

The Secret of Letting Go by Guy Finley
Extended Summary

Chapter 1: Let Go and Grow Happy

- **This Isn't Letting Go:** This three page section talks about that just wanting to let go of unhappiness is not enough. We need to really understand what letting go is about. It goes on to detail 10 description of what "letting go" is not, a few of which made me uncomfortable one being, "*Letting go isn't the need to rehearse conversations in your mind in an attempt to feel confident.*" Since I've been home, I've been constantly reminding myself of how strong I am, what I am capable of. Perhaps I haven't fully learn to let go yet, because I am still needing to remind myself of my confidence as I get used to my new patterns of confidence and letting go.
- **The Greatest Secret on Earth:** This section made me excited to read the rest of the book in hopes to learn everything it said. It essentially compares us as humans, to the rest of nature stating that like all living things, it is natural for us to shed what we do not need. We don't need to carry around baggage. For example, a tree sheds mature fruit onto the ground to reproduce. We just need to learn to cooperate with these powerful forces to naturally shed what we do not need. We need to admit we are carrying around years of past negative emotions and know that holding on to past defeats and resentments just leave with us new problems. But, now we have awareness that it needs to be removed. I think this sentence will resonate with a lot of people as it did with me, "We must let go...that it is better to suffer and *feel* like someone that in it is to just let go and quietly *be* no one." The book assures that your higher self and reality knows what's best for you, and will take care of everything. Just be open and willing to accept it. "*The Secret to letting go not only holds the keys for ending what is unwanted, but locked within this same supreme secret is the beginning of your new life- the birth of a new nature that never has to hold on to anything because it already has everything.*" WOW. Powerful stuff! The rest of this section also lists out 20 insights about what letting go "is."
- **Be Stronger Than Anything That Frightens You:** Holy cow, this section is amazing! It has SO many amazing ideas that I have been able to implement immediately! It says that trying to overpower your fear with strength is like fighting a shadow and you'll just get tired. Instead of dominating your fear, we must illuminate it. And illuminating the fear is when we place the desire to understand our fear, over knowing that our fear is certain. Basically, rather than just accepting that you are afraid and fighting the fear, we need to understand what is scaring us. The scary situation is not the problem, it is our reaction that is fearful. Once we can become conscious of our fear of the situation, rather than just scared of it, it will change our relationship with the fear itself. We want to become aware of our fear and observe it. Then, as we learn new things about our fearful reactions, they begin to lose power. Finley than says that our fearful reactions are just "unintelligent mechanical forces" and having "this self-insight is the difference between trembling through life and being in command of it." He also says that "fear is...nothing but a self-

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limiting reaction that we cling to...having mistaken it for a shield of protection.” Thinking back, all of my fear has been mistaken for a shield of protection! My sub-conscious thinks it’s protecting from danger, when there is actually no danger in the activities itself. And after recognizing this, we realize, it won’t work to just be strong and overpower our fear. We just need to be “more curious about [our] frightening thoughts and feelings than [we] we want to believe in them.” This will allow us to see the habitual reactions that lead to our fear, and we can start seeing through them. And more exciting, once we are able to do this, it’s not a temporary new strength, because this new strength is now the “absence of an old weakness.” How awesome is that!

- **The Sure Way To Raise Your Life-Level:** Changing our surroundings, job, relationships, etc. will NOT improve our life. We must change our reactions to these things. It is the way we CHOOSE to experience life is what makes us happy or upset. The only “world” you are responsible for is your inner-world, and your inner world will determine your outer world. We often try to correct things in our outer world to make our inner world happy, but that will never work. We need to start with our inner world, because then, the outer world will fall into place.
- **Go Ahead and Let Go Of Yourself:** “Anything that you have to control, controls you.” Ouch. That was a reality check for me! Finley states that the problem with self-control is that it’s war inside of us, and no one ever wins a war. The book says that in order to understand our true nature, we need to discover who we are, not who we think we are. And to do this, we go “through” the experience and while it may seem like we are falling apart, what is falling apart is the “haunted house of self-flattering and security-shaking pictures you had mistakenly identified as a solution to your shaky life. These pictures are not the solutions to your shakiness, they are the source of it.” I’m not sure exactly what that means, but all I can assume is that, in all of our ability to hold it together, the image we project on the outside might be the source of our problems?
- **The Secret to Effortless Happiness:** We are guilty of making ourselves miserable at times, but this section lets us know that even though we do this to ourselves, we have the ability to stop it if we understand the root causes. It’s impossible to make ourselves happy, but we must understand why in order to find it! We put in too much effort trying to make ourselves happy (drugs, alcohol, new clothes, etc.), but in reality, authentic happiness is effortless. When put in effort, we have a plan, and we become fixed upon what happiness is, and we can never measure up to it. “You could never be unhappy with anything you found in this life if you didn’t already have it fixed in your mind what you were looking for.” E.g. Don’t have expectations of you need to make you happy! Happiness is stress-free and effortless, and often our ideas of happiness are the root of our unhappiness.

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- **Ten Steps To Take To The Truly New Life:** Here they are! I sure hope he describes these in more detail in the rest of the book...some of them are a little over my head!
 1. Study the situation by entering into it
 2. Be in charge, not in conflict
 3. Realize the need for self-correction
 4. Go conscious, not crazy
 5. Face fear's full bluff
 6. See that your reactions are no your reality
 7. Be self-enlightened, not self-frightened
 8. Don't feel yourself, be yourself
 9. Self-rescue without self-revelation is self-deception
 10. Happiness is letting go of your ideas about happiness

Chapter 2: Your True Nature is High The intro of this chapter compares our lives to an endless game we are constantly scoring, but never stop running, and will never win...and eventually we want to give up..but! DON'T GIVE UP!!! We have the ability to let go and walk away! We eventually will be letting the truth lift us. We don't choose our true nature, we just need to let it happen. Once we stop choosing to lose, winning will happen naturally.

- **Choose in Favor Of Your True Self:** This section listed a few really great "higher hints" to achieve your true self!
 - o Learn to listen to any feelings that cast doubt on your need to suffer
 - o Asking to see more about a painful situation is the same as asking how you can let it go
 - o Walking away from the problems you don't want in your life gets easier each time it becomes clearer to you who you no longer need to be
 - o True self-certainty is the absences of false self-doubt
- **You Are Not Who You Think You Are:** It's not who we are that makes us feel threatened and uncomfortable, it's who we THINK we are. With self-investigation we can discover who we are, not who we think we are. We're so nervous about what happens around us, because we think we are affected by what happens to us. We believe that who we are is somehow tied to the events in our lives. And by attaching our identity to events, we're afraid to lose control of ourselves if we cannot control the events. Events may happen to you, but you are NOT the event. These events just move THROUGH us.
- **A Case of Mistaken Identity:** This section told a quick story about a man who woke up in the dressing room of a playhouse and didn't know who he was. He tried on all of the costumes (clown, bum, statesman, etc.), realizing none of them fit and none of them were who we was. Then he finally realizes he owned the playhouse, and was not any of the characters' costumes he tried on. This became an analogy that the anxiety and self-doubt he felt comes

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rushing to us when we don't know our true identity. Once we develop our self-understanding, our nervous fears are replaced with calm self-command.

- **The Strange Non-Life Of The False Self:** Our false self is fueled by negative emotional reactions is maintained by habit. It's a mechanical movement, but as negative feelings slowly start to lose force, do these movements, and so does your false life. Your negative self-conscious doesn't want to die, so it will fight to keep itself alive by doing self-sabotaging things like picking fights. Our life-level cannot tell the difference between the path of the negative false-self and our true-self, so it tells us that we have no choice to cave in to the false self.
- **Start Seeing Through The Blame Game:** Our false self wants us to blame our unhappiness or unfortunate circumstances on other people, outside circumstances or an uncaring world. That we focus our energy and life trying to fix and control things outside of ourselves. WOW. So enlightening! Our false self wants to keep us off balance and looking in the wrong direction. It's time to learn to let go the self-abandoning answers the false self wants us to believe in!
- **For True Self-Command, Just Stop, Look And Listen:** Ok, I LOVE the technique in this section! It's such a real-life usable tool! It's called STOP, LOOK and LISTEN. When we start feeling anxiety we must first STOP and defy the inner shouts going on in our head. Recognize they are bad. Then we LOOK at what is talking to us. Know that no negative feeling wants to end itself. Lastly, we LISTEN at our inner false self start to have a fit. It doesn't want to let go of its power, so just let it rage. Then it's over. The more we can do this, the more we are building new patterns and weakening old ones. YAY!
- **Let Go And Realize Real Rescue:** Desperate attempts to escape our troubles only lead us into more trouble. To rescue ourselves from our problems, the rescue must be from a level above us and within us at the same time...which are the exact same thing. In the battle with our false self, we defeat it not by running away or through struggle, but by realizing that we have mistakenly given power to it. Our false self was NO power to cause us pain if we don't give it the wrong reaction.
- **Two Worlds, Two Natures, Two Selves:** There are two of us. Our false self is our true self. The book relates our false self to a desert and our true self to the mountain next to it. The mountaintop sits higher and cannot be disturbed by the desert. The desert can only cause problems to those things in it. Once we get out of the desert and to the top of the mountain, we will no longer be bothered by our false self.

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Chapter 3: How To Defeat What's Defeating You: We spend too much time looking for relief from pain rather than looking for strength. Rather than cope with suffering, we need to learn to end it. We must revolt in the right away. It's not changing our workplace, relationships or other outside factors. It's changing our way of thinking. We need to learn to think "about" ourselves, not "from" ourselves. This means being able to see the way we are thinking from an outside perspective, rather than seeing our current way of thinking through that perspective

- **Snap Yourself Out Of Psychic Slumber:** We would never intentionally hurt ourselves, of course. Yet, we hurt all of the time (anxiety, depression, insecurity). We must be "asleep" to what we are doing. We are betraying ourselves when we are hurting ourselves with our negative inner states. "If real intelligence is incapable of hurting itself, then how can we call any thinking that leads to a stressful state intelligent?" There has been a "counterfeit" intelligence that has been passed off to us that we think is real. The key is to become aware of this "slumber."
- **How To Break Free of Unhappy Thoughts And Feelings:** Our feelings, whether good or bad, are not our lives...they are just MOMENTS in them. This has REALLY helped me move past and let go of negative emotions. We can break free of unhappy thoughts by seeing that even though we feel that way in the moment, we are now owned by them. They temporarily occupy us. Understanding this helps change our attitude toward stressful things that intimidate us. Understanding this, along with our persistent self-investigation, will slowly start to reveal that our false self is just a shadow, and not the real us.
- **Five Great Illusions Keeping You From Letting Go:** Here are 5 illusions that we tend to think our true and hold us back from letting go
 - o Illusion of feeling useless or insignificant- false perception that the true measure of worth is determined by others
 - o Illusion of discouragement- false perception that it is possible to succeed in life without learning through "failures"
 - o Illusion of regret- false perception that reliving the past will empower us to resolve it
 - o Illusion of limitation- false perception that the only resource available in the moment of challenge is what you already know as being possible to do
 - o Illusion that others are better, stronger, wiser- false perception that you are on earth to be like someone else.
- **Give Your Life Story A Happy Ending:** Good news! We possess a power far greater than any force that can sabotage and wreck us. A tool that will help us access this power is self-observation.

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- **Higher Awareness Through Self-Observation:** Self-observation is the key to the higher awareness; it is how we learn to become vigilant of our own thoughts and feelings as they pass through us. When we can observe our thoughts in this way, our higher self will overcome any troubling thoughts that would bring us down. Self-observation allows us to understand what we see in ourselves, rather than get washed away in our reaction to it. When we find ourselves starting to be disturbed by some of our negativities, this is a sign of progress, because we are finally seeing outside of ourselves. The fit and uproar you'll feel from this is the false self trying dig itself in and not be uprooted. Essentially, to see ourselves in this new, is a way of fully being aware of ourselves that includes being watchful of any self-concern that comes up as a result of what we see within ourselves. And as they come, we treat them as something we are seeing, not as something we are.
- **Inner Work Rewards The Inner You:** "The only work we do of lasting value is the work that we do for ourselves, within ourselves." It does not matter if other people see the value of what we do, it is only for us. We do NOT need to please others. "We wrongly believe that unless someone else can see our inner efforts or in some way approve our self-discoveries, our work has been in vain. Inner work rewards the inner you, your true self." And that's all we really need! We need to "stop thinking in terms of beginnings and endings, successes and failures, and begin to treat everything in your life as a LEARNING experience instead of a PROVING one."
- **Self-Correction Is Self-Elevation:** As humans we are concerned with self-development, however we never want to be wrong. The latter part needs to be erased immediately. Just do it! "Learning is a correction process. Real correction, at any level, always purifies the matter and so leaves it less confused..." We need to adopt the idea that being "wrong" is not a bad thing, and is actually a positive thing, because we are learning. I've always hated being wrong, but for the first time, I actually felt good admitting to my husband, "you know, you're right" ...and it felt cleansing like I was learning something new. Self-improvement is when we teach ourselves the things that we choose, based on what we think we need to improve in. It teaches and confirms the process of self-addition with new knowledge, behaviors and beliefs. Self-correction, however, is when we LEARN for ourselves what we have been teaching ourselves incorrectly. Seeing this allows us to let go of incorrect thinking. As we let go, inner growth happens naturally. Anything that resists correction is a part of what's wrong, a big example of this being pride. Pride is the false self's middle name, and it will always defend itself when confronted with correction. Just remember, being wrong is not a problem. It's defending the wrongness that's the problem. As we defend the problem, we take what could be a temporary condition into a permanent state, and lose that opportunity for self-correction. Guilt and anxiety are two of the false self's favorite deceptions. Four guidelines for real solutions

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- If the intention is to go higher, then you detecting what is wrong is the correction
 - If you realize you are wrong, then you can instantly give up being wrong
 - Giving up the painful identity of being wrong is the same as letting go of the false self
 - Rightness does not betray. Self-deception is self-betrayal
- **The Power That Defeats Defeat:** We have an inner ability to rise above challenges with a power that is superior to any challenge. This is the power to question defeat. We must not only have the right intention, but the right DIRECTION. Often times we are questions about exterior conditions. The right direction is NOT blaming circumstances for crushing us. We must use questions as tools for developing self-wholeness, rather than letting them lead is in the wrong direction. Each time we ask the right question, we receive a new answer that releases one more piece us from the false self that wants us stay unhappy.
- **Questions For Self-Wholeness:** There are 10 great questions listed that we can ask ourselves
- Instead of “why do things happen to me?” ask, “what is it inside of me that attracts these painful situations?”
 - Instead of asking why things had to go this way, ask “why is the way I feel determined by external conditions?”
 - Instead of asking how to protect yourself in a challenging situation, ask “what is it in me that always needs to be defended?”
 - Instead of asking how to clear up mental fog, ask “can confusion know anything about clarity?”
 - Instead of asking why someone acts a certain way, ask “what’s inside of me that wants to hurt itself over the way someone else acts?”
 - Instead of asking what do about tomorrow, ask, “can there ever be intelligence in anxiety or worry?”
 - Instead of asking “Why me?” ask, “Who is this me that always feels this way?”
 - Instead of asking why doesn’t that person see how wrong they are, ask “is what I’m feeling about that person right now good for me or them?”
 - Instead of asking how to get others to approve of you, ask “What do I really want, the applause of the crowds or to quietly have my own life?”
- **Put Yourself In The Driver’s Seat:** We can’t let other people drive our life. If we do, it will possible to have a pleasant present. The only pleasure will come from dreaming of where we are going. There is no lasting pleasure in this. This temporary pleasure leads to a blend of anticipation and cynicism. Put yourself in the driver’s seat and take your life where you want to go.

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- **Know The Pleasure Of Your True Nature:** Real pleasure is not the opposite pain, but the absence of it. We need not be afraid to take over the wheel. Slowly the other “passengers” will realize that you are now in control and start to exit. You may start to feel lonely, but that is normal, this one of the last passengers that doesn’t want to leave nor ignored. Don’t be scared that you do not know where you go, but stay strong and eventually you’ll realize that you never really needed to know where to go. Five points for conquering self-defeat
 - The more light we shine on the parts that tell us its ok to wallow in dark thoughts and feelings, the less power they have
 - Using anxious thoughts to answer feelings does no good and just tires you out
 - The more we realize and understand that quiet happiness is our true natural state, the more we release anything that would compromise that.
 - Nothing is more productive than watching our own thoughts and feelings. Self-observation reveals self-wrecking behaviors and also protects us from their wasteful negative influences.
 - Never seek higher happiness outside of yourself

Chapter 4: Lift Yourself Into A Brand-New World: Within us there is an expansive world of thoughts and feelings that determiner how we perceive the world. This world doesn’t determine WHAT we see, but it does influence HOW we see it. We are seeing the exterior, experiencing the interior. When you run into a personal obstacle, you have not run into an outer condition that is affecting your happiness. You have run into your own current life-level.

- **Your Secret Power of Self-Disconnect:** You experience WHO you are not WHERE you are (example: feeling lonely in a crowd). Unhappiness doesn’t come at us, it comes FROM us. Persistence is one of the most important things in our personal work. The greater the doubt you step through, the greater the possibility to grow beyond yourself. The only barriers between yourself and a life with limits is the power you’ve mistakenly given to your doubts and fears. Every time we disconnect ourselves from these false powers, our spiritual strength is increased.
- **Seven Ways To Increase Your Spiritual Strength:** Spiritual strength is knowing you don’t have to compromise yourself in order to be content, confident and secure in life. Here are seven ways to improve the spiritual strength!
 - Refuse to revisit your own past for a way out of a present problem
 - Say no to anyone or anything that you fear saying no to
 - Never explain yourself to anyone out of they may misjudge you
 - Learn to see your own defensiveness towards others and offense against your own to be free of fear

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- Realize that the person you are about to argue with is in as much pain as you are
 - Never accept negative reaction you have as the only possible answer to your present challenge
 - Everything you resist in life increases by the amount of thought spent in fighting it, so accept that all you can and quietly drop the rest
- **How To Let Go Of Helpless Feelings:** Our desperate search for happiness continues our unhappiness. Any direction we take to get away from misery does not work. We are letting our false self give us direction out of it. That makes no sense. Start watching yourself in action. Listen to yourself in an anxious state give direction for a secure tomorrow...and then realize it makes no sense. Eventually you'll stop asking yourself for directions because you will no longer believe in the you that keeps getting you lost.
- **A Technique That Makes Fear Fade:** Trying to make any unpleasant thoughts or feelings go away only fixes them in you. Whenever you feel scared or anxious, remember that emotional or mental suffering takes place only when you have become fixed on one small piece. Break your temporary wrong focus and pull back from yourself. The wider you can extend your inner view, the less disturbed you'll be by what you're seeing.
- **Let Go Of Loneliness And Discontentment:** A painful event echoes a memory within us, and suffering SEEMS real, but it has no real life. The false self has to re-create itself over and over again.
- **A Secret Strength Greater Than Any Sorrow:** We must learn to understand our fears before we can release them. Trying to forget our fears is like trying to hold a basketball under water. It takes so much effort to keep it down, and eventually it comes to the surface. Nothing keeps us more aware of a problem than trying to forget it. Listen to what the truth is telling you about your strengths. The light always cancels the darkness. Each crisis is trying to teach us a lesson if you are willing to stay in the classroom. What each crisis is trying to teach is that the only thing wrong in life is the current driver who says he knows the way home, when he obviously doesn't!
- **How To Change The Life You're Giving Yourself:** At any given moment we will always do what we know. Before we can get anything different out of life, we must first do something different. But before we can do something different, we must first KNOW something different. And before we can know something different, we must become aware that our current level of understanding is what has brought us here, what we need to change. Trying to change what we get from life without changing what we know is like putting on dry clothes over wet ones, and wondering why we are still cold. We need to stop changing what we are getting for ourselves, and change what we are giving ourselves.

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- **Five Exciting New Answers, Actions, and Results:** Five examples of things we do that we can change!
 - Habit: leaning on a familiar negative state to support you in times of doubt. New Answer: real strength is the refusal to act from weakness. New Action: See where you have been calling your inner weakness an inner strength. Dare to live without these false strengths. New Result: The end of confusion and pain over why strength so often fails you. You will realize the birth of a new a strength that never turns into its weak opposite
 - Habit: Avoid challenging conditions that seem greater than your ability to get through them successfully. New Answer: have the courage to proceed even while knowing you're afraid. New action: Dare to take one shaky step after another. New Result: freedom of a life of fear, because fear cannot exist whenever insight is valued above feeling frightened.
 - Habit: Give anyone who causes you pain a state of their own medicine. New Answer: Forgiveness is the personal understanding that except for circumstance, there is now real difference between you and your offender. New Action: In spite of all the inner screams to the contrary, dare to treat your trespasser, as you want to be treated. New Result: When you stop punishing others for their weakness, you till stop punishing yourself for yours.
 - Habit: Search for someone who you will let you dump your troubles on them. New Answer: Compassion is the conscious refusal to add to another person's suffering, even though it may seem to increase yours. New Action: Dare to shoulder one hundred times the mental and emotional weight you think you can carry. New Result: Contained right within the suffering is the glimpse that there is no sufferer.
 - Habit: Fall into the arms of whatever dark state confronts you when your dreams get dashed. New answer: Real hope is the fact that there is always a higher solution. New Action: See that any time you feel defeated, its only because you insist on clinging to what doesn't work. Let go and you wont lose anything except for a punishing idea. New Result. A new life that fears no challenge, since defeat can only exist in an absence to learn
- Remember that when you work with powerful higher ideas, there temporarily unknown parts that may try to mislead you. No matter what the harmful voices might say, whoever puts the truth first will never lose anything except for what was never real in the first place.
- **The Secret To Permanent Pleasure:** I've always suffered from "post fun" depression. E.g. a major low after a big high...vacations, etc. This section has FINALLY given me the answer and ability to achieve that...through work of course. First, we must understand that a picture of a glass of water doesn't quench your thirst, and a picture of a fireplace doesn't keep you warm. The

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“thought” of something is not what it is. This is the same with feelings. A feeling is JUST a feeling...not what it is. Sadness or gladness is not something you are, it's something you FEEL, and all feelings fade. What we are seeking is not pleasure, but permanence. Permanence is a level of being. It's an elevated state of awareness that includes all of the feelings (good and bad), but remain undisturbed by emotional ebbs and swells. Your pleasure is that you ARE, not what you feel. Only the awareness of your pleasures allows you to enjoy it without feeling as though you will disappear when it does. Your true nature cannot be carried away, just like the light on a lighthouse. The light shines the same whether good weather or bad. We are the same. Our pleasure is our awareness that WE are what is constant.

Chapter 5: Letting Go Into The Power Flow: Stress exists because we insist! It is our mistaken belief that we must push life in the direction we choose. Reality has its own effortless course, and we can either embrace its way or struggle endlessly. We don't need the power to flow. Why push, when we can learn to ride?

- **The Sure Cure For Whatever Disturbs You:** Reading this section helped me figure out something I was resisting that I was “allowing” myself to be upset by this morning. There is NOW power on earth that can make you feel safe and secure, because it isn't the world that threatens or disturbs you. It is your own underdeveloped nature that that punishes you, because it doesn't understand that the disturbance outside of itself IS itself. We seek self-power because we are dominated by our own feelings. We are taken over by our own reactions. This is painful for us because our TRUE SELF longs to be free of self-limiting, self-defeating, compulsive thoughts and feelings. The problem is, at our current underdeveloped level, we believe that another person or event is causing our unhappy feelings. To find the power to be happy, we need to look for the power not in a person, place, possession, idea or belief, but through the new understanding that your higher, permanent nature needs NO power outside of itself in order to be in charge of any attacker (inner or outer). Its strength is called the SILENT FORCE, and it can do for you what you have been unable to do yourself. The silent force is the understanding that you need now answer to any disturbance within you. Any form of response to a negative state, other than to silently observe it, is always a form of resistance to it. And what resist persists. We have been incorrectly that negative thoughts and feelings like fear, anger and hatred belong to us. We are responsible FOR them, but not TO them. Dark feelings are not ours, no matter how much they try to convince you. This doesn't mean to pretend as dark feelings don't exist. Pretending an elephant isn't there, or that it's a cute bunny leaves you in danger. See the elephant and recognizing what it is, allows you the intelligence to recognize it, and then promptly leave the jungle. When we seek power to make a fear go away, all we are doing is empowering the fear. Use the silent force!

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- **Let Go Of The Fear Of Being No One:** This section essentially talks about how we are all trying to be “someone.” And being someone is to possess power. However, fear is what is driving this, and with self-observation and the help of truthful ideas, we can let go of the fear of needing to be someone in the eyes of ourselves or others.

- **How To Let Your Worries Roll By:** Once you understand that nothing real is threatening you, where is your need to anxiously protect yourself? Once you know that you have already been given an independent, timeless identity, you will never worry again about making yourself into “someone.”

- **Never Feel Trapped By Life Again:** The only power that any trap in life holds over us is our lack of understanding that draws us to the trap in the first place. As with all invisible snares, the power trap looks like a promise, but only holds punishment. The ONLY way out of these traps, is to become wiser than the trap maker-the false self. One of the false self’s clever deceits is to make us believe that the unhappy experience of feeling trapped is the actual trap. But it’s not. The false self knows that if it can convince us to struggle with trying to change the experience, then the REAL trap, which is ACTUALLY causing the suffering, will go undetected. We are NEVER trapped by an experience. The painful experience of feeling trapped is an effect of the trap, but NOT the trap itself. The more we try to change the experience, the more we are tightening the actual trap. This is why self-awareness is so important. The only strength a psychological trap may possess is in our unawareness of its presence. Choose to inner lighting over experience fighting and you dissolve the trap.

- **The Best-Kept Secret In The World:**
 - We fall into the power trap any time we go looking for strength outside of ourselves. We need to reveal the inner weakness that made us search for power in the first place
 - Do not look for a new strength to solve an old weakness. It’s a waste of time and makes us weaker. We need a new understanding of it
 - Real power NEVER seeks power. You need no power outside of the strength that comes with finding your True Self
 - If we feel the need to seek power externally, then we are actually under the power of our false self (which has NO real power), and regardless of the fact you think you’re becoming successful, you are in fact becoming increasingly powerless.
 - You only have the power to possess the parts of yourself that you are willing to see that you have given away.
 - Do not try to achieve independence by depending on others.
 - If someone “needs” power, than they will never be powerful
 - By using the “light” of truth, we are able to see where we were mistaking weakness for strength. Real strength appears all by itself when we stop acting from weakness.

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- **Don't Miss This Life-Changing Moment:** The truth is always right here for us to grab. It just needs our desire for awakening and insight. Often times, when we encounter a crisis, is the easiest time to grab this truth. Unfortunately, we often miss it, because our false self convinces us that these crisis's our an outside attacking enemy. But really, we can take a crisis, and see truth as a learning lesson...something that is on OUR side. We need to let the truth do what it is meant to do, and that is to allow us to be happy. A crisis will come before an opportunity for growth, because spiritual growth comes from removing self-blocking thoughts and feelings. The crisis can show us where we've been holding on to a particular belief, that was somehow invisible to us before. Theses crises will come up when some "lie" we've been living shows us that it in fact, is just a lie. For example, living your life in a way where you are nice just because you want people to say you are nice, when inside you are thinking negative thoughts about these people. This resentment will build and lead to a crisis. Your false self will take this crisis and try to blame it on everything and everyone else but yourself. **BEWARE!** Accept the truth. Truth does not cause pain. Our only pain in crisis is our resistance to the truth. A crisis will only feel like a "breaking point" when we fail to see it as a "turning point." SO, if you want to make it into a turning point, allow yourself to be open to the lesson, rather than letting yourself be convinced the world is out to get you. Just be prepared that as you are releasing these experiences, it will cause a temporary pain. It can manifest in two ways. One, will be the refusal to let whatever you are experiencing go underground, and the second will be the agreement to keep this inner conflict conscious long enough so that you can see its cause.

- **The Secret Of Having Everything You Want:** The secret is..."want what life wants." When you want what life wants, your wish is just for life itself. When life brings you something that you don't like, it is actually your REACTIONS that cause the resentment and negative feelings. These unhappy feelings come from the fact that you have created these ideas and expectations of what happiness should be. Life isn't necessarily denying you happiness...it is your expectations, and your negative reactions to your expectations. Your false self will try to convince you that you need these expectations and ideas of happiness, but don't listen. Here are two lists...1 shows when you want what YOU want, and when you want what LIFE wants.
 - o **What YOU want**
 - o Anxious and nervous because life doesn't cooperate with your plans
 - o Willing to sacrifice whatever to get what you want
 - o Scheming to win your next victory
 - o Either in battle or recovering from one
 - o Unable to rest quietly
 - o Easily angered when someone or something gets in your way
 - o Always driven to want something else

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- Against anyone who wants the same thing as you
- Certain that what you have is what you are
- Always trying to convince yourself that you got what you wanted
- **What LIFE wants**
- Never disappointed by what happens
- Always in the right place at the right time
- Quietly confident, no matter the circumstances
- Out of the reach of anger and anxiety
- Awake and sensitive to your surroundings
- Free of ever feeling like you missed out
- Never thrown by a loss
- In total command of events
- Mentally quiet
- Eternally grateful
- Essentially, anything causes pain or anxiety is YOUR wants, not LIFE's wants. Below are 5 lessons to help get what life wants.
 - You cannot release and resist at the same time. So any time you are rejecting a weakness, you are holding on to it more
 - Realize that truth and mercy one. So are love and fearlessness.
 - Nothing judges you. It is what you love (and that love alone), which persecutes you or stands by you in need.
 - By succumbing and coddling your fear, all you are doing is becoming more fearful
 - Don't spend time making others what you want them to be. Rather than changing people to suit our needs and wants, recognize that NOBODY else is responsible for fulfillment

Chapter 6: Break Through To A Totally New You: Past self-defeat does NOT mean, that you cannot have self-victory now. That is the past. The only thing that past self-defeat shows is that you approached the challenge incorrectly. That's all. This is where "truth" teachings come in handy, because we obviously need help in learning how to approach these challenges. Truth teachings help us in two ways. First, they shine a light and show us why the methods we've used that DON'T work. Then, they let us realize that we have been misled, and we are finally released from that unconscious sabotaging idea.

- **Let Higher Facts Free You From A Painful Past:** In order to let go of past pain and resentments, we need accept that everything (EVERYTHING-thoughts, thunder, feelings, animals, etc.) has a birth, life and death. When we realize this, we will realize that the only reason we are holding on to past negative emotions is because our false self won't let it die off naturally. Every moment is a brand new moment. Every new moment is always right now...it is constantly shedding the old. And we are the same! So if you think, every discouragement ends, every negative emotion ends, and the moment passes and sheds off into a new moment. And now we start to think..ok "How do live like this?" ... We are no longer questioning if living

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like this is possible, we are now wondering how to do it, and that in itself is a step forward!

- **You Are So Much More Than You Can Think:** At some point, we realize that we are not getting what we're asking for, and we have to back to the "kitchen" of life and see why things aren't coming out right. We MUST do this work. Remember, you are NOT who you think you are, and you emotions are something you feel, not something you are. Regardless of how "real" reliving old regrets feels, just remember, you are NOT your past. Identifying ourselves with these old sensations is the false self.

- **Drop Angry And Anxious Feelings Instantly:** As we already know, we need to let go of old ideas for something new to happen us. Think of a close friend that starts being rude to you. In the past we would have just let our blood boil, but this time, since we have been practicing self-observation, we are able to shed a new light on it. Yes, we are probably still mad, but in addition to the anger, we have the new light that let's us see that our anger comes from fear. The fear that our friend has stopped caring for us. And the awareness of this, is big! And then, rather than digging in our heels and defending our position, we now know that the "us" that is feeling threatened and angry, is not who we really are. It is our false self. We know that our true self never has to defend an emotional position. Having this conversation in our head allows to then drop the false self's angry disposition, and every time we drop the false self, we merge with real life! We let that negative angry feeling live and then die, and when it died, and then we let it go. This is the true us! Here are some examples of common scenarios and the root behind them
 - o **Self Doubt:** This is comes from identifying with the idea that how you feel about yourself depends on how others feel about you. This only makes us more dependent on others. Independence is confidence
 - o **Self-Righteousness:** Identifying with the idea that just because you can point out something wrong, it makes you better than that "wrongness." This makes you "feel" right, but right isn't something you feel, it is something you are
 - o **Self-Pity:** The idea that you could have done differently. If you could have, then you would have. Let go of regret...you didn't know better at that time.
 - o **Anger:** Comes from the fear you feel when others won't conform to your point of view. Heated reaction is NOT strength.
 - o **Self-Torment:** The idea that the more you suffer, the more important and you real you are. This does not take you anywhere.

- **Giving Yourself Up Is Lifting Yourself Up:** This section really resonated with me! As we begin to overcome our old mental habits, is NOT uncommon to have worry and anxiety over "what is life going to be like without anxiety and worry...and what will it like to be happy?" This is NORMAL! It's because this new life is "uncertain" and anything is less scary than the

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unknown. Focus on what the truth is telling you though. Deny the re-entrance of the false self. Slowly but surely, the weight of the habitual false self will dissolve, and we will grow lighter and lighter and see that the new life we have been fighting for is our true nature. Every time you're about to dive into the old habits, recognize it, and suspend yourself. DO NOT let the past dictate the direction of the present moment. We are living right now, and we are NOT our thoughts and feelings.

- **How To Live Life On Your Own Terms:** Remember, NOBODY has authority over you. No scowling face, irritated look, or rude tone has the power to make you feel anxious, frightened or angry. However, sometimes we feel like we can live life on our terms, but sometimes we feel as though we cannot. When we do things that we resent doing, but feel compelled to do, it is because we are more concerned with how OTHERS feel about ourselves, than how WE are really feeling. Why do we feel like we need the approval of others? Not only do we feel good when people approve us, but we feel alone and sad when we do not get that approval. BUT, the more we depend on others to confirm who we are, the less real life we have. These inner difficulties only seem deep because the false nature keeps everything stirred up and we cannot see the bottom...just like a murky lake. Working with these "truthful ideas" clears things up. Once things are more clear we can see solutions to problems. You will gain inner confidence when you can consciously refuse to go along with what your weakness wants you to do.
- **Special Study Section For Lasting Self-Possession:**
 - o When you are in a storm, don't blame the weather
 - o Real strength always follows after uncovering a root of weakness
 - o Don't try to find out who you are, just be yourself
 - o If you were doing the right thing with your life, you wouldn't need to convince people you are
- There are two principles of spiritual when living life on your own terms
 - o Release resistance- within yourself and in your relationships with others
 - o Saying NO to the things that are not right for you. This means you will no longer live in the resentment you create by agreeing to do something you don't want to do.
- **Six Responses To Free You From False Relationships:** Below are 6 things you can say to make sure you are staying true to yourself
 - o I am not going to concern myself with what YOU think should be important in my life
 - o You can do whatever you want with your life, but don't expect me to want the same thing
 - o Don't cry to me about the same mistake you've made more than twice
 - o Don't "share" experiences you don't even want with me

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- Don't try to convince me that I need something. If I needed it, I wouldn't need someone to convince me of it
- You go your way, I go mine. Stop asking me to come your way

- **Ask Yourself This Question and Escape To Freedom:** The question is, "If I am doing what I want to do, how come it hurts me to do it?" There is an evil spell over us, and part of the spell is our denial of its existence at all. The spell is suffering. Anger is a form of suffering. It burns, hurts relationships, causes heartache...yet, when we are angry, it feels so right. Same with anxiety, worry, resentment, doubt, guilt, etc. Why? Because negative emotions FEEL like they have the best intention because they give you a powerful false sense of self. However, the TRUTH, wants you to know it is NEVER in your best interest to suffer, no matter how convincing your false self is. NEVER.

- **Step Up And Away From Punishing Feelings:** Below are 10 powerful statements about suffering
 - Suffering does NOT prove that you know how to care for yourself and others. It means you haven't seen through our own ideas about caring, or you wouldn't be so careless with yourself
 - Suffering DOESN'T prove you are right. It proves you don't know right from wrong because you would never take your position of pain to prove a point
 - Suffering DOESN'T prove you are responsible. It shows you have abandoned self-responsibility or you wouldn't treat yourself so badly.
 - Suffering DOESN'T prove you are important. It proves that you'd rather feel like a miserable someone than a quiet no one who is quietly happy
 - Suffering DOESN'T prove you are alone. It proves that you prefer the nature of your unfriendly thoughts isolates you from good things
 - Suffering DOESN'T prove the world is against you. It proves that you have taken sides which is against everything, including yourself
 - Suffering DOESN'T prove you are real. It proves that you have latched on to a false self and confused it for the quietness of real living
 - Suffering DOESN'T prove someone else is wrong. It proves you will to any lengths (including self-destruction) to prove you are right
 - Suffering DOESN'T prove you are you think you are. It proves you don't know who you really are
 - Suffering DOESN'T prove you want to stop suffering. It proves that you are afraid of the end of suffering, because you think it means the end of you

- Every time we gain a new insight, we first catch a glimpse of it, as we encounter a challenge. Just like a mountain climber climbing an unknown spot. He just needs to study the slope, not be fooled by the scary discouraging feelings, and then take one step at a time. It's the same for us. We just need to ask ourselves, "Is this what I really want?" We do NOT have to accept any

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condition that compromises our happiness. It is never right to feel wrong, no matter how much you think you deserve it. Feeling one way, and thinking another means to be in conflict. Self-conflict is the only suffering there is. The next time you're feeling bad, stop immediately and say "Is this what I want?" Watch the picture as it unfolds. You will realize that your thoughts convinced you to follow in their direction of darkness, and then YOU are the one that ends up feeling bad. This is self-betrayal. You do not have to accept any condition that compromises your happiness. The better you get at stopping saying, "you are not what I want" the more you will realize that suffering is stupid and never justified, and the stronger your self-unity will be come.

- **Make It All The Way Home To Your True Self:** Stop worrying about who you think you should be and start being who you are. How? Stop TELLING yourself who you should be and start listening for a new kind of voice that is calling you. It will show where to find your true self. Be brave enough to walk away from the familiar (even though useless, destructive, etc.), and listen to your true identity calling you. Only when you know who you are NOT will you find out who you are. Listen. Don't be afraid of open spaces. Seek truth, not security and you will find yourself.

Chapter 7: Let Go And Let Higher Life Forces Succeed For You: Think of yourself as a tiny blade of grass that has somehow found its way to break through the concrete of a sidewalk or parking lot into the fresh air and sunlight. We get so easily discouraged by our inner darkness, and it only grows worse each time we fail to free ourselves. We need to learn to fight correctly and know what is true and what is false within ourselves. Ultimately, we must learn to cooperate with the higher laws that rule self-freedom. Like the blade of grass, it must fight through darkness if it wants to survive and reach the sunlight...we must do the same. Seeing the truth is the first step of this journey into the lightness. Don't wonder if it can be done, just prove it to yourself.

- **Crash Through Self-Confining Thoughts:** Teachings of truth provide encouragement and help us succeed with walking away from our old nature. It's like a piece of metal that has been laying around, until one day a workman picks it up and starts hammering it. The metal freaks out, until it realizes it is being transformed into something beautiful. The willingness to endure inner change enables to see what is beyond our current level. Our willingness to just keep going will help us get past our current life level. Quitting is the option we think of when we have an incomplete understanding of the situation. If we knew the whole picture, we would never think to quit. Self-understanding can help us persevere when self-insistence cannot. Through self-studies, we KNOW that the false self must find a way to convince us that its world is the only world. The false self will always try to scare you from anything new, and convince you that they are your own thoughts. The only way the false self can win, is if it can convince you that you've lost. The false self is made

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up of dusty memories, conditioned beliefs, habitual associations, ancient fears, recurring doubts, familiar pleasures. The false self is NOT really alive.

- **Let The World Inside Of You Go By:** Think of yourself on a scary haunted house ride. This is like your journey to your true self. You don't have to be brave, but you just have to get through the ride...it WILL end. Just trust the process. Every effort you make to grow yourself will be met with negative thoughts and feelings that will point out why this CANNOT be done. These inner voices "act" like they your best interest in mind. THEY DON'T. These are the voices of the false self. Just keep persisting with your wish to know the truth, and eventually these reactions will reveal themselves as the pieces of fear they have always been. With this higher knowledge, you don't have to do anything else. Just listen to the voice of truth...Just stay in the car of the haunted house ride. Inner progress is not measured by what you do with the scary thoughts and feelings, but by how well you understand this instruction: There is nothing that needs to be done with any dark state, except that you stay awake and watchful.

- **This Higher Instruction Will Take You Beyond Yourself:** We need to learn to walk away from the "mental how" into the "spiritual now." Remember, the thought is NOT the thing. We cannot think ourselves outside of ourselves. There will be times when it seems like there is no way out. The false self WANTS you to feel like that. The truth has better information... Each time you reach the inner point of self-uncertainty where you know you have to take a step forward, but you don't know how...just DO IT. Just take the step forward. It will feel like you are stepping into darkness of uncertainty, but nothing bad will happen. This bold move thrusts you into the spiritual Now, and that moment will teach you what you need to know. If you do your part and just take that step forward when you are uncertain, the truth will take care of the rest.
 - o **Mental How:** we fear what we cant understand; **Spiritual Now:** we understand fear is a mental mistake
 - o **Mental How:** we seek answers for tormenting questions; **Spiritual Now:** we understand that torment is unintelligent and drop the questions
 - o **Mental How:** we look to the past to guide us to the future; **Spiritual Now:** there is freedom from the past, no thought for tomorrow, because we live fully in a painless present
 - o **Mental How:** we don't want to admit when we are wrong; **Spiritual Now:** we are free from the punishing need to pretend we are always right
 - o **Mental Now:** we spend time looking at the past with regret; **Spiritual Now:** the past exists for practical purposes, but not for a source of pain or problems.

- **A Special Summary To Help Shatter Self-Limitation:**

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- Nothing stands between you and permanent happiness
 - Don't ask how, let Now show you
 - The spiritual Now is an unthinkable action
 - When traveling the inner roads, your arrival in the new world outside yourself, is a departure from the old one
 - The clearer it becomes that you can't help yourself escape yourself, the freer you become
 - You can arrive outside of yourself as quickly as you are willing to be taken there
 - The only path to self-success is the next step
 - Add daily sweetness to the journey by working to shorten the distance between the mental now and spiritual How (moment by moment)
 - No one else can help you get outside of yourself
 - Real success is not measured by what you are driven to achieve, but what you can quietly understand.
- **Detect And Reject Psychic Intruders:** Often times one minute we are feeling on top of the world, and the next we are carrying the weight of the world on our back. These are intruders!! These intruding thoughts get in when we are unable to recognize the difference between inner friend and inner foe.
- **The Return Of The Absent Nobleman:** This section was a quick short story to explain the following lesson below.
- **How To Distinguish Invited Guests From Unwanted Intruders:** Use the following descriptions below to help decipher which thoughts are inner friends or inner foes
- **Invited Guests (Inner friends):** announce their arrival, know their own place, act pleasant and polite, help when they can, keep calm, consider others, remain gracious, leave quietly, leave you feeling pleased about their presence
 - **Unwanted Intruders (Inner foes):** disguise their arrival, think they should have more than what is offered, create a disturbance, take advantage of a situation, have an uncomfortable edge, insist that everyone serve their wants, constantly complain that nothing is right, steal, make you realize you are better off alone
- Remember! No unwanted mental or emotional pain is authorized to dwell within you. If you are suffering, it is because you have mistaken an inner foe for a friend. Your ability to tell the difference will give you the power you need to keep your mind safe from rude intruders.
- **Experience The Miracle of Self-Completion:** After years of habit, we have come to feel that these ups and downs in our emotional states is part of life. Well, it's not. Give yourself to be dissatisfied with your current life level. Once it becomes clear you are dissatisfied, the sooner you will welcome the possibility of a new life. Anger, disappointment, and frustration are only

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sensations. These habitual thoughts only appear to take you somewhere, but they take you nowhere. Since you are no longer identifying with this limited world of ups and downs, you start to become aware of a totally new kind of inner world. You will feel this calm higher life calling you.

- **The Way Out Is Safe:** During our journey there will 100% be times that we have to brave through dark, difficult and unknown territories. Just like a covered wagon, the wagon master represents your higher intuition, which knows you must continue through resistance or reluctance to get where you need to go. You cannot go above or around your scary problems, you must go through them. In this example of the covered wagon on a journey, the head scout represents the part of you that must pull everyone together to make it through the struggles. The head scout has doubts and fears, but leads everyone through anyways. Our own inner lives are constant journey of knowing what we need do, and actually doing it. They are two different things, and actually doing it can be difficult...especially when going off the beaten path. We tend to think that the blockages, difficulties and cruel relationships are outside of us, when really, each terrifying mountain pass filled with unknown scariness is an inner affair. And the inner journey cannot hurt you.

- **Assurances For Travelers On The Way:** In a story, a character Arjuna aspires for higher life, but must first face an impending conflict with difficult trials. Lord Krishna tells Arjuna that nothing can bring harm to his true self...not arrows, slings or any weapon. "No heart that holds the right desire can tread the road of loss." The same goes for us! We must persist in walking away from who we have been. Nothing real stands between us and the life we've dreamed of, as long as we are willing to let the light within us lead the way.

- **The Ten Traits Of The True Spiritual Warrior:** We succeed in life when we can walk away from any challenge with a measure of more self-understanding than we took into it. Below are 10 traits of a true spiritual warrior:
 - a true spiritual warriors knows that her only enemy she has is what she has not shed light on within herself, so she never postpones a battle that must be fought
 - A true spiritual warrior never forgets she has no spiritual enemy apart from forgetting the above
 - A true spiritual warrior starts life over, and over again
 - A true spiritual warrior works every day, every moment to sharpen her battle skills
 - A true spiritual warrior leads by example, no matter the cost
 - A true spiritual warrior makes it her aim to never burden another human being with her own pain

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- A true spiritual warrior is not afraid to look at what she doesn't want to see
- A true spiritual warrior commits herself to her best choice, and knows that to live in conflict over what is or is not her best, is irresponsible
- A true spiritual warrior never fears feelings of helplessness, because she knows that such states will bring new power
- A true spiritual warrior knows the path of spiritual liberation she has chosen must lead her to one encounter after another with conditions that always seem greater than she is.

Chapter 8: Dare To Let Go And Live As You Please: A problem is willing to be solved as long as we remember who is the boss...and the boss is the problem...not the solution seeker! The only difference between a problem and a solution is that people understand the solution. Solutions only involve a change in perception...because the solution existed all along. Our challenge is to not master the problem, but make the problem give birth to its solution. What would you rather do? Temporarily subdue a personal problem knowing it will re-surface again, or let go of it altogether by seeing its actual cause. Real problems, are rarely what we think they are...no matter how they appear. This is what we usually think.... We think the problem is that it's hard to be our own person because there are outside circumstances that compromise us. Then our solution is asserting ourselves to protect ourselves. This then leads to a life of constant conflict because we spend way too much time comparing what we stand to gain against what we stand to lose. However, the ACTUAL problem is that something inside of us is sending a message that we should just give up because the chances against are not great.

- **Your Ultimate Victory Over Harmful Inner Voices:** We must accept that we have been "invaded" by the false self without even knowing it. It is always telling us to play it safe to assure psychological security, and we wrongly believe this. We believe that these warnings are protecting us from the daily attacks we encounter, when in reality...the inner warnings ARE the ONLY attacks. To remove these "intruders" you have to be willing to investigate and reveal the inner operations of the false self. The clearer it becomes that your only problem is your bad inner company, the sooner you'll move forward and start living alone inwardly. Our false self's biggest fear is that they will have no one to talk to...and that is our ultimate victory over them. Start right now by living alone with yourself. If you persist with this watchfulness, then one day living "alone" won't frighten you because the dark thoughts won't be there to tell you how lonely you feel.
- **Clear This Obstacle And Climb To True Independence:** Real self-independence is the fruit of an awakened inner light, and just like fruit on a tree, our self-independence needs to develop and follow a certain order of natural events to become ready. Self-realization is one of the things that leads to winning your life back. There will be challenges along the way and every dark uncertain step is a challenge, but then after you take that step comes the reward and relief that you cannot fall. Step by step you walk to your

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independence. There will of course be some challenges more difficult than others, so the more light we can shed on these challenges, the smoother the journey will be. If it ever seems like the truth is not leading you in the right direction, it is because you are trying to bring something with you that cannot be part of your high life, and you need to let it go. One major obstacle is our reluctance to see that the actual human condition is far worse than we ever imagined. Be ok with seeing through people and seeing their faults. Do not feel guilty for seeing badness in other...this guilty feeling is just the trick of the false self. It is important to be able to see things for how they are. You would never see a shark and pretend it's a dolphin, so don't do that with people. Also, depending on others for psychological well-being is an accident waiting to happen. Don't be scared of the understanding that there is no one for you to count on...you are on the verge of discovering a whole new level of unshakable independence that few people will ever come to realize.

- **Start Soaring Above Yourself:** Just like a baby eagle, we need to learn how to use our wings. Living under the defeatist directions of the false self, we wrongly believe that we need someone else to take us to our independence and safety. But whenever one tries to fly for two, there will be a crash. It isn't in another's power to do what you must do for yourself. Stop looking for what you hope to see in others, and starting seeing what you need to see to help set you free. The clearer the vision becomes, the sooner you will be forced out of the nest into the air where you belong.

- **Higher Hints For Taking Charge Of Yourself:**
 - o When you understand that no one really knows who THEY are, you'll stop looking for them to tell you who YOU are.
 - o Neither the approval nor disapproval from others makes any difference in the quality of your life
 - o People who you to be who they want to please themselves. But just be yourself and please YOURself.
 - o Why do you want approval from those who don't even approve of themselves?
 - o One way to avoid unpleasant conversation is to stop talking to yourself
 - o If you don't leap, you'll never know what it's like to fly
 - o If you are headed for the mountaintop, then why do you care what the people in the valley are doing?

- **Let Go Of These Secret Life-Draining Demands:** Our self-generated demands are what give rise to all of the worldly demands
 - o **Examples of self-demands:** Be rich, famous and slim, Be important, Be wise in all topics, Be source of strength to the less fortunate
 - o **Example of worldly demands:** Look at life like a race to win, Excuse rude behavior, Conform to social mandates, Compromise whatever is necessary to succeed.

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- **Freedom To Answer The World The Way You Want:** Our inner and outer crimes will take place in the dark long before they express themselves in daylight. Trying to live up to the person you identify as a “better person” doesn’t make you better...it just makes you bitter towards anything and anyone that threatens this picture. You diminish the demand of self-pictures by learning to see through them, which includes understanding how these pictures came to be formed in the first place. One of the main reasons we pain pictures of ourselves is because we subconsciously fear that somewhere within us dwells darkness. So we create a super self that we strive to be. The problem with the super self is that its only real strength is the ability to make us feel bad for being so weak! Let the light fight for you. It’s the only way to succeed the battle...No matter what, let it show you that the inner is just as much a self-picture as the super self. We are also, subconsciously resentful of what we feel compelled to do. You are not here on earth to live up to anyone’s expectations—INCLUDING YOURS. You don’t need to ever answer to a demand that causes you pain or asks you sacrifice your integrity.

- **Walk Lightly Through Life:** It’s not our life that will change, but our view of life. Without the burden of carrying all of the extra weight, we start to see life as a wonderful place, rather than a task to go through. Once you start making yourself miserable for not being where you want to be, you’ll be happy exactly where you are. “The truth is, you don’t need to be who you think you have to be. Therefore, you don’t have to carry around those things through life you think you need to make you that person.”

- **Keys For Living Lightly:**
 - Real life is intended to be inner-acted, not outer-directed
 - Only wrongness needs to check with itself if it’s right
 - You can have a relationship with something you don’t understand, but it will always be on that relationship’s terms
 - To soar more, see more
 - Stop trying to act kindly and dare to be more awake, for the kindest act of all is to help another see through the hoax of unhappiness
 - As long as you act as though your life depends on anything temporal, it does
 - Your secret strength knows that your secret weakness isn’t yours at all
 - False life is exhausting; real life is inexhaustible
 - Any confidence you have based on something outside yourself is also the basis of self doubt
 - If you allow other to tell you where you are going, then you must depend on them to tell you what you need for your journey.

Chapter 9: Contact With The Secret Self: Letting go of you think you are and making contact with the “Secret Self” are the same thing. The secret self is the source of love and wisdom, perfect potential, beyond limitation of any kind. The secret self is a sacred nature within that wants to reveal itself. The whole book up until this point has been

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leading us to make contact with the secret self. Learning to let go of our own constant mental chattering prepares us for the entrance of the secret self. And when we finally would rather listen for its coming than to our own internal talking, the secret self will make its appearance.

- **You Can Reach Whatever You Are Willing To Receive:** One of the biggest mistakes we make when learning to let go is listening to our own conclusions. The truth is trying to teach us that the limit of our current life-level is NOT the limit of life's possibilities. We need to realize that, what is possible for us to become changes, when we figure out that it is impossible for us to continue the way we are. The secret self will make contact when an individual has prepared for its entrance. We cannot reach out to it ourselves. There is no greater power for inviting the secret self into your life than the willingness to be receptive.
- **Hearing The Song Of The Secret Self:** If we aren't "aware" of what we are listening to, then we are hearing without even knowing what we are receiving. This self-unawareness leads to countless uncomfortable moments. (E.g. We think someone else is thinking about us negatively. We then react defensively, which creates isolation and fear). However, had we known that we were "receiving" was a self-produced, self-defeating thought, we would have just disregarded it as nonsense. The secret self is the foundation of all that is good, kind, wise, love, and is always sending out its cosmic strength and silent wisdom. Our task isn't to reach for it, but to allow it to reach us by receiving its healing influences. Before we can receive the gifts from the secret self, we have to remove the obstacles that allow its entrance. The first step of being receptive is to notice where we are NOT. Higher receptivity requires us to see where we have subconsciously allowed disruptive negativity to occupy our mind and hearts. The secret self will allow us to detect any slightest mistune in our lives, like an orchestra leader can detect a mistuned instrument. Allow yourself to start listening to yourself more and more every day. Don't worry if you feel strained or sad, just keep listening and stay receptive. Your false self will want you turn these inner false sad notes into a sad song, but DON'T. Just stay silent and keep listening. Let the negative thoughts remain where they are, which is the fact that you are aware they are out of place. Your awareness of their "out of placeness" is coming to you from the secret self.
- **The Kingdom Of The Secret Self:** "It is the common man who measures himself by the things that pass through his life, for it is only the common man who judges his own value according to what his life accidentally awards or denies. Your brightness is that of a king, but today you have acted quite common." This essentially means that we should not measure our happiness based on anything outside of us...whether or circumstances are good or bad. Our brightness allows us to see that "a true king is never concerned what his subjects bring him whether bags of silver or bags of straw, because he knows

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he possesses the entire kingdom. Everything is yours, it always has been.” Think of yourself as the king of your own kingdom of life. No matter what outside factor life brings you, you know that life is yours, and these things do not affect you. Every time you refuse to be captured by the “common” you receive a piece of the kingdom. Life will bring what it brings, receive it with no concern for what it may think of you. Life is not trying to tell you anything about YOU...it is trying to tell you about IT, and the vastness of its riches that already belong to you. You already possess everything you need, it just doesn't feel like this because we are taught to cling to individual things. Let of clinging thoughts and feelings...let them pass through you. Your willingness to allow life to pass through will bring awareness that there really is no difference between you and life.

- **This Brand New Action Leads To The Wonderful Way:** Discouragement is the false self's most powerful deception. **RECOGNIZE THIS!** Discouragement is just one big trick. Don't fall for it! Every time you feel discouraged, just start by being aware that it is the false self playing a trick on you. Discouragement's only strength is its ability to deceive us. Do not wait for your outside circumstances to change before you start working on yourself (getting a new job, new relationship, etc. etc.). Start working on your inner self now, and then your outside conditions will actually start to change. By waking up what seems to be blocking us, and just standing there face first with the wish to move forward, and refusal to go back, you have placed yourself right where the truth can begin to work on you. There will be many times in our journey where to put the truth first means we will have to admit where we haven't been truthful with ourselves. And remember, every time you detect a step in the wrong direction and then refuse to go, that IS a step in the right direction. You have the right to live without being compromised by any negative state. Fear, anxiety, worry, hatred, doubt and despair give us trouble because they live in the dark of us...but only because we live in the dark about them.

- **The Bill Of Lights:**
 - o You have the light to detect, dismiss and transcend the limiting influences of painful negative states such as doubt, worry, hatred, anger, fear
 - o You have the light to do your unique part in perfecting any moment within which you are willing to come awake to yourself
 - o You have the light to help each person you meet realize that he has the right to live within and from the same Bill of Lights that you do
 - o You have the light to live in a peaceful world within yourself that is spontaneously creative and quietly confident at all times
 - o You have the light to act with compassion towards all other beings, regardless of how challenging your personal circumstances may be in any given moment

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- You have the light to always remember that the goodness responsible for your creation wants only what is true and good for you.
 - You have the light to realize all things pass except for that lighting living within you whose eternal presence alone it becomes possible to see the soul-consoling beauty of this truth.
- **Follow These Fifty Secrets All The Way Home:** Every time we make to another safe higher point, we realize it's not that we have SO much more personal power, but it's that we have let go of SO much deep-rooted false beliefs and habits and patterns...and the false continues to get washed away.
- See These Truths**
1. You are always right where you need to be to take the next step beyond yourself.
 2. Spiritual development is an equal opportunity for all.
 3. Living in inner darkness, there are only two choices: the wrong one or the lucky one
 4. See the upset not as an exterior circumstance to be remedied, but rather an interior condition to be understood.
 5. All psychological conclusions are fossilized assumptions of the false self.
 6. Discouraging thoughts and feelings don't even know the truth about themselves, let alone what is around the corner
 7. Only an egotist likes to feel as if they are no one.
 8. The very act of doing something for a reward is painful because it goes against your true nature, which is a reward unto itself.
 9. Since spiritual awareness has no opposites, nothing can oppose it.
 10. That bad feeling you don't want to feel is the feeling of not wanting that bad feeling.
 11. That sentimental or sad remembrance is a memory, not who you are.
 12. Just as the sun is not dependent on the moon for its light, so real love has nothing in common with any of its opposites.
- Look Beyond Yourself**
13. Never hesitate to place yourself in a position where you don't know what to do.
 14. If life knocks you flat on your back, open your eyes: above you are the stars
 15. There is always something higher, if you will only remember to keep your head held up.
 16. When your destination is not of this earth, then nothing on this earth can disturb you.
 17. Be the investigator, not the justifier; be watchful, not willful
 18. To what you are connected is by what you are directed
 19. Truth has nothing to do with self-pleased human being.
 20. The Secret Self is a presence to perceive, not a prize to pursue
 21. A prayer for acceptance that isn't preceded by a prayer for forgiveness is an act of arrogance.

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22. You will know the Secret Self when you know that no man can help you, including yourself.
23. Never again help anyone to feel as though they have a right to feel badly.
24. Let the truth awaken in you the remembrance that you are not here to remain you.
25. **Just Let Go**
26. Real chance of self isn't found in some new way to think about yourself but in the freedom from the need to think about yourself at all.
27. Act from the self that is true and not from the self that is you.
28. Letting go is all about finding out who you are not and having the courage to leave it at that.
29. Persistence is sticking with something until stupidity gets out of the way.
30. The only way to produce more inner light is by consciously sitting in inner darkness.
31. To do the best you can do does not mean to suffer.
32. Jump into to the truth of the moment by being willing to jump out of yourself.
33. Letting is not giving up; it's going up.
34. The Secret Self does not enter into an individual's life on any condition other than entire possession.
35. To be more alert, we need only listen for and then let go of the thoughts that steal our attention.
36. Set your course by no man, and let no man set your course.
37. Let of whatever it is
- Truth Always Triumphs**
38. Whoever chooses truth about himself always chooses for himself.
39. Defeat is a memory; it does not exist in real life.
40. You can have the realization of helplessness without the feeling of helplessness.
41. When all has been done, patience is natural and has no strain
42. To remain calm, we need only listen for and then let go of the anxious inner voices.
43. Living in the light of self-awareness there is only one choice, and it is always the right one, for consciousness never chooses against itself.
44. Whatever strength you add to yourself becomes your greatest weakness, while whatever weakness you consciously endure will be replaced with a strength not of your own
45. When you know you are fully wrong, you will be standing at the gateway of real rightness.
46. When life become your leaders, its spirit becomes your strength
47. Truth pours in as you pour out
48. You need neither the permission nor the cooperation of the world to put yourself last

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- 49.** You cant silence yourself, but you can allow stillness to show you its ways
- 50.** Never think that any situation is too difficult for truth to triumph.