

The Tools: 5 Tools to help you find courage, creativity and willpower- and inspire you to live life in forward motion
By Phil Stutz & Barry Michels

Chapter 1: Revelation of a New Way

- He was absolutely confident that human beings possessed untapped forces that allowed them to solve their own problems. In fact, his view of problems was the opposite of what I'd been taught. He didn't see them as handicapping the patient; he saw them as **opportunities to enter this world of untapped potential.**
- My colleagues had been wrong. Giving Roberta something that provided immediate help didn't make her more demanding and immature, it inspired her to become an active, enthusiastic participant in her own therapy.
- A tool is much more than an "attitude adjustment". If changing your life were only a matter of adjusting your attitude, you wouldn't need this book. **Real change requires you to change your behaviour - not just your attitude.**
- A change in attitude won't stop you from screaming because attitudes can't control behaviour; they're not strong enough to. **To control behaviour you need a specific procedure to use at a specific time to combat a specific problem.** That's what a tool is.
- The point is that a tool - unlike an attitude adjustment- requires you to do something.
- An attitude adjustment consists of thoughts happening inside your head - even if you change it, you're working within the limitations you already have. The most profound value of a tool is that it takes you beyond what happens inside your head. It connects you to a world infinitely bigger than you are, a world of limitless forces.
- "My patients' experiences opened my eyes up to a completely new vision of human potential."
- ***Instead of seeing problems as an expression of a "condition" whose cause was the past, we needed to see them as a catalyst for developing forces that were already present, lying dormant inside us.***
- The tools delivered exactly what he said they would: a daily connection to life-changing higher forces.
- I felt that these forces came *through me*, not *from me* - They were a gift from somewhere else.
- The purpose of this book is to give you the same access. **These forces will revolutionize the way you look at your life and your problems. The problems won't scare or overwhelm you anymore. Instead of asking, "Is there anything I can do about this problem?" you'll learn to ask a very different question: "Which tool allows me to solve it?"**

- We've identified four fundamental problems that keep people from living the lives they want to live. **How much happiness and satisfaction you get out of life will depend on how well you can free yourself from those problems.** Each of the next four chapters addresses one of these. Each chapter also provides you with the tool that works most effectively on that problem.

- In order to succeed, you'll need to understand what stops you from using the tools - and you'll need a way to fight back.

- ***The health of our society depends on the efforts of each individual.***

Chapter 2: The Reversal of Desire

The higher force: The Force of Forward Motion

The Comfort Zone

- Avoiding pain wouldn't be a problem if we did it once or twice a year. But for most of us, it's a deeply ingrained habit.

- For most of us, the Comfort Zone isn't a physical place; it's a way of life that avoids anything that might be painful.

- **Try the following exercise (best done with your eyes closed):**

Pick something you hate doing. It could be traveling, meeting new people, family gatherings, etc. How do you organize your life so you can avoid doing it? Imagine the pattern is a place you hide in. That's your comfort zone. What does it feel like?

- Strange as it might seem, merely escaping pain isn't enough for us. We insist that the pain be replaced with pleasure.

- **We do this with an endless array of addictive activities:** Internet surfing, drugs and alcohol, pornography, the aptly named "comfort food". Even manic gambling and shopping are pleasures of a sort. All these behaviours are widespread - **we're an entire culture looking for its Comfort Zone.**

- ***"The more you hide in the warm bath, the less willing you become to deal with the cold shower of reality." (Pg 30)***

- Ask yourself what your warm bath activities are. The more frequent you indulge in them, the more likely it is that you're using them to create a Comfort Zone. Try the following exercise:

Feel yourself indulging in one or more of these behaviours. Imagine the pleasure you feel lifts you into a womb-like world. How does this world affect your sense of purpose?

- Whatever your comfort zone consists of, you pay a huge price for it. **Life provides endless possibilities, but along with them comes pain. If you can't tolerate pain, you can't be fully alive.**

- ***“The Comfort Zone is supposed to keep your life safe, but what it really does is keep your life small.” (Pg. 30)***

- The comfort zone makes us feel good in the moment. Who care what the future penalty will be? But the penalty does come, bringin with it the worst pain of all - the knowledge that you’ve wasted your life.

The Higher Force: Forward Motion

- A few rare individuals refuse to live limited lives. They drive through tremendous amounts of pain - from rejections and failures to shorter moments of embarrassment and anxiety. They also handle small, tedious pain required for personal discipline, forcing themselves to do things we all know we should do but don’t - like exercising, eating right, and staying organized.

- They have something that gives them the strength to endure pain - **a sense of purpose. What they do in the present, no matter how painful, has meaning in terms of what they want for the future.** The avoider only cares about immediate gratification; he takes no responsibility for his future.

- ***“A sense of purpose doesn’t come from thinking about it. It comes from taking action that moves you toward the future. The moment you do this, you activate a force more powerful than the desire to avoid pain. We call this the “Force of Forward Motion.” (Pg, 33)***

- This force drives children to develop the basic skills they need to grow up. Because it has the identical function in each child, it works as a universal presence they’re not aware of. Things are different in adults. **The central task of an adult is to find her purpose in the world.** This purpose is different for each person - finding it is an individual matter.

- ***“In forward motion, your life becomes like a radiant star, expanding outward. When you’re hiding in the Comfort Zone, life becomes a black hole, collapsing into itself.” (Pg. 35)***

- To harness a higher self, you have to become one with it. You do that by taking on the same form the force takes - making yourself into a mini version of it. No amount of thinking can do this for you; you need to change your state of being.

The Tool: The Reversal of Desire

- **To tap into this force, you need to move relentlessly forward in your own life - only then have you taken on its form.**

- Pick a situation you’re avoiding. More likely you’re avoiding some kind of emotional pain; a phone call you’re putting off, a project that seems overwhelming, or a task that’s simply tedious.

- The Tool:

See the pain appear in front of you as a cloud. Scream silently at the cloud, "BRING IT ON!" Feel an intense desire for the pain to move you into the cloud.

Scream silently, "I LOVE PAIN!" as you keep moving forward. Go so deeply into the pain you're at one with it.

You will feel the cloud spit you out and close behind you. Say inwardly with conviction, "PAIN SETS ME FREE!" As you leave the cloud, feel yourself propelled forward into the realm of pure light.

- You're taking a normal desire to avoid pain and reversing it into a desire to face it.

How the Reversal of Desire Masters Pain

- Pain is not absolute. **Your experience of pain changes relative to how you react to it.** When you move toward it, pain shrinks. When you move away from it, pain grows.

- This is why desire is a crucial part of this tool. It keeps you moving toward pain. You're not desiring pain because you're masochistic; you're desiring pain so you can shrink it.

When to Use the Reversal of Desire

- Just as important as learning a tool is knowing when to use it.

- For every tool, there's a set of easily recognizable moments that call for its use.

- **Use the tool immediately every time you recognize a cue.**

- **For the Reversal of Desire, the first cue is obvious- right before you're about to do something you want to avoid.**

- **The second cue isn't as obvious because it occurs in your thoughts. We all share the same bad habit. When we have to do something we find extremely unpleasant, we start thinking about it rather than doing it.**

- The only way your thoughts can help you master pain is if they trigger you to use the Reversal of Desire. **This is the second cue: each time you catch yourself thinking about the dreaded task, stop thinking and use the tool.**

- No matter how far away the action is, the force you need to move forward can be generated only in the present.

The Secret Benefit: Turning Pain into Power

- **"In general, human beings want to succeed in the outer world- build a successful business, say, or find a life partner. In contrast, the universe doesn't care about our external success; its goal is to develop our inner strength. We care about what we achieve on the outside; the universe is interested in who we are on the inside.**

- There's a hidden, inner strength that you cannot find unless you push yourself through adversity.

- Accepting bad things takes work.
- This is where the Reversal of Desire comes in. It bypasses your opinion about *what should be* and gives you an active way to accept *what is*.
- This differs a bit from using it to prepare for future pain. You use the tool the same way but the target pain is in the past (even if it's just a few minutes in the past). In effect, you're training yourself to *desire what's already happened anyway*.
- "The worship of outer success breeds selfish fixation on achieving your own goals. Inner greatness, on the other hand, develops only when life makes your goals impossible." (Pg. 52)**
- You are then faced with a personal, private struggle to reconcile your plans with what life has planned for you. You are forced to become selfless in the best sense
- to devote your life to something higher than yourself.

Fear and Courage

- The final thing Reversal of Desire can do for you may be the most important of all - it allows you to develop courage.
- **Courage is the ability to act in the face of fear.**
- That this seems impossible is because of the way we experience fear.
- Fear is almost always linked to an image you have of something terrible happening in the future.
- The more you fixate on this future image, the more paralyzed you become- unable to act until you are certain the event won't happen. But that kind of certainty is impossible.
- It's hard to admit this; our whole culture is based on the lie that it's possible to be certain about the future.
- To develop courage, you have to give up this illusion of future certainty.
- **The first step is to learn to experience fear without the mental image of the dreaded future event.** Focus all your awareness on how the fear feels right now, in the present.
- With practice, you'll realize it no longer matters what you're afraid of; every instance of fear can be dealt with the same way.
- If you're serious about living courageously, condition yourself to use the Reversal of Desire the moment you feel fear.
- Staying in the present isn't a state of mystical passivity; it's an *active* process that takes effort. The goal is to be comfortable enough with fear so that you can act.

Frequently Asked Questions

- For now, it'll help to understand a weird paradox about the tools: although they require energy at the outset, they *increase* energy in the long run.
- The tools train you to desire the *pain* you associate with a particular event – not

the event itself.

- ***“Pain is the universe’s way of demanding that you continue to learn.” (Pg. 58)***
- In practice, commitment requires an endless series of small painful actions.

Summary of The Reversal of Desire

- When you need to take an action you’ve been avoiding
- The tool lets you act in the face of pain and helps you get your life moving again.
- Pain avoidance is a powerful habit
- When you have to do something uncomfortable and you feel fear or resistance
- Whenever you think about doing something painful or difficult (is when you should use this tool)
- The higher force that drives all of life expresses itself in relentless forward motion. The only way to connect to this force is to be in forward motion yourself. But to do that, you must face pain and be able to move past it.

Chapter 3: Active Love

The Higher Force: Outflow

- The state of being trapped in hurt and anger that you can’t move on from is called “The Maze”. It’s called this because the deeper you get into it, the harder it is to escape.
- Try this exercise:

Close your eyes and visualize the other person provoking you. React to this intensely, as if it’s really happening. What are you thinking, and how does it make you feel? Not to yourself that this is a distinct state of mind.

- You may be justified in reacting the way you do – *but it doesn’t matter.*
- The maze doesn’t just damage your relationship to other people; it damages your relationship to life itself.
- *When you’re in the maze, life passes you by.*
- Most wrongs that people commit cause no lasting damage, if you were to let go of the initial hurt, you could go on with life immediately.
- **The most frustrating thing about the Maze is that even after someone can see what it’s cost them, they still find it impossible to escape.**

Fairness

- We’re trapped because of a universal human expectation that the world will treat us fairly.
- Most of the time you’re unaware of this expectation that people will treat you fairly. But it’s there, in the background – which means that, at any moment, you’re standing right outside the mouth of the Maze, primed and ready to be swallowed up.

The Higher Force: Outflow

- *Outflow is an infinite, spiritual force that gives itself without restraint*

- Tapping into outflow doesn't mean giving in or being passive in the face of wrongdoing. We're not counseling that you roll over and let people mistreat you. Outflow changes your *inner state*; in an outer state you're still free to respond however you want to.

The Tool: Active Love

- You can't perceive outflow (energy) until you're in a giving state yourself.
- When you give from the heart, you let yourself be carried by Outflow the same way a surfer does when he paddles forward to catch a wave.
- **The trick is putting yourself in that state whenever you choose, especially when you're so hurt or angry it feels impossible.**
- **You have to make a conscious effort to generate love when someone has just wronged you.**
- ***"Part of growing up spiritually is understanding that it takes work to be truly loving." (Pg. 80)***
- The tool is called "Active Love" exactly because it combines love and effort.
- You should use Active Love whenever someone incites, enrages, or otherwise provokes you to enter the Maze.
- **Process is on pg. 81**
- The first step is called **concentration**. You're gathering up all the love that surrounds you and concentrating it in your heart – which is the only organ that can find it and hold it.
- The second step is called **"transmission"**. In this step the heart functions as a conduit, transmitting love from the higher place into this world.
- **The real power of the tool is in the third step, which is called "penetration"**. When you *feel* the love you're transmitting enter the other person, there's a sense of total acceptance that comes only with the experience of oneness.
- **The beauty of the tool is that you need not know who you're angry at – you're using the tool for yourself.**
- **What matters is that you have a figure, real or imagined, to pour your love into.**
- Now that you know the tool, every time you feel wronged, you're presented with a choice. You can do nothing and fall back into the Maze where you're trapped in the past. Life will pass you by. Or you can use Active Love, unifying yourself with Outflow, and move on with your life.

How to Use Active Love

- The most obvious cue for Active Love comes when someone does something to you that makes you angry.
- The cue is anger: the moment you feel it, use Active Love and keep using it until you regain your perspective and move on.
- The second cue relates to a less-obvious kind of anger, which is just as frequent. This anger isn't caused by anything that happening in the present.
- **If you allow a memory to put you in the Maze, that's just as damaging as being put there by something that just happened.**
- **Active Love can be used as a way of preparing yourself to deal with difficult people.**
- You should use it when you think of these difficult people.

Frequently Asked Questions

- **The tools allow you to experience the infinite energy of higher forces.**
- **“As human beings we are given access to the infinite, but we have to work for it; it doesn’t come for free.” (Pg. 87)**
- For most people, Active Love creates a new model of confrontation.
- **“Psychology has trained us to think that we should communicate all of our feelings honestly because emotions represent “the truth” of a situation. This is a fallacy. Emotions represent only a slice of the truth.” (Pg. 89)**
- The more committed you are to this vulnerable state, the more power you’ll feel.

Other Uses

- **Nothing is more destructive for you and those around you than a temper you can’t control.**
- *Nothing is more frustrating than being angry at someone and feeling unable to express it.*
- **“Everyone in your life is imperfect, either because of something they’ve done in the past or something they can’t change in the present. Fixating on these things destroys relationships. You need a tool that allows you to accept people despite their flaws.” (Pg. 95)**

Summary of Active Love

- For when someone enrages you and you can’t get the person out of your head.
- You’re fighting against the childish belief that people will treat you “fairly”.
- Cues to use this tool are:
 - o The moment someone does something that angers you.
 - o When you find yourself reliving a personal injustice (recent or distant past)
 - o Use it to prepare yourself to confront a difficult person.
- In brief:
 - o Concentration
 - o Transmission
 - o Penetration
- The Higher Force: Active Love creates Outflow. **Outflow is the force that accepts everything as it is. This dissolves your sense of unfairness so you can give without reservations.**

Chapter 4: Inner Authority

The Higher Force: The Force of Self-Expression

- Everyone has moments where they freeze up.
- All of us have experienced some type of freezing. It’s common to think it happens in front of large groups, but frequently it can be one person who makes you freeze – say, your boss or mother-in-law
- *Audience* just means someone whose opinion of you is important at any given moment.
- Freezing is actually caused by an inner insecurity; an insecurity you may not even be aware of until you suddenly lose your ability to express yourself.

The Price of Insecurity

- Insecurity destroys people’s ability to connect with one another.

- Connecting to others is an essential ingredient to success.
- **People give you opportunities because they feel connected to you.**
- Insecure people often go to extraordinary lengths for some goal they hope will make them feel better- they'll lose weight, get an advanced degree, work 24-7 to win a promotion. But every time, the sense of inadequacy returns; insecurity seems to have a life of it's own.
- **Inside each of us is a *second self*, a living being we're deeply ashamed of.**

The Shadow

- The "Shadow" is everything we don't want to be but fear we are, represented in a single image. It's called the Shadow because it follows us wherever we go.
- The Shadow determines how you see yourself.
- **To see what your Shadow Looks like:**
 - o **Go back to the feeling you had in the last exercise: you're in front of a group of people who make you feel insecure and self-conscious. Focus on the emotions this brings up. Now push those feelings out in front of you and imagine they form a being with a face and body.**
- **The Shadow is the source of one of the most basic human conflicts. Everyone wants to feel that as an individual we have value. But when we look inside ourselves, we see the Shadow and we're ashamed. Our immediate reaction is to turn away – to look *outside* ourselves for some evidence of worth. This takes the form of looking to others for approval or validation.**
- The problem is, no amount of approval from others can make you feel worthy- because no amount of validation can eliminate your Shadow,
- Whether you're a celebrity or not, when you crave the approval of others, you give them power over you

The Higher Force: Self-Expression

- The reason kids don't seem self-conscious or insecure (particularly when they are playing) is that they are filled with a higher force called "The Force of Self-Expression"
- **It drives us to reveal ourselves in a truthful, genuine way- without caring at all how other people react.**
- As a consequence, when you're connected to this force, you speak with unusual intensity and clarity.
- When you're connected to the Force of Self-Expression, a part of you speaks that's unusually silent.

The Tool: Inner Authority

- **With this tool, the higher force comes from the obstacle itself.**
- **The tool is called "Inner Authority." This means just what it says. It's not an authority that comes from the approval of anyone outside you; it's the authority you can get only when you're speaking from your inner self.**

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Comment [1]: Possibly a GEM?

- What's most important is that you feel a real presence in front of you.
- **Tool is on pg. 116**
- **The tool consists of three steps: projecting the Shadow image, feeling a bond with it, and then silently commanding them to listen as you turn to face the audience.**
- What's most important is that its presence forms an unbreakable bond you can feel.

When to Use Inner Authority

- Should be used anytime you feel the pressure to perform. This is much more common than you think if you define *performance* as any situation where you're subject to the judgments and reactions of others.
- The goal is not to try to gain the approval of the audience. Rather, you use the tool to overcome that pressure and express yourself freely.
- When you use IA during intimidating times, something amazing will happen: You'll start to look forward to some of them – not because they're stress-free, but because you'll feel excitement at the prospect of expressing yourself.
- **The most important thing you can do is to keep connecting to the Shadow without expecting an immediate reward.**
- **Our need to please an audience is a deeply ingrained habit. The best way to break the habit is to replace it with a healthier one; that means using IA every chance you get. If you do this consistently, you train your self to rely on your inner self, no on the reactions of others.**

The Secret Benefits of Self-Expression

- **The Force of Self Expression (FSE) comes through your Shadow. But there's something wonderful about this higher force: *it speaks through you in a way that is unique to you.***
- It's when you're expressing yourself that you're most in harmony with the universe.
- **When people feel understood, they want to do what you ask of them even if they don't fully agree. Empathy now enhances your authority.**
- There's even research indicating that people who feel a sense of community live longer and enjoy greater physical and mental health.
- **Hidden inside the social matrix is the solution to the fundamental problem facing the human race: how do we remain unified without sacrificing our individual freedom?**
- **The answer lies with the Shadow. It carries the unique individuality of our inner self, yet it lives in a space of complete connection with everyone else's Shadow.**

FAQs

- Feeling intensely connected to your shadow gives you an inner sense of confidence that dissolves your fear of the audience.
- When your Shadow becomes your partner, its nature changes
- If you use IA consistently, you create an ongoing *relationship* with the Shadow.
- The Shadow brings the ability to express itself with passion- something you can't do on your own. But you bring to the Shadow something it needs but can't supply for itself: acknowledgement of its powers.
- As strange as it might seem, the "best you:", the highest version of yourself, is only present when you're in this ongoing partnership with your shadow. This is the real meaning of the term *Higher Self*. Its secret is that the Higher Self is the combination of two opposites, you and your shadow.
- Creating a balanced relationship with the Shadow isn't one choice or the other, it's a process. You need to work on your partnership with the Shadow all the time. IA is the key to doing this.
- **The tools take advantage of the fact that the Shadow is a separate being, with its own sensitivity and world views. It needs and deserves the same attention you'd bring to a relationship with another human being.**

Other Uses of Inner Authority

- **IA lets you overcome initial shyness, particularly around people you're interested in romantically. Many people who have a lot to offer in a relationship never give themselves the chance to get into one – the act of meeting someone new is too frightening. The people who get the most opportunities to connect romantically aren't those who make the best partners, they're those who put themselves out there the most.**
- **Many people, especially males, hide behind a façade that says they have life under control and need nothing from others. Life has a way of breaking down this façade and putting you in a position where you must ask for help. Those who can't ask for help risk losing everything.**

Summary of IA

- Used in intimidating situations, when you find it difficult to express yourself or even connect with other people.
- The tool allows you to overcome the insecurity and be yourself.
- You're fighting against something deep inside you that is the cause of all insecurity. It's called the Shadow – the embodiment of all our negative traits- and we're terrified that someone will see it.
- Cues to use it:
 - o Performance anxiety
 - o Before an event as well as during it.

- When you're anticipating the event.
- The Force of Self-Expression allows us to reveal in a truthful, genuine way – without caring about others' approval.

CHAPTER 5: The Grateful Flow
The Higher Force: Gratefulness

The Black Cloud

- Fears (no matter how far fetched) feel real because we live in a world of our own making.
- **We call this presence the “Black Cloud”. When you worry incessantly, regardless of the subject, you're creating a negative energy that hangs over you like a cloud.**
- **The Black Cloud screens out everything positive and creates a sense of impending doom. It makes no difference if the doom comes through natural disaster, disease, or human error.**
- It's power doesn't come from the truth of its predictions- they're almost always false. The Black Cloud dominates us in a much more primal way – through the force of repetition. If you repeat something enough times it becomes a habit with a life of it's own – it's easier to do it than not.
- **By blotting out everything positive, it convinces you that only the negative is real.**
- For the person crushed by the Black Cloud, there can be no piece of mind.

The Price of Negativity

- For most of us, peace of mind is a precious feeling. It is the sense that everything is in its right place, that “all is well.”
- Under the spell of the Black Cloud, all you can see is what's not right with the world. It annihilates any sense of peace we have.
- Any kind of negative thinking can do this – hopelessness, self-hatred, judgementalism – but worry does it best.
- Without a sense of serenity, everything becomes a crisis. With all your energy focused on survival, enjoying life is a luxury you can't afford.
- **In the Black Cloud, every problem is of life-and-death importance – but no one can see this but yo. You can't trust anyone to help with your problems because no one takes them as seriously as you do. Inevitably, you're left feeling overwhelmed and alone.**

Why is Negative Thinking so Powerful?

- **It's tempting to think we can change our thought patterns easily.**
- **This idea has always been part of American culture. Reaching it's peak with a book called “*The power of positive thinking*”**

- It's an idea that seems like it would work but doesn't .
- **It fails because, in real life, positive thoughts don't have anywhere near the power that negative thoughts do.**
- **The negative thoughts have all the power.**
- *"When I'm worrying, somehow it feels like I can fend off the bad things. It reminds me of when I was a little girl and I would stay up all night imagining how terrible it would be if my parents split up. It became a ritual. I really believed that, as long as I worried about it, it wouldn't happen."*
- **"In essence, worry has become a powerful superstition- with no more real benefit than a rabbit's foot. But superstitions have a powerful appeal because they give us a magical sense that we can affect the future."**
- **We have a basic assumption about the universe that we never question. We assume (because Science tells us to) that the universe is indifferent to us.**
- **Feeling we won't be provided for, we become obsessed with controlling our future. In that context, worrying seems to make sense.**

The Higher Force: Gratefulness

- Strong experiences can make us look at situations differently. An example of this would be a death in the family or an illness that you overcame.
- **Experience changes perspective**
- We call this power "The Source"
- In the past it gave you life; in the present it sustains you; and its creative power fills your future with infinite possibilities.
- Normally, for us to believe something exists, we have to see it with our own eyes (or perceive it with one of our other physical senses).
- The problem is the Source isn't in the physical world.
- To experience The Source, we need a new kind of perception.
- For example, at the sudden realization that life is given back to you, your heart may be overwhelmed with gratitude.
- It's that sense of gratefulness – not anything we see or hear- that gives us a personal connection with the all-giving source.
- **On one level, gratefulness is a reaction to the generosity of The Source. But on a more profound level, gratefulness was the means by which we perceive the Source.**
- At first, it might seem strange to think of gratefulness as a means of perception, rather than just an emotional reaction. But with practice, you'll find that gratefulness perceives the spiritual world just as clearly as your eyes and ears perceive the physical world.
- **This makes gratefulness much more important than a mere emotion; it makes gratefulness a higher force. In general, higher forces allow you to do things you never through you could do. In this case, gratefulness allows**

you to *perceive* things you never could perceive.

- Gratefulness is a higher organ of perception, through which you can accurately appreciate a fundamental truth: *the universe works – mysteriously- and you're the constant beneficiary of its generosity.*

The Tool: The Grateful Flow

- What makes these moments truly special is the deep feeling that something was being given back to you; something you couldn't have created yourself.
- **Activity is on pg. 156**
- **It creates a sense of gratefulness that's so powerful it penetrates the Black Cloud.**
- **We call the tool the "Grateful Flow". *Flow* refers to any process that's endlessly creative.**
- In the tool, you create an endless flow of thoughts to stimulate an endless flow of gratefulness, which affirms the ceaseless generosity of the Source. Since flow is always creating, it has a quality of constant renewal. That's why it's important to name different items you're grateful for each time you use the tool.
- Stick to things you're truly grateful for, not things you feel you *should* be grateful for.
- Although we tend to take them for granted, *they're always there*. By forcing us to be aware and appreciative of them, the tool reminds us that *the Source is always there as well- sustaining us in an unimaginable number of ways*.
- **When you go about your day, pay attention to your thoughts. At the first sign of negative thinking, use the Grateful Flow; negativity is your cue.**
- **Remember, the purpose of a cue is to get you to use the tool immediately even if it doesn't seem urgent.**
- ***"The point of using the Grateful Flow so frequently is to make you the master of your own mind, the only thing a human being can really control. Until you can control your mind, you're spiritually immature."* – Pg. 160**
- As children, we need parents to make us brush our teeth and wash ourselves every day. As adults, we accept our responsibility for these things without question. With practice, you'll bring the same diligence to your spiritual hygiene as you do to your physical hygiene. At that point you'll become a spiritual adult.
- The Source is the highest thing in the universe and in fact, created those forces. We can't imitate the Source as we can those forces because, ultimately, it's unknowable.
- The best we can do is put ourselves in a grateful state, acknowledging the gifts it has given us; gifts we couldn't possibly have created ourselves.

The Secret Benefits of Connecting to the Source

- ***"Peace of mind eludes most of us almost everyone in the modern world***

because we look for it in the wrong place. We think it will come from some external accomplishment- enough money to retire on, a vacation home, a loyal spouse. But even if we achieve these goals, the peace of mind they give us is short-lived.

- The reason is simple. In the material world, you're always vulnerable; whatever you gain you can also lose. The stock market can crash, a flood can wash away your home, your spouse can leave you. For peace of mind to be lasting, therefore, it must come from someplace where you are always nurtured and supported.
- **Lasting peace of mind can only come from a connection to the Source.**
- One benefit is a dramatic increase in energy and motivation. Most people have a faulty way of motivating themselves. They're motivated to get whatever they want – money, romance, status – because they feel they don't have enough already.
- This feeling of lack is a powerful motivator, but you pay a huge price for it. That price is the ongoing feeling that there's always *something missing*.
- **Your gratitude opens the doors to a completely new way of living in which the energy to move forward is based on happiness instead of misery.**
- **"Perspective is the ability to see whatever is happening at the moment without losing sight of the enduring, positive nature of life."** (Pg. 164)
- When you have perspective, you can recover quickly from a disappointment because you see that your life is blessed by the Source.
- **Success is paralyzing for a simple reason. It makes you feel as if you did it all yourself. Ironically, the moment you obtain all the credit for your success, you also have to take the blame for any future failure – and that's terrifying.**
- **This makes you risk-averse, less creative, and afraid to move forward with new ideas and new projects. You rely on your past achievements, living a "safe", uncreative life.**
- The Grateful Flow is a direct acknowledgement of the Source as a co-creator in everything you achieve.

FAQs

- Each morning, for a few minutes, write down all your fears, every danger you need to watch out for; everything that's a problem in your life that you're afraid you might forget. Now that all this is down on paper, you have no excuse – for the rest of the day use the Grateful Flow.
- Ultimately, we don't care how you characterize The Source – what's most crucial is that you experience a connection to it.
- **The Source is relentless in forcing us to realize this potential. It does this by destroying our illusion that we're the masters of the Universe – and the go-it-alone mentality that comes with it. It doesn't do this with logic, it does it with events. It brings events into our lives that we don't want and can't**

control: illness, failure, rejection. The pain of these events brings us to our knees, forcing us to admit we're not the most powerful force in the universe. This is a blessing. It opens us up to our true higher potential – our partnership with the Source.

- Adversity hasn't dimmed their inner life- it has made it stronger.
- ***"There's almost no one – from the most boastful to the most self-effacing- who doesn't succumb to worry. Deep down inside, we all fear that the universe is far beyond our control."* (pg 171-172)**

Other Uses for The Grateful Flow

- It frees you from regret about the past.
- ***"Many of use fall into the habit of rethinking past decisions we've made, blaming those decisions for everything bad that's happened since. Besides the fact that life isn't that simple, this kind of regret makes it impossible to move forward into the future."* (pg. 173)**
- It frees you from self-hatred
- ***"Self-hatred rarely has anything to do with your actual value as a person. It's the direct result of a stream of negative thoughts about yourself. Usually, these take the form of criticisms delivered by a harsh inner voice. This inner critic speaks with you with such authority that there's no reasoning with it. You need a tool that silences its voice altogether. "* (Pg. 174)**
- It stops you from being judgemental of others.
- ***"When we judge others, we kid ourselves that what we think privately has no effect on those around us. The truth is that judgements, especially repeated harsh judgments, send an energy into the world that alienates others. You can't fake a non-judgmental attitude, you actually have to eliminate the judgments themselves. (Pg. 176)***

Summary

- Use when your mind is filled with worry, self-hatred, or any other form of negative thinking.
- You're fighting against the unconscious delusion that negative thoughts can control the universe.
- Cues to use:
 - o Immediately whenever you are attacked by negative thoughts.
 - o Any time your mind becomes undirected.
 - o You can make it part of your daily schedule.

Chapter 6: The Tool: Jeopardy

Matt Tod 14-2-2 4:33 PM

Comment [2]: GOLDEN EGG: Live your life in Jeopardy

The Higher Force: Willpower

- The tools provided worked as promised. The results were so good, I was completely shocked by what happened next: almost every patient stopped using them.
- Most self-help books don't even deal with the issue of quitting. They may give you a program, but they're unrealistic about how hard it will be to stick it out.
- We like to think of ourselves as finished products – complete on our own. We're not. To be whole, we need to stay connected to something beyond ourselves. The constant effort that requires means that a human being can never be more than a work in progress.
- Most people think of exoneration in terms of being cleared of a crime, but it has another meaning: to be excused from a task or obligation. Here it refers to the ultimate obligation- to make an effort for the rest of your life.
- **Deep down, we all wish for a magical something that will exonerate us. It could be money, an award, a high-achieving child, looking cool in front of your friends, etc. Take a moment and identify what it is for you. It doesn't matter what it is, it could be the smallest thing, just be honest with yourself. Then, try the following exercise (on pg. 187)**

The Price of Exoneration

- **Our entire culture is demoralized. All the symptoms are there: We delight in the adrenal rush of cheap sex and petty violence; we avoid real problems solving in favour of scoring points against our opponents. We've lost hop in our future. That's the ultimate price for indulging childish fantasies.**

Fantasy for Sale

- **The enemy is called "Consumerism".** It speaks to us through advertisement, endorsement, logo, roadside billboard, etc. It's underlying message is always the same: there's something out there you must have. Helpless to resist, we feel compelled to acquire thing after thing. Yet we don't enjoy each new item for long; once we possess it, we shift our focus to the next thing.
- Consumerism has become our model for living. This is the tail wagging the dog.
- As a consumer, you'll read this quickly and superficially, hoping it is the "answer" you've been seeking. You'll want the book to work like a pill, even if you don't admit it; just swallow, no further effort required.
- **This book is designed to change your life. But it's not a magic pill, it's a blueprint for action. If you read it like a consumer, you might as well not read it at all. Change only happens through faithful use of the tools.**
- Consumers try to make up for their laziness by gorging on new information – TV, podcasts, web searches, texts, emails, etc.
- As obvious as the presence of consumerism is in our lives, we still can't resist it. Its power is actually based on something healthy.

- Consumerism misdirects that desire by convincing you that higher forces exist *inside* the magical something.

The Higher Power: Willpower

- We like to think that we have rational control over ourselves, that once we decide we need to do something, we can do it. (pg. 193)
- ***“It’s a rare individual who feels she couldn’t use more of it – usually much more. We call on willpower when we have to do something difficult or unpleasant: working out, balancing a checkbook, even getting up in the morning. Or we call on it when we need to restrain harmful impulses such as overeating or drug use.” Pg. 194***
- ***“We rarely understand what a gift the darkness is. Without it, there would be no way to discover our own inner spark. It’s exactly when we’re demoralized that the universe becomes our partner. Demoralization is actually our most sacred moement.***

The Tool: Jeopardy

- **To act right now requires a sense of urgency. But urgency is uncomfortable. The only time we feel it is when we’re in jeopardy of losing something important: a job, a relationship, physical safety.**
- “Jeopardy” triggers a burst of energy you can’t get any other way. The strength comes from realizing that time is limited.
- **For most of us, the truth – that every moment counts – is too much pressure to bear. It would mean giving our all, all of the time. (Pg. 197)**
- Real willpower can’t be dependent on events, willpower has to be beyond events.
- Most people don’t think of the future of something that’s theirs to lose. But that changes if you use the tools regularly. Not only does this enable you to overcome your problems in the present, it changes who you become in the future.
- Each person has his own version of a destroyed future.
- To keep yourself from quitting on the tools, you’ll need a way to stay aware of how much is at stake.
- **Because the tool is based on the risk of losing your future, we call it “Jeopardy”. When we use the word with a capital “J” it refers to the tool. In some ways it’s the most important one – it’s your insurance policy against quitting on the other four tools.**
- Activity is on pg. 200.
- Death is the most powerful reminder that there are only so many moments in human life.
- Beneath it all, most of us live with a hidden fear that we’re wasting our lives.

When to Use Jeopardy

- Although Jeopardy is effective at any time, there are certain moments when it’s

most crucial. Identifying these moments will help you recognize the cues to use the tool:

1. Once you find it impossible to use the tools, the only thing that can help you is extra willpower. That's the cue for Jeopardy.
 2. Any time we feel like we've grown beyond the need for the tools is an immediate cue to use Jeopardy.
 3. Whenever you lose the will to go on in life areas that are important to you, Jeopardy is your friend.
- Willpower is the missing link in reaching human potential.
 - Jeopardy is more than a tool, it's a model for being full alive.

The Secret Benefit of Willpower

- **"The consumer expects a reward for the slightest effort – or better, for no effort at all. He cares only about what he gets from the world, not about what he might add to it. Living on the surface, jumping from thing to thing, his energy is diffused, like milk spreading across a tabletop. He makes no impact on the world; when his time on earth is over, it's as if he never lived."** (Pg. 204)
- **The creator won't accept that fate. Everything he does with the intention of making an impact on the world. His code ensures this:**
 - o **He doesn't accept the world as he finds it; he brings things into the world that aren't already there.**
 - o **He doesn't follow the herd; he sets his own course. He ignores the reactions of others.**
 - o **He resists superficial distractions. He remains focused on his goals even if he has to sacrifice his immediate gratification.**
- Anyone can live by this code, but very few of us do.
- **You don't have to be an artist to be a creator. You can add something to the world in any human activity – even the most routine. Your job, your role as a parent, your relationships, your contribution to your community – all become more meaningful when you put your personal stamp on them using higher forces. (Pg. 205)**
- Creative power can't be given because the act of creation is an expression of yourself, a revelation of who you are inside. No one, not even God, can give this to you – *it must come from you*. You have to develop creative powers through your own efforts.
- The most immediate experience we can have of being a creator is when we use Jeopardy. The tool allows us to literally create willpower out of nothing.
- When we use Jeopardy to create the spark of willpower, we bring light into our personal universe the same way that God brought it to the Cosmos.

Matt Tod 14-2-2 3:32 PM

Comment [3]: Golden Egg or Gem? Are you a Consumer or a Creator?

- As a creator, you won't be looking for a temporary thrill or to be the first on your block with some new techniques. You'll read the book slowly and thoughtfully because you need the help of higher forces. You wouldn't dream of stopping the tools – you have things you want to do with the powers they give you. You want to have a real impact on the world, to add something new to it.

FAQs

- It's the very fact that we have no control that makes willpower so vital. The most obvious thing we have no control over is time – it's constantly slipping away.
- Death – determined by a power greater than any individual – is the ultimate loss of control.

Other Uses

- **Jeopardy supplies you with the willpower to control addictive and impulsive behaviour.**
- We have much less control over ourselves than we'd like to think.
- We resolve repeatedly to change our behaviour, but impulses always win in the end. What we need isn't more resolutions; it's a way to defeat our impulses right in the moment. That takes willpower.
- **Jeopardy gives you the strength to concentrate in circumstances where you usually space out or get distracted.**
- We need a force strong enough to hold our concentration on one thing until we're finished with it. That takes willpower.
- **Jeopardy enables you to start new ventures.**
- Each of these steps – and any other new undertaking- triggers the most primal of human fears: fear of the unknown. We gravitate toward the familiar, even if it's not good for us, because we lack the will to push through that fear.

Summary of Jeopardy

- No matter how effective they've been, you'll find yourself quitting them. Not only will quitting stop your progress, it will destroy all the gains you've made up until this point.
- You're fighting against the illusion that you can obtain a "magical something" that will exonerate you from using the tools.
- The illusion always leads to the same result: you quit. In success, you think the tools are no longer necessary; in failure, you're too demoralized to use them.
- Cues to use the tool:
 - o Any situation where you know you need a tool but, for whatever reason, you can't get yourself to use one.
 - o When you feel you've grown beyond the need for tools.
- You can't overcome the tendency to quit thinking about it, you need a higher

force. We call that force Willpower. It's the one higher force you must create yourself; all the universe can do is provide a challenge that demands you generate it.

Chapter 7: Fait in Higher Forces

- "New ideas cannot enter until old, rigid ones are shattered." (p.g. 229)
- We've all been taught physical evolution, Phil said. In this model, evolution is driven by random genetic changes that give us a better chance of survival. The universe has no particular goal for us; in fact it doesn't even know we exist. This model does a good job of explaining *physical* evolution. But there's another kind of evolution – best called "Spiritual evolution" – that has to do with the development of the inner self. The inner self can evolve only by choosing to gain access to the higher forces.
- This reveals the hidden purpose of the entire spiritual system: To enable us to become creators. In the picture, creatorship is represented by the sun inside the figure on the far right.
- The drawing reveals an amazing secret: both the problem and the higher forces that solve it come from the same source – the Force of Evolution. These two elements are part of one system, designed to transform you into a creator. But there's a third ingredient and it's one the universe cannot supply. That ingredient is your free will; specifically, your will to use the tools.
- *"The choice – evolve or stay the same- is yours. The universe is so respectful of human freedom that it refuses to compel you to evolve against your will. (p.g. 232)*
- *"What if every bad thing that's ever happened to you – including every problem you've ever had – we where, in your life, to get you in touch with abilities you never knew you had?" (Pg. 235)*
- I am just a human being who has learned to trust what life brings me.
- I didn't realize it at the time, but this loss of connection to the outside world was the most important thing that had ever happened to me. Life was forcing me to enter an inner world I never would have chosen on my own. At first, I resented losing my connection to the outside world. I felt like life had passed me by. But before long, I realized the inner world was the real source of life.
- I now know that we live in a deeply caring universe that has a purpose for each of us. I had felt its love in my own life in a way I couldn't have imagined. How could such a universe not teach us what we need to learn?

Chapter 8: The Fruits of a New Vision

Pillar 1: Thinking about higher forces is worthless, you have to experience them.

- As modern people, we don't realize the degree to which our perception is limited by the scientific model.
- It's an inner world you must enter; it can't be understood by thinking- that's just inside your head. In the inner world, what's real is what affects your whole being.
- **You can't prove or disprove the existence of higher forces; they're only real for you in you can feel them.**

Pillar 2: When it comes to spiritual reality, each of us is his own authority.

- **In the new spirituality, each individual must experience higher forces and arrive at his own conclusions about their nature; external authority figures can no longer define our spiritual reality for us.**
- **In increasing numbers, people want to choose what works for them based on their own spiritual instincts.**

Pillar 3: Personal problems drive the evolution of the individual.

- **the driving force of spiritual evolution is personal problems.**
- **Think of a particular difficult problem you have in your life right now and try this: (Activity on pg. 248)**
- **Most people feel more motivated when they envision themselves as part of an intelligent system whose goal is their advancement.**
- **A consumer feels that life is only meaningful when his need are being gratified. Problems, because they are ungratifying, inevitably destroy the consumer's sense of purpose.**
- **In contrast, a creator has a sense of meaning that can't be destroyed – he insists on seeing problems as driving him toward something better, something higher in himself. Far from destroying his sense of meaning, problems actually reinforce it.**
- To fulfill our evolutionary potential, the human race needs to take conscious responsibility for bringing higher forces into the world. As badly as the individual needs higher forces, the society at large needs them even more.

Healing a Sick Society

- If the spirit of a society is healthy, it's not afraid of change; it welcomes the new and can innovate in the face of challenges. Such society pursues its aspirations confidently; it has faith in its future. Additionally, a strong spirit makes each person feel that they are part of a social organism – they feel responsible for the collective good and will sacrifice their individual interests for it.
- **When no one takes responsibility for anything but his or her own well-being, a civilization rots from within and finally collapses.**
- **Evolution now requires that we give the best of ourselves, not because an outer event compels us to do so, but because we choose to do so of our own free will.**

- Evolution now demands that higher forces enter society only through the individual.
- **Empowering individuals requires a revolution, but revolutions have always been fought against oppressors outside ourselves. Now the enemy is inside, using each person's belief system against him.**
-