. That's the power you and I have to choose who we shall be. You've used that power to choose who you will be and what you choose to believe.

Allow yourself to see that you acquired some of your long term beliefs when you were very young and impressionable. A review of your acquired beliefs will reveal that some of those old stories may not be factual. But, true or false, whatever you believe continues to manifest results just the same as if they were true.

You are trapped in your current circumstances by the power of your own B. S. (Belief System). You're trapped by the law of belief, which in the Christian Bible, reads:

*“As thou hast believed, so shall it be done unto thee”*

As a child, you came to a great many conclusions about the way life always is or never is. Your decisions about life, back then, have become the stories that run your life.

Your stories are a major part of your Belief System and the resulting manifestations are determining the quality of your life. Allow yourself to see that some of *your earlier decisions about life were erroneous conclusions that are now keeping you poorer than you want to be.*

**Being Poor is not an unfortunate circumstance; it is a BEING choice and a Belief System Trap**

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James Jordon's parents were not exactly poor, but neither were they rich. So, Mrs. Jordon, James' mother often had trouble making ends meet. At the dinner table she sometimes complained, "*Life is hard*".

James accepted his mother's opinion as a child, and arrived at his own conclusion; that "life will always be a struggle, and there'll just never be enough money." In other words, James, as a child, without a clue that he was setting a pattern for the rest of his life, chose to BE someone who believed "there'll never be enough money".

Both Mrs. Jordan's stories were erroneous conclusions; they were simply not true, but James bought into his mother's belief. Years later, James' child-hood conclusions keep him much poorer than he wants to be!

James has long-since grown up and is now out on his own, earning his living. And guess what? His life turned out just like his story; life is a struggle and there's almost never quite enough money to pay the bills! James is not rich, nor likely to be, because as a kid he chose not to be rich and his Belief System is keeping him in a **JOB** with a fixed income and he has a set of on-going expenses that seem to keep him, always, **Just Over Broke**.

To find his way out of this dismal pattern for his life, James will want to remember his original conclusions and reject them as false. It's time for James to come to a new conclusion like, "There'll always be more than enough money."

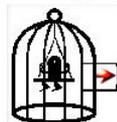
James might want to blame his job or even his spending needs for his struggle with money, but the real cause of his financial problems is that he chose not to be rich and he believes life will

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always be a struggle. Notice that his life is a perfect match for what he believes. James has used his BEING power to create a reality of insufficient income. James may, one day, be earning an abundance of money, but **that can only happen for him after he chooses to be rich and rejects “life is always hard” and “there’ll never be enough money” as erroneous conclusions.**

In fact, James must change his mind about how the Universe really works. He thinks his financial circumstances are the real problem when they aren’t. What he believes is the root cause of his negative cash flow, and his circumstances are merely the effect – the manifested result of the way James thinks.

### Belief System Cage



To  
Choose  
Out

### Just Change Your Mind

James is stuck in a reality that will continue to manifest lack circumstances for as long as he continues to believe earning a living has to be hard. We human BEINGS, all trap ourselves in a Belief System cage, with the stories we’ve made up. The trap will seem to be in our manifested circumstances. Instead, it’s in our out-of-date **Belief System**.

### Stories that run people’s lives

- When I was four, I came to the conclusion that nobody loved me. Back then, I pushed people away who tried to hug me. This was my way of making my life fit my silly story. It was years before I changed the quality of my life by canceling out that four-year-olds erroneous conclusion.
- My father spanked my sister Audrey to punish her for breaking the rules. From these spankings, Audrey came to the conclusion that men always beat their women. She

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was married twice; both husbands beat her. She lived with her victim story until she died of old age.

- When Miriam was three, her mother left her with a baby sitter to go grocery shopping. Miriam used that occasion to conclude that she'd always be left alone. She spent the early part of her life in and out of relationships without a clue that she was, somehow, making sure all her relationships ended with her being left alone.
- When Ike Ogut's mother punished him for messing up the house by taking his cousin instead of him to the movies, Ike came to the conclusion that "Women always cheat on their men". He spent most of his early adult life in and out of relationships about every three months. Each affair ended because either Ike or the woman cheated.

I could go on and on with examples of stories that have run people's lives for years and years until he or she challenged that story and dismissed it as an erroneous conclusion, pure fiction. I'm sure you get the picture: you have a story or stories that are running your life and they will continue to do so until you choose out of that story or rewrite the conclusion.

As individualizations of God, we have each individuated ourselves into a reality concept, an illusion, that may no longer be serving us and now we're stuck because we have no idea that a child's erroneous conclusion is running our lives. As a kid, we've chosen what to believe and now our **Belief System** is manifesting matching results.

We tend to look at those manifested results as though they proved our point of view about life, when, in fact those results are the effect, a reflection of that way of thinking. Let's face it! We'll remain stuck until we finally realize that our story, a child's

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conclusion, is manifesting the undesirable result. We keep getting those same results because that's what we believe.

As preprogrammed individuals, we've become attached to what we believe and our change-resistant ego keeps telling us there's no way out. But that's never true!

There is always a way out; and that way is to simply change your mind about who you will BE and what you will believe. This is when you, bravely, make a new BEING commitment based on that new reality concept.

### **Why the rich are rich and the poor are poor**

The rich are rich because they believe in living abundantly. They feel rich most of the time, and that "feel rich" feeling, along with their belief in their God-given right to BE rich, has them automatically attracting more than enough income to live their lives richly.

The poor, having chosen early on in life not to be rich, will have, since, acquired a Belief System that just naturally attracts more and more conditions of lack. Their Belief, that the supply is limited, attracts just barely enough resources to survive under normal circumstances. And any unexpected expense, like leaking plumbing, will almost always be a financial crisis.

Those who live their lives within a Belief System that manifests lack circumstances have a reality concept based on the idea that the resources pie is only so big which leads them to believe that if they had a bigger piece of that pie, someone else would be deprived and doing without.

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They believe wanting more from life makes one greedy. With this “limited supply” reality concept, they just naturally manifest lack circumstances to match their BSG, (Belief System Garbage).

If a “limited supply” reality concept is what you’ve been taught, you might want to expand your consciousness and think about baking more pies, or perhaps making the original pie bigger.

### Leaky Plumbing



### Financial Crisis

**So, how do you change your mind about what you will believe?**

If you clearly intend to be richer than you are now, first change your mind about whatever you believe that’s keeping you poorer than you want to be; this is the story that’s blocking your resources flow.

### Limited Supply?



### Just Bake a Bigger PIE

Allow yourself to see that your “limited supply” reality concept and your victim story about why you’re not already rich keeps you poorer than you want to be.

Much of what you believe about the evils of money and those who have it in abundance is just BSG. Your out-of-date ideas about money and rich people will keep you stuck in poverty row. It’s time you reexamined those ideas and threw them out with the garbage.

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**If you still believe your circumstances create your reality, those results will seem to give you ample proof that your situation is the real problem.** But that's not the case.

Thinking that way is what's keeping you trapped in the status quo. And you'll remain hooked on your, "that's just the way life is" story for as long as you continue to see your manifested circumstances as the root cause of your problem.

The truth is, that as a manifestor, you are powerful far beyond your ability to believe. As an individualization of God, you just naturally manifest reality experiences that are a perfect match for whatever you've chosen to believe.



Your thoughts are powerful because you are using your God power. So, if you believe you're not good enough, or smart enough, you won't be. Whether you are living richly, or not; your Belief System is the context of your life and what you are experiencing is the manifested content.

Your ego would have you see your manifested circumstances as the problem. But your ego has it wrong! Your manifested results only prove the rule; that you will always manifest a reality experience to match what you believe.

Here's the real truth about your relationship to money: Your income is a direct result of who you've chosen to be and what you've chosen to believe. This is so because of the law of belief: **What you believe must always manifest as your materialized experience.**

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**Or as it says in the Christian bible;**

*“As thou hast believed, so shall it be done unto thee”*

The truth is, that as a manifestor, you are powerful far beyond your ability to believe.



### *Affirmation*

*As an individualization of God my word is law in the Universe. My spoken word must always manifest as my chosen reality.*

### **How do you confront your old beliefs?**

Your ego's old Belief System will be challenged only when you've decided to, one way or another, rebel against the status quo and make your life better. Once you've said, "NO" to the old, you'll find the courage to choose out of your old box.

Once you've made your new BEING commitment, your ego will just naturally kick up a fuss. It'll be using your old BSG to challenge the new BEING choice. When that resistance shows up, you'll really want to pay strict attention; listen to your ego's reactive fear thoughts and talk to it.

Remember, you can't talk to your ego and BE your ego at the same time. So, every time your ego resists change, you'll want to BE the objective observer; back off and listen, really hear your ego's mind chatter; understand your ego's concerns and talk to it as you'd talk to your six year old inner child.

Challenge your ego's fear thoughts with questions about that belief – questions like, ***“Is that really true?” or “How, where and***

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*when did we come to believe that?” or maybe “Who told us that?”*

### Summary:

You and I have spent our whole lives creating our individuated realities by choosing what to believe, but some of our beliefs are just BSG and not really true.

Think about your stories. You began the process of accumulating beliefs about the way life always is or never is when you were only two or three years old. In most cases what you were hearing back then, was just someone else’s BSG.

Some of those old ideas you bought into were someone else’s erroneous conclusions. But true or false, those old ideas will continue running your life until you realize they no longer serve you. It’s time to challenge them!

If you truly intend to improve the quality of your life in some way, make up your mind to challenge all your old beliefs – especially as in how you’ve been relating to money. Dump that BSG out with the weekly garbage.

To improve the quality of your life, choose out of your old box and then deal with your ego’s old BSG resistance when it shows up.

### Dump Your Story



**Out With The Garbage**

### *Paradoxes and Truths to Live By*

- ❖ *Your life will always be a mirror like reflection of what you believe*
- ❖ *But some of what you believe may not be true*

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- ❖ *To improve the quality of your life --*
- ❖ *Begin by changing your mind about what you believe*

## Chapter 16

### Reinventing Your Belief System

Learn How to Re-invent



Your Belief System

**Reinventing your belief system can begin only after you've changed your concept of which is cause and which is effect**

In the 1970's, Flip Wilson, a famous black comedian had his own TV show. Every week he told his TV audience, *"What you sees is what you gets"*. On the surface this simple statement could have meant *"What you see on this show is the real me"*, but in my opinion, his message had a more profound meaning than most of his fans realized. I believe Mr. Wilson was saying, *"Whatever you believe will manifest as your material reality"*.



**Flip Wilson**

In the Christian Bible, that rule of life reads: *"As thou has believed, so shall it be done unto thee."*

Most of humanity see their material circumstances as the reality in their lives. They see reality in terms of what's showing up and what's happening and most of them see themselves as victims of their current circumstances.

If you see your manifested circumstances as the cause (that which created your reality) you're stuck in a (Belief System) trap from which there will be no way out until you change your mind about

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how the world really works. In Flip Wilson's version of reality, whatever you believe will manifest as your chosen reality.

In a reality created by circumstances, you can only be the victim; in Flip's Wilson's version, you're in charge of your life because you created your own reality.

And that's basically the message in this book: that God individuated Himself in you as you and then set you free to discover your God power by using it to improve the quality of your life.

As an individualization of God, you've become what you thought about. And just by deciding what to believe, you've created your own reality. Choosing what to believe gives you God-like powers (BEING power) with the authority to create a better life by simply choosing a different point of view, a new way of BEING you. If you could only get how powerful you really are, you'd have the world by the tail.



### *Affirmation*

*As an individualization of God my word is law.  
I need only speak my word and my new reality is  
created.*

Once you've accepted and truly understand your God-like BEING powers, you will have changed your concept of reality with a new version of the laws of cause and effect. By waking up to the real you, you will have stepped out of ego's victim story and into a new healthier, happier, richer reality.

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## How Real is Your Reality, Really?

- There are well over six billion of us humans on this planet, Earth. Each of us in an individualization of God and each individual has created his or her own reality. Each reality is one of its kind. The question is how can so many unique realities coexist at the same time on the same planet? The answer is, each reality is merely an illusion maintained by an ego good at maintaining illusions.
- Your manifested material reality will seem real and unchangeable, but the unalterable part is an illusion. What seems so locked in stone and fixed is actually made up out of nothing more solid than your attitudes, opinions and points of view. What you are manifesting as your material reality will begin to change for the better as soon as you can change your mind about what you believe – as soon as you put your full faith in BEING power and begin to use it to create a richer, healthier, happier reality.
- Your reality will be, for you, whatever you perceive it to be and your perception will be different than mine. That may not seem to make sense, but when you see how we create our unique realities, you'll see the dissimilarity as something to celebrate. The difference proves our ability to individuate ourselves and makes it okay that others experience life from a totally different point of view.

Allow yourself to see your reality as a multitude of self-limiting belief-system traps. Then, just change your mind about what is cause and what is effect in your life, and the quality of your life will change to match your new perception.

As a child, you needed to understand life. As you found your way through life's early experiences, you arrived at a number of

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conclusions about the way life always or never is. Those reality concepts have become the stories that run your life.

To break out of your story and manifest a quality of life change, you must

- begin to see how those old stories run your life,
- find each story and reject it as a false conclusion
- then replace that story with the truth
- restart your life from a different point of view

So, what outrageous four-year-olds story runs your life?

### What is a victim story?

- A victim story is an excuse you've made up to explain how life always or never is.
- It is a story you tell frequently to explain why your life isn't working the way you wanted. It's like what you're telling yourself to justify your lack of riches. We each have many sad tales of woe to tell – stories like:
  - The supply is limited
  - I'm not good enough
  - I'm not smart enough
  - I'm not old enough
  - I'm too old
  - I don't know how
  - Don't have time
  - It takes money to make money
  - Being rich is hard work
  - There'll never be enough money

Add some of the excuses you tell yourself to explain your current lack of success?

- .
- .

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- .
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### How do you find your way out of a victim story?

- Reject your story as an erroneous conclusion
- Allow yourself to see that much of life is about Being and Becoming who you would BE if your life was working the way you want and that victim story sends you down the loser's path – the what I don't-want path
- Make up your mind to replace your original assumption with BEING good enough, smart enough, old enough, young enough or whatever it takes to replace the negative ideas
- Make a new BEING commitment to BE whoever you'd have to be, to cancel out your old victim story

### What is a BEING commitment?

- God put a part of Himself in you and I and gave us, each, the power to create our own reality.
- We create our new reality by choosing who to BE, what to believe, and how we will feel about our life and circumstances.
  - This is nothing new; you've been using God power (BEING power) all your life, changing your mind about who you would BE and what you would believe from time to time. You've done this without a clue that you were actually using an awesome God-like power to create your own reality.
- A new BEING commitment can begin only after you've said, "NO" to what you don't want

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- The new you can begin when you've found the courage to change your mind, choose out of your box and into a better quality of life
- A new BEING commitment is **you** determined to BE you in a brand new way.
  - A BEING change happens any time you've changed an attitude, an opinion or merely a point of view.
  - This new way of BEING you changes your reality concept, which automatically manifests a new and better set of circumstances
- A new BEING commitment
  - increases your awareness,
  - changes your self-image
  - and raises the bar on your self-worth
- Your self-confidence and your consciousness grows with each new BEING choice

But keep this in mind: with each new reality created, you've only just created a bigger sand box in which to play at the Game of Life. By changing your reality concept, you've created a grander context in which to live and move and have your being.

In other words, we all live and experience our lives in a box (a reality concept), not as a spiritual being, not as the God-power in us that created the new reality, but as our ego, who will have taken over the job of maintaining the newly chosen reality illusion.



To maintain the illusion of your individualized reality your ego screens everything you see, hear and read through your reality concept filter. With that filter turned on, your ego lets you hear only what it wants you to hear.

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If you, early on in life, for whatever reason, chose NOT TO BE RICH, then any attempt to change your mind and choose to be rich, will be resisted by your ego until it accepts the new reality concept as the one to defend.

Until then, your ego will twist and turn everything you see, read or hear into a close match for what you already believe – as in NOT BEING RICH.

Jayne Wills wrote:

*I've accepted that BEING rich is hard work thanks to past programming. My ego suggests that I spend time looking at what it accepts as reality. This is bothersome, but not enough to take me off the life changing path.*

*I still struggle with the idea of having the power to create what I experience. Frankly, I find UNLEARNING a lot harder than learning!*

*Of course it's easier to keep going when everything points to success. My husband came home with a letter that a bonus had been deposited into our account. (My first reaction was a big juicy raspberry directed at my ego!) Blessings, Jayme*

Jayne, when your ego tries to convince you that BECOMING rich is hard work, smile and talk to it as you would to your 6-year old inner child. Convince your ego that BECOMING rich is as easy as learning to ride a bike. Once you are committed to BECOMING rich, you'll just follow your intuition and Do whatever it takes; the DOING part will be easier than you could have imagined.

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Don't play the right/wrong game with your ego. Instead listen to your fear thoughts with understanding and empathy; point out to your ego that there's no boogie man under the bed and praise the grand benefits you'll have on your path toward BECOMING richer; convince your ego to support you in your new commitment to BEING richer.

Use the Power Pause, frequently, to help you visualize your new success and be grateful for that victory as though it had already happened.

Many of us con ourselves into believing we're free souls, when in truth, we are each a slave to some self-limiting ideas. We are a slave to our individualized BSG. Our ego has us stuck in a reality we created from which we believe there's no way out. But the impression that our situation is hopeless is just part of the illusion your ego dutifully maintains.

The way out of your reality concept box is to simply choose out. Take that first step! Choose to no longer be poor and then choose to BE rich – actually commit to BEING rich. Once committed, you'll find your way past the BSG resistance that will just naturally pop up soon after you've chosen.

Begin the transformation process by allowing yourself to see yourself as an individualization of God. You really DO have the power to manifest any reality you can dream up and the process is simple; just create the vision of living your life prosperously; know that once you believe in that result and actually choose it, it must manifest; it's the LAW and you really are that powerful.

Your manifesting powers grow exponentially, according to how much confidence you have in your God power (BEING Power). A

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great many of us believe in an indwelling God, but for most, that belief will be only at the intellectual level, not as experiential knowing. Experiential knowing makes you a more powerful manifestor with each manifested result.

So no matter how big you dream, once you've decided on a final destination, I recommend that you set only believable short term or intermediate goals toward that end. Dream big, and take small baby steps toward your goal. With each baby step realized, you will be a step closer to your grand result and with each step you'll be expanding your belief in your manifesting powers.

The Power Pause is the perfect tool for increasing your belief in what's possible for you. With the Power Pause you can become an instant manifestor. Find the peace, visualize the outcome of a phone call or a meeting, say thank you to your God, and the desired result will manifest almost immediately.

Heather Simmons, one of my massage therapists said,

*The Power Pause a great tool for growing your confidence.*

*When I first graduated from massage school, I was nervous and unsure of myself. My clients definitely noticed my lack of confidence because not many were signing up as repeat customers.*

*To solve my confidence problem, I used the Power Pause prior to each session. I visualized myself giving an excellent massage, thanking God for my new confidence and a very satisfied client. As a result the quality of my massages improved because I was now sure of myself.*

*My clients noticed my confident attitude, and a lot more of my first-time customers signed up to become regulars.*

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90% of the process for growing your manifesting powers is through growing your consciousness (becoming more aware of your God power) while learning how to manage your ego's resistance to change. Once you've convinced your ego to accept your new BEING commitment as it's reality and you're practically home free for manifesting the desired results.

### *Paradoxes and Truths to Live By*

- ❖ *You've created your own reality by deciding what to believe*
- ❖ *Deciding what to believe gives you God-like powers*
- ❖ *BEING power gives you the power to create your own reality*
- ❖ *To create your new reality*
- ❖ *Just change your mind about what you will believe*

# Nine Ways to Be Richer, Healthier and Happier

## Chapter 17

### Your Relationship to Money Makes You Either Richer or Poorer



**The resources money supply from the Universe is limitless,  
It's your reality concept that limits how much of it you can have.**

Keep in mind that “RICH” defines the state of your consciousness, not the condition of your finances. If you've labeled yourself, poor, you'll repel the extra income you want, but once you've acquired a prosperity consciousness, you'll attract money like a magnet.

Other than the state of your consciousness, the two main ways you'll relate to money are in:

1. How you earn it
2. How you spend or invest it.

A wage earner earns money by trading hours for dollars. The entrepreneur sees money as an investment in further income. He expects the money to work for him.

**The rich see money as:**

- a measure of success
- a tool for investing in other income sources

**The not-yet-rich-in-consciousness see money as:**

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- something to spend when and if they have it

The thing to get is that **YOU** do have a relationship to money and that relationship is either making you richer or poorer. Notice that money did not choose that relationship; you did. You created your relationship to money by deciding how you would think, feel and act relative to money. And the Universe is, right now, as you read, delivering the green stuff in quantities that reflect the relationship you've chosen.

Money, of course, is just an inanimate object without the ability to relate to you one way or another. But you, on the other hand, have created your identity by deciding how you will relate to life, circumstances, ideas, people and things.

Money, will seem to have, somehow, taken on a life of its own, but it has no personality other than the one you've given it by choosing how you will relate to it.

Once you've formed an opinion about that green stuff and the people who always seem to have it in abundance, you've pretty much chosen how you will relate to money. Once you've decided how you will think and feel about money, you will have created your very own individualized reality concept about money.



**Early on in life, you decided who you would BE relative to money.**

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### **Your Relationship to Money Has You Attracting Money**



**or Repelling It**

From that moment of choice on, you will have attracted money or repelled it.

And having chosen your identity relative to money, the Universe, is now, responding to your reality concept, delivering \$\$ content to match your way of BEING relative to money.

Think about it! You, not money, chose that relationship and you are being made richer or poorer, automatically, according to that choice. Are you happy with what you chose?

There are a great many ways one might relate to money. For instance:

- As a wage earner
- As a spender
- As a miser-like saver
- As saver-investor, investing for residual income
- As a poor man or woman in need
- As a landlord receiving residual income
- As a rich man or woman living in luxury
- As a wealthy person who no longer needs to work for a living

If you truly want to be richer, you must, first, change your mind about who YOU will BE in your relationship to money. If you were thinking about money as a rich man does, you would be attracting money like a magnet. Of course, you'd first have to change your mind about whether or not having an abundance of money makes one evil.

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## *Affirmation*

*As an individualization of God my word is law today.*

*I speak my word for riches and manifest abundance.*



## **How you created your current relationship to money**

By the time you were six years old, your personality was pretty well set. By then, you will have made some pretty solid decisions about life. Some of those childhood conclusions will have created your current relationship to money. Those early decisions are now your stories about what you can always or never expect from life relative to money.

### **Many Conclusions**



**Already made**

For instance you may have concluded that:

- There'll never be enough money
- The cards are stacked against you
- Earning money is hard work
- All rich people are greedy
- Money is the root of all evil
- Wanting more than just barely enough is selfish

All of the above stories are BSG. But, true or false, once you've arrived at any point of view about money similar to the above, your viewpoint has become the story of your life and is now your chosen relationship to money. You've used your BEING power to create your own reality concept about money and now you're trapped with consequences that just naturally belong with that reality concept model.

Both your money problems and your way out of that situation will come from the realization that whatever you are manifesting is

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merely a reflection of whatever you've chosen to believe about money.

You've created that reality and only you can change it. If you are poorer than you want to be, the way to becoming richer must begin with, first, rejecting poverty as a way of life and then in committing yourself to a new way of BEING you as in how you relate to money.

By the age of six, you will have basically chosen your relationship to money, and now you're trapped in a reality created by a six-year-old! Yes, that's right; when you were a kid, you bought into someone else's victim story about money and now you're stuck with it.

### **How to change the way you relate to money**

To find your way out of that quagmire, you'll want to begin questioning all of your old stories and beliefs about money. How do you find those old beliefs to deal with them?

First say a loud "NO" to your lack circumstances. Choose out of poverty as your way of life and then choose to live prosperously and be much richer than you are now. Once you've chosen out of the old poor box, all the reasons you've used to justify your negative cash flow will show up as ego resistance.

That's when you listen to your ego's mind chatter and begin to deal with those old excuses.

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Some of your original reasons for choosing NOT to be rich will be hidden from you, because your ego knows your story wouldn't stand the test of logic. That's why it's been hidden from you. But don't worry about finding your story; once you've committed to

## Formula for BECOMING Rich

<b>Reject</b>	<b>Choose</b>		<b>Manifested</b>
<b>Poverty</b>	<b>+ to BE</b>	<b>=</b>	<b>Riches</b>
	<b>Rich</b>		

BEING rich those old stories will show up as your ego's attempt to get you back into the old poor box.

Remember: nothing in your life can or will change until you've, first, rejected the old way of being you. Start the transformation process by giving up your attachment to BEING who you are now in favor of who you'd BE if you were already attracting riches in abundance.

Change your mind about who you will BE in your relationship to money; commit to that way of BEING and once committed, you can expect to begin manifesting the desired result.

In my earlier prosperity workshops, I often asked participants why they thought poor people are poor and what, if anything, they thought we could do to help them solve their money problems.

After listening to their suggestions on how the so called poor people could increase their income, I'd respond with,

*“Then I must assume that most of you signed up for this workshop, believing that your money problems would be solved if you just had more income”. You came here today, wanting me to show you how to increase your income, right?*

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Almost everyone in the room said “YES” or nodded in the affirmative.

This might be a good time to stop and ask yourself this question: *“Do I believe my money problems would be solved if I had more income?”*

### Spender's Law

**Expenses = Income**  
**Always**

If you answered, “Yes”, you may be surprised to learn that more income probably wouldn't solve your money problems – at least not for long. That's because your negative cash flow is the effect, not the real cause of your money problems!

In those early prosperity workshops, to prove my point, I'd invite three volunteers, each with a very different income, to come forward and share his or her financial circumstances with us.

After the three volunteers interacted and compared notes, the two with the medium and lesser incomes each were of the opinion that his or her money problems would be totally solved with the next greater income.



Then I'd ask the two with the lesser incomes why they thought the one who already had the next level of income wasn't all that happy with it. Why wasn't his or her income sufficient? Why didn't that greater income solve his or her money problems?

What I wanted them to see from sharing and comparing notes was that insufficient income was not their real problem. With all

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three – in fact for anyone with cash flow problems – **the real problem was in who they'd chosen to be in their relationship to money. Who they were BEING relative to money had them spending more than they made.**

As big time spenders, they were each trapped by the **Spenders' Law of Money** which says *"Your expenses must always rise to meet the level of your income, until you rebel against poverty and take charge of your spending habits."*

My three volunteers and most of the workshop participants were trapped, not by their circumstances, but by how each had chosen to think, act and feel about money. For most of them, money was just something to spend, when and if they had it.

If you intend to solve your money problems, you must, first, allow yourself to see that the real problem is in who you've chosen to BE as you relate to money.

Once you accept that premise you'll see that the only real solution for your money problems would be for you to reject poverty as a way of life and then to change your mind about who you will BE relative to money – First, step out of that box and choose to be rich. **Believe me! If you have money problems, a new BEING commitment is the only solution.**

### **If spending money makes you feel rich**

If you habitually spend more than you make, you are, more than likely, trapped in the reality of maxed out credit cards and insufficient income.

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If that's you, your insufficient income is not what's keeping you poor; it is your addiction to spending. Your relationship to money has you programmed to spend it faster than you make it.

As long as you are trapped by the Spender's Law of Money, you will never, ever, have sufficient income to support your spending habits. Your salvation is to rewrite the mental programming that runs your life relative to money. Your real problem with money is in how you've conditioned yourself to think and feel about YOURSELF relative money.

### How did you become the big spender?

My guess is that at some point in your life, early on, you felt rich whenever you had the money to buy something you wanted, and you felt poor when what you wanted was denied for some reason.

And since being able to buy what you wanted made you feel rich, you just naturally came to the conclusion that "rich" is about having money to buy whatever you want whenever you want it. There's nothing wrong with that conclusion, but in order for it to work, your income must always exceed your spending.

Can you see how your focus on the spending is keeping you poor in your relationship to money? Once you were hooked on spending, you discovered that credit cards would allow you to spend it even before you've earned it.

***"I've Had Enough"***



**No More Poverty!!**

If credit card debt sounds like the story of your life, allow yourself to see that you've created a relationship to money that is destined to keep you poor until you're truly fed up with your lack circumstances. Isn't it time you rebelled and chose a different way to relate to money?

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Maybe it's time you created a new reality in which you see your out-of-control credit card spending as the path to poverty, and saving to invest as the path to riches. Prosperity begins with a positive cash flow that can only manifest after you've totally committed to spend less than you earn.

But budgets are DOING solutions that can be successful only after you've truly committed to BEING richer than you are now.

The problems we have with credit card spending will show up each month when we don't have the money to pay the piper when payment is due. When this happens, you'll feel poor and as you learned earlier, feeling poor is counterproductive in your desire to BE richer.

If you'll stop to think about it, feeling poor in spirit, means you ARE POOR. And when you are "feeling poor" you'll attract even more poverty type circumstances and situations, which must continue until you've had enough and rebel.

### **Not without a new BEING commitment**

At some point in time, to solve your money problems, you may decide to take charge and control your spending with a budget. Good idea, but... forcing yourself to budget your spending is a DOING solution for a problem that can only be solved with a new BEING commitment.

Your real problem with money is not so much in what you're doing with it, as it is in who you've chosen to BE with money – as in how you've chosen to relate to it.

The money you have or don't have in your life is there because it belongs with you or it's missing because having it in abundance

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doesn't belong in the reality of WHO you've chosen to BE relative to money. Accept that you are poorer than you want to be simply because "not rich" was and is your BEING choice. Once you realize that, you can choose to BE richer.

As soon as you can accept that what you have in your life is a manifestation of your current BEING choice, you'll realize that you can solve your money problems by simply creating a new reality with a new BEING commitment.

The BEING solution for your money problems is, simply, to choose to BE richer than you are now. Becoming richer really is that simple! And, once you've chosen to BE rich, you'll just naturally, start spending less than you earn.

Once you've chosen to BE rich, you'll DO naturally whatever comes with that BEING choice; you'll look for ways to have what you want and still save money. When you've accumulated some money, you'll feel rich and just naturally attract even more income.

In contrast, most people with money problems habitually spend more than they make and feel poor as soon as the money's gone each pay period. In another chapter, you learned that **"feeling poor" is a magnet for attracting poverty and "feeling rich" attracts riches.**

You'd be among the majority if you thought the rich are rich simply because they have money and the poor are poor, only because they never seem to have enough of it.

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The idea that having money makes you rich has inspired a great many of us to buy lottery tickets week after week. We do that, assuming we'll BE rich if we win. But that's simply not so!

In terms of the laws of cause and effect, nothing could be farther from the truth. Lottery winners do not fit the true definition of rich. Most winners are just poor people who got lucky and are temporarily able to feed a feel rich spending appetite.

In an extended study of lottery winners, researchers revealed that the average lottery winner ends up broke in two years or less. But now they have a taste for champagne and a beer pocket book.

Most who buy lottery tickets weekly have defined "rich" as having lots of money to spend; so if they win, they get to feel rich for as long as the money lasts. They buy that ticket each week, believing that rich is about spending the money. When they won, they just naturally went on a buying spree; spending money like it was burning a hole in their pocket.

To uncover your hidden barriers to becoming richer just choose to BE RICHER. Once you've chosen, pay close attention to what your ego has to say about why you couldn't or shouldn't want to BE richer.



When your ego's mind-chatter doesn't make much sense, ask it, "Is that really true? Do you really believe that?" Then sell your ego on the benefits of living a richer life. Changing your relationship to money is a slow BEING and BECOMING process. Keep in mind that your transformation is a gradually process for replacing your old BSG with ideas that make you feel prosperous.

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### *Paradoxes and Truths to Live By*

- ❖ *You've chosen a rich or poor relationship to money*
- ❖ *That relationship, now, has you attracting money or repelling it*
- ❖ *To have more of that green stuff*
- ❖ *You must change how you relate to money*

# Nine Ways to Be Richer, Healthier and Happier

## Chapter 18

### Change Your Relationship to Money And Be Richer



#### Just Change Your Relationship to Money

The cartoon character on the left, above, needs more money to cover all those expenses, but with his (hours for \$s) relationship to money he'd have to give up some of his free time in order to earn more money. He's not too pleased with the idea of losing his leisure time.

In fact, he's just not willing to work more hours so he's stuck with what he sees as his inadequate income. To solve his money problems, he can only hope that he wins the lottery or his boss gives him a raise. The truth is that neither of these solutions would solve his problem for long, because he's hooked on the spending and will always tend to spend more than he makes.

The character on the right has saved and invested part of his income in commercial income property. Now, most of his income comes from rental checks. He works, but he no longer has to trade his hours for dollars to earn a living. He works when he feels like it and only then, because he truly enjoys what he's doing.

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Which of the two characters are you, the investor or the big time spender?

To get real value out of the above illustration, you might want to let yourself see that how each of these characters earns a living is merely the result of WHO he's chosen to be in his relationship to money. Keep in mind that the one on the right chose to BE rich; the other chose NOT to BE.

Please don't assume that you can solve your money problems just by doing something different. Before the big spender can DO any investing, he or she must, first, choose to BECOME rich as a saver/investor. The DOING is what comes naturally AFTER you've made your new BEING commitment.



Thach Nguyen

Thach Nguyen, top producer for John Scott Real Estate in Seattle, was one of 14 participants in a "Double Your Income" BEING Workshop we conducted some time ago. In one of my coaching sessions with Thach, he said,

*"I've just realized I'll have to become an investor in order to double my income."*

In other words, Thach was saying, I can't double my income by working harder, so the only way that can happen is if I change my identity from that of a commission oriented real estate salesman to that of an investor. And that's what he did. In that BEING Workshop, Thach became an investor and easily doubled his income in just eight weeks.

Whether you are rich or poor depends on WHOM you've chosen to BE in your relationship to money. How do you think and feel

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when you're earning, spending or paying bills? Answer that question for yourself and you'll know who you've chosen to BE in your relationship to money. A major factor in how you relate to money will hinge on whether or not you've chosen to be rich.

Choosing to BE rich or choosing NOT to be is like planting a seed in Universal consciousness that must bear a fruit that corresponds with the nature of the seed planted. Allow yourself to see that your chosen relationship to money is now making you richer or poorer, automatically.

If your earlier choice was to NOT be rich, your ego will be busy, right now, defending your reasons for choosing not to be rich.

### **Why would someone choose to NOT be rich?**

Back when you were not wise enough to make your own decisions, you listened to an adult complain about rich people. You were too young, then, to understand the consequences, but you listened and came to some serious life-altering conclusions about money back then. As a six year old you established a relationship to money that has become the pattern for the rest of your life.

In your quest for learning how the world works, you came to some pretty solid conclusions about life. Those early reality concepts are the stories you made up about the way life always is or isn't. Your current relationship to money is the result of those "how life always is" stories and your current money problems are the natural effect of that six year olds conclusion.

Think about it! With that kid's story running your life, you'll manifest the same dismal money problems over and over again.

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It'll keep happening the same way until you can rewrite that old story with a new conclusion.

Imagine that! A six-year olds idea about the way life is or isn't, now runs your life, keeping you poor! Maybe it's time you rebelled against some of those old stories and chose a new richer way of living your life and relating to money.

**Here are four ways you relate to money:**

- 1. You've either chosen to BE rich or you've chosen NOT to be rich**
  - a. All of the other ways you'll relate to money will be based on that choice
- 2. Your earning strategy**
  - a. You work for money (a job)
  - b. Your money works for you
  - c. Or both; you have a job and also a source of residual income
- 3. As your spending strategy**
  - a. You spend money as fast or faster than you make it
  - b. You spend wisely and invest the rest
- 4. As your story: these are the many silly ideas you've chosen to believe about money**
  - a. There'll never be enough money
  - b. The cards are stacked against you
  - c. You must work harder if you want more money
  - d. It takes money to make money
  - e. You can't make lots of money and be spiritual
  - f. Rich people are greedy
  - g. Money is the root of all evil
  - h. It's selfish to want more than just barely enough
  - i. The rich are snobs – not nice people
  - j. Those who have money are controlled by it

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- k. Poverty is next to Godliness
- l. If you have money, someone will take it from you
- m. Rich people are never happy

Add your own stories about money and the people who have it to this list.

- n. .
- o. .
- p.

To solve your money problems, you must begin with a clear understanding that there is no DOING solution that can or will solve your money problems, at least not until you've changed your mind about how you will relate to money and totally commit to that BEING change.

This is so, because what you DO must always agree with WHO you've chosen to BE relative to money. The only solution for your money problems will BE a new YOU, changing how you choose to relate to money. To solve your money problems you may, first, want to choose to be much richer.

**Say "NO" to poverty:** The first step in changing your relationship to money is for you to rebel against living your life under lack circumstances.

Until you are ready to rebel against your being poorer than you want to be, can you choose to BE rich, and only after you've chosen, can any of your other ways of relating to money change.



### *Affirmation*

*As an individualization of God my word is law.  
Today, I speak my word for abundant living  
And I manifest wealth naturally.*

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- ❖ If you truly intend to change your relationship to money, there's no better time to make that "I will BE richer" commitment than right now – before you read on!

Once you've chosen to be rich, your ego will react to your new BEING choice by bringing to the surface all your original reasons you had for choosing NOT TO BE RICH.

Your ego's mind chatter will help you remember the excuses you've been using to explain why you, first, chose NOT to BE rich. And once one of your old stories shows up to block your success, you can refute it as BSG (Belief System Garbage).



- ❖ **Your earning strategy:** The second way you'll want to change your relationship to money is to create a positive cash flow. The two ways that can happen is to:
  - Increase your income and
  - Budget and cut your expenses

### **A strategy for increasing your earnings where you work:**

If you have a job you are trading hours for dollars.

If you'd like to increase your income where you work, here's a suggestion: **you might want to consider trading service instead of hours for your wages.**

Here's the plan: Tell your boss you intend to be worth more to the company in the future. Explain that you're not asking for a raise at this time, but that you will be back to see him or her when you've

## Nine Ways to Be Richer, Healthier and Happier

proved to be worth more; right now you're just announcing that you intend to become a more valuable employee.

The truth is, you'll be worth more to your company the minute you stop thinking like the average employee who toils under the unwritten agreement to work just hard enough to keep from being fired. And when you're worth more perhaps your boss will stop thinking like the average employer who's unwritten rule is to pay employees just enough to keep them from quitting. But when you're worth more, guess what?

When you begin to think about it, I'm sure you'll be amazed at the many ways you could be worth more to your company, by working smarter, not harder. Try it! I think you'll find that being worth more to your company will not be that difficult.

And being more worthy of a raise in pay has some amazing side benefits attached. As you grow more worthy to your company, your self-worth will grow, and the quality of your life will improve automatically.

Once you've become worth more and proven it to your boss, you may or may not get that raise. If not, I'm sure you'll find a company that will pay you what you're worth. Either way this exercise is guaranteed to increase your self-worth and make you feel better about yourself.

You'll find, when your income exceeds your expenses, you'll be looking for ways to invest the surplus for additional residual income.

## Nine Ways to Be Richer, Healthier and Happier

- ❖ **Your Spending Strategy:** Budget your expenses. Once you've chosen to BE rich, you'll find ways to have what you want for less money. You'll see, once you begin putting all your expenses down on paper that you can easily do without a great many of the things you've been wasting your money on.

### Attract Money



### Like a Magnet

At first glance, what you save may seem only a pittance, not worthy of your efforts, but that thought is your ego attempting to talk you back into the old spender's box. The major benefit in taking charge of your spending will be that your cash flow has turned positive, and that should have you feeling rich.

### \$\$ Previous Investment



### Residual income \$\$\$

Remember Ike Ogut's story in Chapter 1, where he struggled with a negative cash flow for five years before he could begin his journey toward riches? His fortune turned for the better only after he said "NO" to poverty and chose a positive cash flow as his #1 goal. Once he acquired that feel rich feeling that comes from earning more than you spend, his income began an increase that never stopped growing.

You'll feel rich once your cash flow turns positive, and it's that feel rich feeling that makes you a magnet for attracting even more income.

- ❖ **An exercise for dealing with your stories**

Unless your parents were rich, you probably came to some conclusions about rich people as a kid, that would be keeping you

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poorer than you'd like – ideas like, life is hard, or that there will never be enough money.

Now, those childhood conclusions are a major part of your reality concept about money. And, for the rest of your life, or for as long as those stories continue as a part of your Belief System Garbage, you'll never be blessed with the prosperous living you really want from life.

If one or both of your parents had jobs, you will have probably concluded that the only way to earn money is to trade hours for dollars. And for as long as you have a trading-hours-for-dollars earning strategy, the only way you'd make more money would be to give up some of your leisure hours and work more or longer hours.

With working by the hour as your earning strategy, the idea of effortless income and easy living will be way outside the box for you and hard to accept. The idea of living prosperously on rental income would seem foreign to you.

To get some idea about how much your ego would be threatened by the idea of living carefree on residual income, create a vision of living prosperously and then actually commit to BE wealthy. You'll find your ego is seriously threatened by your new commitment.

Once you've chosen, pay close attention to the self-talk; what you're hearing is your ego's reaction to that new BEING commitment. Listen to the mind chatter and you'll learn all the reasons why your ego doesn't want you wealthy. Those reasons will be the stories you made up as a child while you were in the process of deciding to NOT be rich.

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Don't be upset with your ego's fears. Don't fight with your ego over the resistance. Instead, listen to those fears and reassure your ego that being wealthy will have many great benefits. You'll want to accept that it's your job to persuade your ego to accept being wealthy as your new way of life.

Your ego's reaction to your new BEING commitment will show up as your old stories in the form of mind chatter. Think about it! Until you rebel and choose out of that box, you will be trapped in a reality of negative income by a six-year-olds idea about how money is earned.

With that ego trap in mind, see if you can reject your poverty consciousness thinking and create yourself a new and richer way of relating to money.

To begin to change how you relate to money, question the stories you've been telling yourself about money and those who have it in abundance. Choose to be rich and then listen to your ego's mind chatter. With each BS story ask yourself where you first heard that. Who told you that? Is that really true?

What you know for sure about each story is that someone told you what they believed about money and rich people and you, naively, bought into their prejudiced opinion; you've since made their prejudice yours. That story is now a major part of your chosen relationship to money.

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## An exercise for replacing your childhood conclusions about money

Many of your old beliefs about money are hidden from view, because they're not rational. Once examined, most of them would not stand the test of logic, (That's why they're hidden). Your relationship to money will change once you've replaced your old BSG with a new way of thinking and feeling about money. When you choose to be healthier, happier and/ or richer, your ego will attempt to use an old hidden story to block your new BEING choice. That's when you'll want to replace it with a new truth for you.

**Belief System**



When you've replaced an erroneous conclusion with a wiser way of looking at money, you will have changed your mind about how you'll think, feel, and act around money. You will have created your new relationship to money.

As you change your belief in what's possible for you, you'll choose better doing solutions and you'll manifest a more prosperous life style for yourself. All it takes to manifest more from life is a new BEING choice and a willingness to patiently work your ego through that transformation process.

### Replace your story with the truth

Your Story - (BSG)	Your New Conclusion
There'll never be enough money	There will always be more than enough
Becoming rich is hard work	Rich is a new BEING choice manifesting
Poverty is next to Godliness	God wants us all to be rich

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Becoming rich is not spiritual	To be richer, you must step out of the box and grow spiritually
Add your ego's favorite stories	Replace it with a new truth for you

Kathleen Daniels wrote:

*Right now it's not that I feel rich in my relationship to money ... what's transformed is that I no longer feel poor, lacking riches, and unworthy of it.*

*I no longer resist a bill paying session. I no longer have anxiety attacks when I prepare to pay my bills. I no longer think gloom and doom and visualize myself living under a bridge.*

*I tell myself I live a rich and abundant life and that everything I will ever need and want is mine for the asking, allowing and receiving. I am willing to BE the rich person and it feels good. A huge shift has taken place in this relating to money process ...*

*I am grateful for my new understanding and awareness of how the BS and child within has been in control. I love wearing my "big girl" pants and being in control of my big girl life. Thank You.*

Everyone wants to be richer in some way and that change is not going to happen for those who are not ready to create a new and

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more prosperous relationship to money. All of the above exercises will help you through that transformation.

Just make up your mind to frequently remind yourself that you are manifesting abundance or lack thereof as a result of who you've chosen to BE relative to money.

### *Paradoxes and Truths to Live By*

- ❖ *How You Relate To Money:*
  - *As your choice whether to be rich or poor*
  - *As your earning strategy*
  - *As your spending strategy*
  - *Your beliefs about money and those who have it*
- ❖ *Your Relationship To Money Is Making You Rich*
- ❖ *Or keeping You Poor*

## Chapter 19



### **You now have the keys to the kingdom**

I've just given you nine simple out-of-the-box exercises designed to transform the quality of your life and grow your consciousness. To have the life changes you want, you must be transformed by the renewing of your mind. The process is simple: change your mind about who you are and the Universe will automatically deliver a whole new set of healthier, happier, richer circumstances into your life – brand new content to match the reality of the new you.

Metaphorically speaking, I've just given you the keys to the kingdom in the chapters of this book. I've shown you how you can have whatever you want from life just by changing the pattern of your thinking.

How will you benefit from what you've learned? My guess is that you'll pick one of the nine ways to be richer, do the exercises and end up transformed. The quality of your life will change in some way and you'll think you've found Shangri La.

In truth, you will have only taken only one small step up in consciousness on your long-term path toward real self discovery. You will have gotten out of your old box and into a brighter, shinier, bigger box, but you'll still be boxed in – again. It won't seem so at first, because you'll be enjoying your new-found

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riches. But once you get comfortable in your newly created reality, you'll begin to coast and there's a problem with coasting. It's always a downhill run that usually ends in a crash at the bottom of the hill.

The average person is transformed while substantially improving the quality of their lives every 3 to 4 years. The creative process is Create, Persist, Destroy, but that order in the transformation process assumes that you are already out of the box and truly ready for the quality of life change you want. But that's seldom the case. Most people will spend about 2 years in the destroy process before they're ready to move on.

In most cases, destroy is a painfully long drawn out game of playing right wrong with each other before one party or the other can work up the courage to choose out of the relationship without feeling guilty. Two years of bickering! What a waste of the best years of your life.

In the first chapter of this book you learned an easier way to choose out of a non-functioning relationship. It's called detaching. You'll want to use the detachment process for choosing out of your box.

The thing to get about transformation is that it's not the grand and glorious, once in a life time, born again event most people think it is. Instead, being transformed is an ongoing, never-ending project. God individuated Himself in you and set you free on a life time journey of self discovery, and that's your true purpose in life – that you grow your consciousness while improving the quality of your life. Each out-of-the-box adventure will take you one step closer to your God self awareness.

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So, are you ready to begin your out-of-the-box tour of Real Self discovery? If so, you'll want to read, my book, *To God, or AS GOD*, because 95% of the transformation process is in convincing your change-resistant ego to go along for the ride. Almost half of that book is devoted to showing you how to deal with your ego's many tricks for keeping you boxed into the status quo.

You have the power to create any new reality you can dream up and have it manifest, as if by magic. You have the power to take a quantum leap out of poverty and into riches, just by choosing it, and you'll learn that the Universe must deliver on that BEING choice.

Unfortunately, if your ego is in charge, you have amnesia. You've forgotten you have that power.

What you'll learn in Part I of "To God" will help you understand what the power of God in you looks like and how it works. You'll learn there's no limit to your manifesting powers, other than those foolish constraints you've placed on yourself.

"To God" sort of lays the foundation, sets the stage for "The Nine Ways" book you've been reading. So, I suggest you read, "To God" and then come back and read this book again. The two books, combined, will take you a long way down the path to manifesting results AS GOD in your own life.

Reading the first nine chapters of "To God" will awaken that sleeping giant within you and start you on your way to manifesting your dream reality.

### **Chapters 1 through 9 of To God**

#### **1. The Quantum Leap**

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2. TO God or AS God
3. How Prayers Get Answered
4. The Will of God—God’s Plan For You
5. A Winner’s Attitude
6. What’s Stopping You?
7. Trapped In Your Act
8. Knowing Your Why
9. The Baby Step

Once you’ve learned how to be a god in your own life, you’re ready to make your new BEING commitment. But you’ll want to put your enthusiasm on hold until you’ve read Parts II and III on ego’s traps and how to deal with them.

In Part II you’ll learn more about why your ego is ready to sabotage your desired change. You’ll learn why any previous attempts to succeed may have failed, and in Part III you’ll learn how to deal with your ego’s built in resistance to change.

One half of my book, To God or AS GOD is devoted to learning how to understand your ego so you can deal with its many tricks for keeping you boxed into the status quo. The following is a description of Part II of that book – your ego’s many traps.



### Your ego’s resistance to change

Your ego’s main job in life is the survival of it’s being whoever it perceives itself to be. Its identity is based totally in your current reality concept. Ego perceives its job to be the maintenance or

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survival of the status quo. Once you've become serious about improving your circumstances, your ego will see that proposed change as a threat to its survival.

### **Your ego will have two basic survival tactics**

1. It will try to prevent your choosing out of your box, (the current reality)
2. and once you've chosen out, your ego will be trying to get you back into your old way of being.

To deal effectively with this ego resistance, you must learn to understand why it resists change and not be surprised when it tries to sabotage your attempt. And once you've wised up to ego's tricks, you'll need a whole arsenal of powerful tools for dealing with its attempts to block your success. You'll find those tools in Part III.

Part II will alert you to ego's many traps, so you can recognize an ego trap once you've fallen into it. You'll find a chapter devoted to each ego trick and you'll learn the tool or tools recommended for dealing with that ego maneuver.

Chapter's 10 through 17--Ego's tricks for keeping you trapped in your current reality—

- 10 The Pipe Dream Reality
- 11 You Have Amnesia
- 12 There's No Way Out
- 13 Don't Know How?
- 14 Mind Chatter
- 15 Overwhelmed?
- 16 Procrastination
- 17 Ego's Con Job

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Once you've chosen out of the old box with a new BEING commitment, your ego will be using a different tactic. Before you chose, it was trying to convince you there was no way out, but now that you're out, the game will have changed. Your ego will be trying to trick you back into the old box.

At this point, you will have made your commitment to a new way of BEING you, but your ego has not yet bought into your new reality. Ego's new strategy will be clever devices intended to get you back into the old way of being. This tactic works, only when you've fallen into the trap of seeing yourself as your ego.

### **Ego's traps for getting you back into your box once you've chosen out**

- Amnesia—you'll forget you have the power to choose
- Self-doubt
- Mind chatter
- Overwhelm
- Procrastination
- An ego con job—your success is not good enough—you couldn't do it again
- Forgetting to show up for your Powerpact meetings
- Having you forget to use the tools
- Hibernating, in a funk, but hiding out—ashamed to ask for help

In part III of *To God or AS GOD*, you'll learn the secrets for dealing with and overcoming your ego's attempts at sabotage.

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## Part III Dealing With Ego ...The Tools

### Tools for staying out of ego's traps



#### **My friend, the devil**

The name of my first book, *'So, Why Aren't You Rich?—before I chickened out on that title—was, 'My Friend, the Devil'. I don't know if you've realized it or not, but Christ was talking to his ego when he said, "Get thee behind me satan."*

One of the tools for taking charge of your life is to acquire the habit of talking to your ego. Notice, you can't talk to your ego and be your ego at the same time. In that moment of being objective, you've just put the Real You in charge.

If you're average, your ego will be in charge of your thoughts at least 98% of the time, and spirit, maybe 2%, if that much. To take charge of your life, you'll want to substantially change those odds. You'll want to put your True Self in charge, and then begin the process of retraining your ego.

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## Is your ego jerking you around?

I like to think training your ego is a little like training your dog. So, whenever your dog decides to take charge of the walk, just gently jerk on the leash and your dog will get the message—you are taking charge of the walk. This tactic works with your ego, as well.

You may want to begin by taking a, who's-in-charge inventory. Here are some questions you might want to consider asking yourself:

- *What percent of the time is my ego in charge of my life?*
- *Has that percentage improved recently?*
- *Am I willing to let my ego keep jerking me around?*
- *Or am I ready to take charge?*

If you're ready to take charge and become the Master of Your Life, you might want to take on the following three intentions:

1. To grow your consciousness by demonstrating your manifesting powers, daily. With each manifested result, you'll become more and more consciously aware of your True Identity
2. To take back the controls--every day increasing the percentage of time the Real You, not your ego, is in charge of your life
3. To be the master in dealing with your ego's manipulative tricks for getting you back into the box



Make up your mind that your ego will be your servant, not your master. In taking charge, you'll become the master of your life. The following are the tools you'll be given in Part III, for dealing with your ego's antics.

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## Chapters 18 through 24 - Tools for Dealing With Ego

18. Uncovering Your Act
19. You Are Not Your ego
20. Name Your Ego
21. The Power Pause
22. The Powerpact
23. Your Money Barriers
24. You'll Need A Coach

Your most powerful tools for dealing with your ego's resistance to change are:

1. Your Powerpact support group
2. The Power Pause

Changing who you are being will require a change in the pattern of your thinking. Until now, your ego has been in charge of your thinking 24/7. Your job will be to gradually change the pattern of your thoughts increasing the frequency of having the Real You in charge of your thinking.

Remember always that a transformation is only one tiny step on the path toward Real Self discovery. And considering your ego's many tricks for getting you, once again, boxed into the status quo, I would highly recommend that you hire yourself a Life Coach and set yourself up in a Powerpact support group. You'll need both to keep you out of ego's amnesia box.

## Suggestions for moment to moment dealing with ego antics

- Choose to live in the now
- Give your ego a name
- Talk to your ego
- Talk to your Powerpact partners

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Of course, your transformation begins in that moment when you make up your mind to step forward and take over the controls.

The rest of the To God book would be worth your reading as well.  
Why?

## Part IV Mastering Your Life



### Your Life With Spirit In Charge

As the true master of your life, you will be:

- Easily maintaining a stress-less winner's attitude at all times.
- A magnet for attracting whoever and whatever you wanted in life.
- Creating and manifesting new realities at will, but your true mission will be to make a difference in the lives of others.
- Easily dealing with any ego resistance.
- Living in the joy.
- Totally present to life, living in the now.

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- Healthy, wealthy and happy in loving relationships.
- Having more than enough free time to enjoy your life, your family and your money.
- Practicing unconditional love in all relationships.
- Super self confident. Your consciousness and your self-worth will have grown beyond the need to prove anything to yourself or anyone else.
- Not attached to any of your material manifestations.

Are you ready to take charge?

Becoming a true master of your life can only begin for you after you've made a solid and total commitment to BEING the one in charge of your life. And since you are an individualization of God, this means you will become a master at dealing with life AS a god in all aspects of your life.

Once you've begun to understand the true nature of God, and have become powerful, a god in your own life, you'll be practicing the presence in all areas of your life.

The power of God in you is passive power, the power to choose who you will BE, not the power to make things happen. In practicing at BEING God, you will practice ways of BEING that make you a powerful magnet for attracting success in all ways, including health, wealth and relationships.

The following list will give you some idea about what you will be practicing on your way toward becoming the master.

### **In mastering your life you will:**

- Have acquired a winner's attitude by making failure your friend.

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- Be growing your confidence, your self-worth and your consciousness, exercising your manifesting powers by making frequent out-of-the-box BEING choices.
- Be more and more certain that when you make a committed BEING choice, it must always manifest.
- Easily detach from the status quo before making a new BEING choice.
- Become a master at dealing with ego's fear-based survival traps.
- Practice unconditional love in all your relationships.
- Apply unconditional love to the art of listening to your significant other, your kids and prospects/customers.
- BE present for whatever is happening, living in the now.
- Be going for the joy, living in the joy.

If you are truly ready to take over the controls and become Master of Your Life, you might want to write the following commitments on a 4x6 card and repeat daily, until you've memorized and solidified your intention.

### **I hereby commit to:**

1. Growing my consciousness through daily demonstrations of my manifesting powers, becoming more and more consciously aware of my True Identity with each manifested result.
2. Becoming a true master in the art of dealing with my ego's manipulative tricks for getting me back into the old box.
3. Practicing BEING present in the moment as the observer, taking charge, more every day, ever-increasing the percentage of time the Real Me, not my ego, is in charge of my life.

Signed, \_\_\_\_\_

Date \_\_\_\_\_

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And, now, that you're committed, how does that feel? Are you already feeling more powerful, more in charge?

### Mastering Your Life Skills

1. Acquiring the winning attitude by making it okay to fail.
2. As you grow in consciousness, you'll be renegotiating agreements with others.
3. Keeping a positive evidence journal.
4. Living in the Now with your NOW clock on your desk.
5. Getting out of your act—uncovering your hidden fear—so you can be real.
6. Creating the space of unconditional love in all situations.

### Part IV - Chapters 25 through 33

25. Practicing The Presence
26. Unloading The Camel
27. The Lighthouse Exercise
28. Once You're Committed
29. Unconditional Love
30. The Art Of Listening
31. Living In The Now
32. Relationship Tools
33. Once You Get It

### **Fifteen millionaires helped create *To God or AS GOD***

The ideas for *To God or AS GOD* were first tested and proven in a workshop created especially for a group of fifteen participants who were already successful far beyond the average person's dreams. Each of the fifteen was a millionaire, intending to increase his or her income to a million dollars a month.

This elite group first came to us as referrals from Thach Nguyen. His testimony, along with our offer to show them how to double

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their incomes while working half the time, persuaded 15 participants to sign up for that workshop.

In making good on that offer, I custom designed the workshop assignments to their needs. Although I had been teaching prosperity workshops since 1952, it became necessary to grow my own consciousness in order to teach this special group of millionaires some new tricks.

During the eight weeks of the workshop, most of them doubled their incomes or more, as promised, and in addition, found ample free time to enjoy their life, their families and their money. "To God" is a compilation of that workshop material and assignments.

### **Using a power they already had**

You see, we didn't give those millionaires a power they didn't already have. We merely showed fifteen already successful people how to use their personal power to attract success as opposed to crunching it out to make it happen. Net result: each of them manifested far greater success, but without the usual stress.

All fifteen had a powerful spiritual awakening in the process.

Whether you are seeking more self-confidence, further success or a spiritual awakening, the lessons to be learned from reading "To God" will pleasantly surprise you. What will amaze you most is that success in any form, financial or otherwise, must be preceded by a spiritual awakening.

Success is always, first, a BEING choice and then a doing thing. So come along with me. Let's walk the spiritual path to success together. And I you will walk the path to glory.

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### The testimony of some of those millionaires

*I was able to manifest any end result I wanted. I went from earning \$750,000 per year to over \$1,000,000 per month. Thanks, Darel.*

**--Thach Nguyen**

*I am DOING less work and making more money than ever before.*

**--Chris Larmer**

*Thank you so much for all that you have done for me and my ego. The BEING CHOICE!!!!*

**--Eric Elegado**

*I've been part of the BEING Workshops for 8 years. ...life just keeps getting better and better for me. I have become someone I once only dreamed about.*

**--Deborah Ivanoff**

*I never imagined that I could 'Advance to Go' and collect my \$200 so easy. I can't wait for his next lesson.*

**--Greg Harrelson**

*... my net income has tripled, and my net worth has more than doubled. All of this has happened with far less stress in my life.*

**--Jackie Pasciak**

*I have experienced such growth in my business and investments that I have decided to retire in three years. (I am 37 now).*

**--James Tjoa**

*... we have earned more in 45 days than we did all of last year. What's truly great is that the income we earned last year is in the top 1% nationally.*

**--Joe DiRaffaele**

**--Shannan Fogle**

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*I have acquired a new sense of myself, embraced abundance consciousness, and feel in tune with life.*

**--Judy Banfield**

*A newer relationship evolved into a wonderful, loving, committed marriage because of the growth I experience while in BEING THE SOLUTION.*

**--Scott Friedman**

*I am now experiencing true fulfillment in every phase of my life and magnetically attracting things I thought mostly belonged to others.*

**--Scott B. Umstead**

*Worry used to consume me. Not anymore. I live my life in a free mode. I know I can do what I want to.*

**--Tamara Dean**

*I am forever grateful to you for showing me all the joy and light that was within me all along!!*

**--Tammie Johnson**

*You truly made a difference in my life. I thank GOD daily for putting you into my life. I wish everyone could learn these life changing principles.*

**--Venny Saucedo**



### **Affirmation**

*As an individualization of God*

*I can have anything I want from life.*

*Today, I choose to be master of my fate*

*Captain of my soul*