

AMPED

AFFIRMATION MANIFESTING PROCEDURE
ELECTRONICALLY DELIVERED

THE MOST POWERFUL
TRANSFORMATIONAL
TOOL EVER CREATED

CHANGES YOUR LIFE
IN SIX WEEKS

SERIOUSLY...

PRESS PLAY



VOLUME 1



A M P E D

VOLUME 1

by the Barefoot Doctor



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The Book

Dedicated to the memory of the late, great Ken Owens, sound designer and engineer par excellence.

With special thanks to Ania and to all my trusted beta-testing and personal support group – Teresa Iche, Maz Glimour, Melissa Vaughn, Juliette Owens, Yvo Brunskill, D Magic, Linda Griffith, Sue du Crew, Robert Tomei, Jay Palmer, Karin Kammerrer, Jemima House, Spencer Mac, my mum, my sons, Jaguar Skills, Raja Ram, Lorrie Carrol, and everyone who's helped me along with the AMPED process so encouragingly and generously, bless you all.

HOW TO USE THIS BOOK

Read it.

Simple as that really.

Aside from the following.

Read it gently as you go along.

The rationale and backdrop story to this book is transformed in the final section, into a first-person narrative, which when read, instills even more power and presence.

The book is in three sections – the first comprises the rationale and explanation of the mode, the second comprises the affirmation script, along with the subliminal script, and the third section comprises the material tailored from section one and transformed into first person to provide a visceral experience.

WHAT YOU DO THIS FOR

Why do you want to manifest things? It's what we do. We manifest whatever's happening.

That's one way of describing how reality works.

Take you. You're manifesting things anyway. Look around you at your life, (or at how you're perceiving it, because ultimately this human experience all just boils down to perception) – you've manifested this, and mostly from an unresolved unconscious level of self, which is why some or much of it possibly doesn't sit so well with your conscious self.

Interceding in the process with clear intent for outcomes you wish for, gets it all to sit and roll far better than allowing the unresolved aspects of your unconscious mind to do it for you.

You know instinctively that you can be living life far more fully, with far less self-inhibition, self-doubt, worry, self-limitation, self-criticism, stress and angst, and with far more freedom, courage, originality and overall splendor, magnificence, compatible company and companionship, and access to the resources and wherewithal to support it.

And you're aware that the opportunities that bring you the resources and wherewithal, and which come to you through the agency of other people, require an increased capacity to conduct all interactions and transactions with confidence and ease.

Yet you've experienced setbacks and disappointments at various key junctures along the way, each of which traumatized you to varying degrees, and exponentially compounded the unresolved trauma of the all the preceding knocks. And that has reduced your confidence in your ability and power to make things happen.

And you naturally and rightly want to overcome that.

What makes it challenging for you, is the fact that this compound trauma condition, albeit relatively subtle, has also compounded your allegiance to the prevailing paradigm – collectively subscribed to story – one key element of which is that things will inevitably go wrong and not work out, that life will disappoint and inevitably let you down, not to mention kill you when you reach the other end.

How could you, or any of us, ever have been fooled into subscribing to such a fearful, unproductive story as that?

Because it's fed to us from the start before we're old enough to string a phrase together, let alone a sentence, hence we don't question it, and even hold it sacrosanct.

But why would anyone feed us a story like that and where does this story come from?

Agriculture.

Yes, though you may have never linked farming with ontology (the study of the substrates of reality) like that, agriculture, the funnel through which nature keeps so many of us fed, has also had its darker consequences.

For at least 60,000 years' worth of homo sapiens' history we were hunter-gatherers, nomads who followed the sun (hence the warmth, where the food would be growing). The exacting nature of our activities required us to live in the moment to stay alive, and there was neither time nor good reason to project into the future, nor to dwell in the past. Being absent from the present moment like that might have easily cost a person their life.

Then by about 10,000 years ago we discovered agriculture, or rediscovered it, if we're sensible and broadminded enough to assume the potential existence of well-developed civilizations prior to the last ice age.

Slowly but surely, we stopped foraging and hunting and started husbanding livestock and growing things instead. We started relying on crops. When crops failed, as they inevitably would from time to time, we'd starve to death. Crops took time to grow. And there were no guarantees regarding weather or pestilence.

We were now necessarily focused on the future and so started living progressively less in the present.

And this is where stories and specifically the things-go-wrong story started taking a firmer hold on the collective. Because we could only base future predictions on data gathered from the past, we developed fictive thinking, the ability to make up stories based on past events and experiences, as a form of forecast.

Meanwhile along with agriculture and the extra food it generated, came population growth.

With greater numbers came specialization (someone had to make the ploughs, shoes, axes and so on).

With specialization, came trading.

With trading came mediums of exchange (gold, silver, beads, salt, or money for instance).

With the money factor, came ownership.

In respect of agriculture, you had to own or have legal rights to the land you were growing crops or rearing livestock on.

With all of this necessarily came laws, and the means to adjudicate and enforce them.

Such complexity exponentially magnified the probability of things going wrong and not working out, which in turn compounded people's belief in the story.

This then got passed down generation by generation as the invisible fictive fabric that continues to separate people from reality to this day.

And it drives people to live miserable lives, doing a job they don't really like, paying for insurance policies, as if investing in things going wrong, and all the rest, and even then, things often don't work out anyway.

The news media, a mirror and amplifier, as well as influencer, of our collective beliefs, reinforces the story by pretty much exclusively focusing on what's gone and what could go wrong: people bitching about each other, people attacking, offending, hurting, imprisoning, injuring, stealing from, and killing each other.

On a more personal level, your great grandparents, grandparents, or parents would likely have lived through the second world war, where lots of things went severely wrong, and would have naturally unwittingly passed the fear of this down the line to you, encouraging you in a personal way at an unconscious level to buy into the story.

And on the totally personal level, as a child the first few things not to work out as you expected them to would have traumatized you to some extent and encouraged you to buy more into the story.

However, though it won't last forever, because nothing ever does, and anyway in its present form is unsustainable, at least for the time being technology and systems-thinking cushions the effects of the weather and other environmental factors, while the nuclear deterrent has at least till now reduced the probability of major war, meaning most things are unlikely to go too wrong most of the time for most people.

Moreover, we are not our great grandparents, grandparents or parents, nor are we that small child feeling traumatized.

This infers believing things won't work out isn't a societal obligation, as it might once have been, it's merely elective, and hence that we're free to be selective in the story we subscribe to.

We are in fact, fully free to subscribe to a story in which things work out.

And this is actually regardless of whether things go wrong or right, for things will inevitably go both ways because everything on the material plane is subject to the yin-yang dynamic, the eternal dance of complementary opposites whereby dark turns to light and vice versa in a never-ending series of cycles. But whichever way they do swing, if you have a clear intention of an outcome, it will be made manifest in the fullness of time, regardless.

Communications technology has enabled us to start living more nomadically again, which in turn grants us access to the 60,000 years' worth of ancestral programming of our pre-agricultural hunter-gatherer forebears to remain present-moment centered, with which comes heightened instincts and intuitional powers, and an innate confidence in things working out.

And this encourages us to buy into a different paradigm, a new story that says things work out.

Homo sapiens prevailed over the other species of humans, the Neanderthals, Homo Erectus and so on, because for some, as yet unknown reason, we evolved more prominent prefrontal lobes in the brain, which enabled us to think fictively and create stories and myths. Having the ability to believe in stories of gods, tribes, nations and so on, enabled us to form into larger, more organized groups with a common cause and reference, albeit entirely fictional or mythical, and larger more organized, hence galvanized groups prevailed over smaller less cohesive ones.

But as with all new toys, we overused the fictive faculty to the point we no longer even realize it's all just a story – we mistake both the collective story and our own personal, customized, nuanced version of it, for reality itself. This in turn causes us to invest more and more belief in the story, and hence why it probably feels almost heretical to question the validity of the story, let alone fundamentally alter it at will.

Aside from it not being wise to waste time living but a half-life on a personal level, we can and indeed must alter the story at a radical level now, both individually and collectively, as the old one is driving us swiftly towards our own extinction.

Because when we alter the fundamentals of the story, the story spontaneously alters how it behaves towards us by way of reflection.

Intrinsic to this entire endeavor in manifesting the fullness of our birthright is a basic tenet that **things work out**, and that whichever way the action rolls, **everything turns to our advantage**, both individually and collectively.

However, to access the ability to genuinely change the story by introducing a new subtext, we are obliged to enter the realm of no-story, we are obliged to stand behind the story and be the author.

This is actually literal, because the realm of story is upheld in the forebrain, while the realm of no-story is found in the more ancient hunter-gatherer, now-centered back-brain.

By shifting the mind's vantage point backwards and with it your entire physical presence (backwards into the back) you're standing behind the story and are now out of all the psycho-emotional drama, noise and static that all goes on in the front.

This is presumably the mode our hunter-gatherer ancestors were in all the time. And the more we live as they did, the more we inherit the fruits of 60,000 years' worth of the capacity for being present and all the instinctual and intuitive wisdom this confers, and which has been passed down through the generations, albeit the cognition of that data-flow was interrupted by the advent of agriculture. Until now, that is.

This book reconnects us with the power, presence and present-centeredness of our hunter-gatherer ancestors, with which is prerequisite for developing the capacity to manifest all aspects of magnificence at will, while remaining present and enjoying the supreme confidence it all works out.

Meantime to honor and appease the cynical mind, we must also concede that even were this notion of manifesting fundamental change like that, merely imaginary, and that things don't in fact work out, at least we'd none of us have wasted all the precious time leading up to that final showdown and reveal fretting and thereby depriving ourselves of experiencing the enjoyment of life while we could, fretting that could or would have served no useful purpose whatsoever.

So it's a win either way.

Though I can assure you at least from personal experience, that it's not just imaginary and that we can, and indeed will, manifest radical change for the better, and with that manifest all the requisite resources, wherewithal, companionship, help, and opportunities to support the new reality.

SET-UP & RATIONALE

THE PROCESS

Whether you're aware of it all or any of the time or not, as well as a story-factory-cum-movie studio, your forebrain houses a debating chamber devoted to endless discussions related to the story you're telling yourself, and which you're mistaking for reality itself.

Similar to the narrative that arises and develops in the media about any significant issue, complete with sensationalist, scaremongering tone, bias to the negative outlook, and high content of disinformation, you generate and maintain an ongoing narrative just behind your forehead.

Entraining yourself to neutralize the pernicious effects of that, the energy drain, the stress, the confusion of focus, and perspective-loss, requires changing the tone and content of the internal narrative – not just once, but always, forever.

Not that changing your internal narrative is just to reduce noise and 'nerve damage'.

To be able to manifest firstly the confidence, self-worth, clarity and focus to gather yourself as a unified force and project an intention, in order that you're then able to manifest changes in your life, it's imperative you do change the internal narrative, because if anything does, it's this which determines your destiny.

And in the immediate sense, your internal narrative determines your capacity to not waste time and enjoy being here now. That after all, is the whole purpose of being alive: to enjoy it.

This is nothing new to you. You've probably been working on changing your internal narrative for years. So you know how challenging and often pesky an operation it can be.

But imagine if you could somehow hand over your internal dialogue, just temporarily, to someone you felt you could trust with it, someone who'd know what to do with it to entrain it to adopt and retain the positive state required to enjoy being alive in all respects at all levels, let alone manifest the various changes to scenery, props, action and cast your soul desires.

Imagine you could do pretty much nothing besides press a button and in most senses get on with whatever you were doing, while your internal narrative had a complete valet and overhaul, and had all its systems updated, so was good as new when you came back to collect it, gleaming clean, all bugs washed off the windscreen and bird droppings off the roof, shining, smelling all sweet with air freshener and ready to drive.

That's what AMPED does.

The procedure or process comprises a temporary substitute for your own internal narrative.

Or rather someone – your writer – conducts your internal narrative for you.

But rather than continue according to your tradition, repeating any malfunctioning pattern, the narrative is transformed into a series of affirmations addressing the very heart and soul of experience, repeated according to meticulously designed sequences to gain easiest direct access to the subconscious where all your real choices regarding the substrates of your story are made.

Because too much talking produces overwhelm, in order to not waste valuable moments in the spaces between, there's a simultaneous sequence of subliminal core-message affirmations running throughout just below natural hearing levels.

As it says in the script at the start, if there's anything that doesn't fully resonate for you, your all-powerful subconscious mind (which is no idiot) will redact it from the script.

However, as you'll see when you see the script for these, and of course the audible narrative in the 'script' section, you'll agree it's highly unlikely your subconscious will find anything to balk at.

And if that's all AMPED was it would be a fine tool.

However, there are other crucial components the inclusion of which creates a synergy beyond words.

A SYNERGY BEYOND WORDS

For which sound is required – obviously voice is sound – but sound in the sense of a soundscape – an auditory universe as context for the message.

Not just any old soundscape though – a bit of appropriate background music to fill the space, as would be the case normally – not that there's anything normal about this – no dancing at weddings music or elevator music – in fact no music that's ever been made or heard before.

It's always strange translating the structure, style, composition, content, tone and tempo into words that mean anything – the best your writer, who is also your composer and producer, as well as narrator, can do is allude.

This he will now attempt to do for your curiosity's benefit as succinctly and understatedly as possible, but it won't be easy for him, he's telling you now.

Though the music is what I call 'open-genre', if the words cinematic deep tech house mean anything to you, that's great because we have an instant starting point.

But assuming they don't, or to clarify quite what I mean if they do, though each piece varies in tempo from all the way down at 100 BPM, all the way up to 130 BPM, and not in sequential order, every piece has the 4 beats to the bar kick drum, along with a solid rhythm section – no heavy banging, just satisfyingly softly thumping in the chest, but what happens after that in the syncopation pushes the boundaries of electronic house music beyond the norm, by quite a way. Richly textured tones contextualized in complex sound design schemes variously meld and harmonize, or create counterpoint, while the rhythm and melodic structure reference pretty much every conceivable familiar, relatively western-based genre of music over the past few hundred years, ranging all the way from early Thomas Tallis choral church music, to Count Basie big band, from Nirvana to Balkan beat, from Canned Heat to Skrillex, from Mahler to the Orb, from Tex-Mex to Bossa Nova, from rhumba to samba, from tribal to deep tech, from Leftfield to Magical Mystery Tour, from Chemical Brothers to Everley Brothers, from Sibelius to Bill Evans, from the Mad Professor to Talking Heads, from Faithless to JJ Cale, and that's only some of the references.

Which though possibly sounding busy is, to the contrary, fully spacious with no expense spared to create the hugest dimensions possible without bursting through the sides.

So, over the six episodes, each lasting between 34 and 55 minutes, which bear in mind you get delivered at the rate of one per week across a six-week span to give you time to assimilate the large amount of incoming data, you never get bored.

Yet always throughout, a certain tone is maintained that enables a vast range of eclecticism while retaining perfect overall homogeneity.

What provides the tone aside from the carefully chosen and treated instrument sounds both electronic and organic/acoustic, and the atmospheric filmic background field-recorded sound effects, is something rare and unique.

As well as all instruments being tuned to 432 hertz to promote inner and outer harmony (as opposed to the discordant effect of the standard 440 hertz), your writer was bequeathed the original recording of the actual tone generated by the late and great Ken Owens, a grandmaster sound engineer of the old-school, with a lifelong fascination for and dedication to investigating various frequencies for healing purposes, of the 300 hertz frequency, said to mend tissue.

This magnificently recorded tone appears in every piece across the whole six-episode sequence from the very start to the very end.

Sometimes it's in its naked form, sometimes run through various filters and low frequency oscillators to

create rhythms and dynamics, sometimes playing the melody, often with harmonies, and often so subtly you almost don't know it's there, till at various key moments it stops for theatrical effect or mathematical necessity.

The sensation is of having the tissue of your very being mended.

Along with this, as mentioned above, or rather embedded beneath it, is also the constant stream of subliminal affirmations, occasionally poking their head up from the sub-bass register to let you know or remind you they're there, as is only polite to do.

And then, as I was saying comes the top line – the talent – the voice – your narrator.

His rich voice rides the sound-waves with as much presence yet as little intrusiveness as humanly, vocally and sonically possible, with a meticulously composed soulful script more lyrical than literal, that provides the narrative throughout – except for the intro-start and outro-end, which feature Ania, a brilliant young person who's voice and soul are as pure as a high mountain stream – and you'll see why when you hear it.

As well as the 300 hertz frequency, Ken Owens bequeathed me his extraordinary specially hand crafted semi-acoustic jazz guitar, which provides a unique tone at key junctures in the proceedings.

AFFIRMATIONS (AFFIRMATIVE THINKING)

We're looking at the components that between them give rise to that mysterious synergy that speaks to and resonates with the realm of the soul – I nearly mistyped that as soil, which is also apt – synergy the ground of our beings resonates with – the art effect, so to give any single component greater importance than the others is slightly facile. However, it's obvious that the point of all the other components is to support the top-line narrative, the script you actually hear and are led by, and which temporarily supplants your internal dialogue, and remains in supplant mode thereafter if you like the effect and choose it to do so.

Affirmations are positive statements in the first person or implying the first person. *Beautiful life, amazing love, wonderful happiness*, for instance, implies, I have a *beautiful life*, I experience *amazing love*, and I *enjoy wonderful happiness*.

Using affirmations requires suspending the whole mechanism of belief. Belief, along with hope, is an essential human element and is best left in the unspecified state, simply believing in existence, according to the wisdom of Taoism, for as soon as you deploy it in respect of any particular idea or notion, you're drawing yourself into the realm of illusions. Belief in any specific idea or notion is merely jumping to a conclusion before all the data for the experiment or inquiry has been gathered – it's the mind engaging in heuristics, making short-cuts to save mind-space. You either know something or you don't. And not knowing is perfectly fine. The answer to all questions is revealed in the fullness of time.

The efficacy of affirmations, in fact wu wei magic (the Taoist technique for effortless manifesting through focused intention) in general, whether using affirmations as your device or a magic wand, derives from one simple premise: *as I assume it so it will be, as I see it so it will be, as I call it so it will be, as I say it so it will be, because that's how this magic works for me.*

This is based on the Taoist axiom, that the only reality you can possibly ever experience is subjective, simply because your very presence as observer in any situation, changes the situation, and that whatever story you project onto any situation or phenomenon, is precisely how that situation or phenomenon will appear to you and behave towards you. But also, to bear in mind this realm of illusions is like a vast hall of mirrors, hence you might not immediately recognize your own reflection because the image will be distorted, just as it would be in an old funfair hall of mirrors at the end of the pier.

This applies even to the Tao itself – however you project onto it is how it appears to and behaves towards you.

And as your projections are only your projections and aren't in any way sacrosanct in themselves, even if you've been projecting them all your life, you're perfectly at liberty to alter or totally transform them at will, and by consequence alter or totally transform yourself and your life.

And this is effected by a simple choice to see a different picture, to tell a different story.

So even if the last thing you're experiencing is the exhilaration of living a beautiful life, enjoying amazing love, feeling wonderful happiness, you repeat *I have a beautiful life, I experience amazing love, and I enjoy wonderful happiness* enough times for it to strike a chord with your subconscious mind, or in the case of AMPED have someone do it for you, - take out? and even though the sentiment is totally at odds with the sensation, a few days later, having totally forgotten you were repeating the affirmation, you'll suddenly stop whatever you're doing for a brief moment and in a state of discreet wonder, realize you've been feeling wonderful, amazing, loved, beautiful and alive.

Or you'd repeat, 'everything works to my advantage, no matter what, all the time from now on – and it all works out', one of the core messages in AMPED, six times an hour for three days, say, and then quite naturally get distracted and forget to do it and even forget you'd done it at all. Then usually between one and seven days later, you spontaneously find yourself looking back and thinking how amazingly things have worked in your favor.

And the point is not only do you not have to believe the affirmations, you absolutely mustn't even try, as that merely increases internal static. This runs counter to how the majority of teachers will tell it.

Belief in its natural undirected state is experienced energetically in the rear brain. As soon as you direct belief at something, as part of your story-weaving, it shifts into the forebrain, and immediately increases the yin-yang conflict noise going on in there.

Instead merely repeat the affirmations a few times, or better still have someone do it for you, invest no belief at all, and without meddling in the mechanism in any way yourself, provided the input has been sufficient in repetition to properly resonate at the subconscious level, the affirmations do the work for you.

The statement states the state you wish to attain to, despite feeling nothing like that, while stating and restating the statement.

And even though I'm playing I'm being deadly serious too.

And they work at different levels simultaneously – so with the above example, if you attach it to the following, you start seeing changes occur around you too: everything works to my advantage all the time now, no matter what and it all works out, it all works out – I've just instigated something amazing happening in my life to reflect and mirror back at me the joy I'm feeling within about this.

Miraculously, even when not believing the words you're repeating, repeating them nonetheless thoroughly reprograms and alters the subconscious mind's connection with the conscious and vice versa, and by and by replaces the negative self-talk otherwise occurring in the internal narrative, with positive, self-supportive, self-respectful self-talk instead.

Composing affirmations is an art, as they work best when acknowledging the negative without focusing on it so as not to be in denial of it. For instance, 'despite feeling nervous and afraid I'm growing more confident and courageous, positive and sure of myself by the minute'.

The art here is implying awareness of the negative in mere nuances of vocal tone, rather than having to actually bring the negative into the conversation.

When presented correctly and repeated a few times these positive statements have a powerful effect. If you didn't have me to do it for you, and/or in any case want to augment the process, it can be done either by writing the statement by hand (this tends to be more powerful than typing), repeating aloud or silently, or listening to someone repeating the affirmation on your behalf, as is the case here.

Repeat a well-formed positive statement a few times and, though you'll not feel an instant change, a few days later, usually once you've forgotten you've been repeating the affirmation, you'll find yourself amazed to see a fundamental shift has occurred all by itself.

Affirmations are a way of ordering your thoughts, thereby marshaling your intentions, and thereby ordering the events of your life, which spontaneously conform to your intention.

Affirmative thinking is intrinsic to all Taoist practice. For instance, in the advanced meditation practice known as 'internal alchemy', each pass of chi (energy) through its respective energy channel is ascribed a particular quality, say when passing the chi from the back of the head to the front, the quality of creativity is affirmed. Or when standing in the 'pi chuan' posture when practicing qigong, the qualities of vision, will, skill and ability to elicit help from others are affirmed.

The affirmation-repeating discipline was popularized and developed by Leonard Orr, founder of the rebirthing movement in California in the 70s.

The style of affirmation in this process is unique to the Barefoot Doctor approach and has developed over decades meeting with increasing acceptance and great feedback.

HYPNOTHERAPEUTIC/SHAMANIC-DELIVERY STYLE

In respect of having me reciting 'your' affirmations for you, by way of supplanting the habitual internal narrative with a script designed to change your story (in your favor), I have a unique style of delivery and deploy, in a spontaneous, natural, uncontrived way, the shaman's vocal trope. Which in plainer language means that, having lived for four years with the Native Americans (not all of them, just one tribe in Northern New Mexico, from '79 till '83), and having been exposed with frequency and intensity to the shamanic way in many, if not all of its guises, I naturally developed, at first through mimicry, as we all do, and then by gradually embodying it progressively more with practice, **the shaman's way of using sequences of tonal shifts in the actual sound of the words, mathematical sequences that correspond with the mathematical patterns of the music itself, as well as of the frequency design, using cadence and timbre, tempo and tone, to denote different levels of information in a pattern that will best interact with your own internal circuitry and thereby create the best possible effect for you.**

The modern version of this of course, is when at its best, the practice of hypnotherapy. This, it must be understood, in no way works against your will but with it, **enhancing feelings of wellbeing and safety** rather than subvert in any way.

And as Ania, the young narrator of the first piece in **Episode 1** states: **if there's anything you hear that doesn't fully resonate with yourself, your all-powerful subconscious mind will redact it from the script.** And, as she also states, this isn't brainwashing.

You're fully in command of your own experience. That, after all, is the whole point of the AMPED experience, to put you more in command of your own experience and therefore circumstances.

PRESS PLAY ONCE A DAY

Because of all the thousands of hours meticulous work and attention, in making AMPED, all you actually have to do is press play once a day for six weeks, and it takes care of the transformational process for you, without you really having to do much else about it.

Though I would suggest also 'watching the music' on the visualizers, as the combination of hypnotists' spinning wheel, with key text appearing throughout all six episodes, certainly helps reinforce the effect. And you'll gain benefit by reading this text too.

It contains an experiential section at the end, which I think you'll enjoy, based in the same first-person template as the audio, whereby you read the whole manifesting rationale in the first person. It has a powerful effect.

But overall you need change nothing about your life whatsoever, merely listen once a day for six weeks, or listen twice or more each day if you want to, and the combination-synergy effect will do all the rest for you.

While the audio-visual carriers comprise state of the art musical composition, rendition and sound design, almost the entire range of solfeggio frequencies is used throughout to promote optimal energy flow on all levels simultaneously. But what's unique here is the use of 300hz – considered and backed up by studies to benignly alter forebrain chemistry, appropriate for changing the forebrain-based story, and to mend tissue, which according to Taoist thinking that states mind and body are one interconnected unit, means the tissue or fabric of your broken thoughts is mended by it, as well as the cells of your body.

The 300hz frequency signal was bequeathed me by the late Ken Owens, along with his beauty of a handmade jazz guitar, both of which feature throughout, though the 300hz signal is used in every piece in various ways, straight, effected, played as melody, or played as harmony. Ken was a master sound engineer from back in pre-digital analogue days, when men were men, women were women, and everyone (in studios) used massive reel-to-reel tape multi-track tape machines and massive microphones and reverbs made of actual springs – and they really knew how to use the equipment. Ken had been devoted to exploring healing through sound frequencies and was fascinated by 300hz for its healing effects. Fortunately for us, he managed to generate the most powerful, purest, most perfectly recorded signal I've ever heard – something that could never be done quite as well digitally.

And though I have every confidence in the melodic structure and composition of the music, and of the sound quality, I'm also fully aware it won't be to everyone's taste, but figure at worst, none of it will be jarring enough to detract from the purpose of conveying the information in optimal style and for it to have maximum effect for you regardless.

WHAT IS HYPNOTHERAPY?

Hypnotherapy refers to a technique of guiding someone's mind along certain lines by repetitive suggestion. It's similar to guided meditation, but rather than being didactic feels as if the suggestions are arising from within you. The effect is achieved by altering tone, cadence and tempo of the voice according to certain patterns, and by repetition of ideas, which has a similar entrancing effect as repetition of a drum beat. If too repetitive boredom and numbness sets in, so the art is to create sufficient subtle variation in both script and delivery while not overdoing it so much you lose the effect of repetition.

NEURO-LINGUISTIC PATTERNING, SEMANTICS AND LINGUISTIC STRUCTURE

This has no connection with NLP, the founders of which, both ingenious hijackers, I'm sure they'd be the first to agree, hijacked the term, and most elegantly.

Meanwhile, repetition of certain phrases, subtly altering as they evolve, creates new pathways in the brain, which in turn affect deep thought patterns and behavior, which in turn affects your relationship with reality and the way you describe it to yourself, and hence how it describes itself or acts back upon you.

In AMPED, complex affirmative thought processes are repeated but, as it goes along, a noticeable evolution of the script occurs, so that though the mind is accustoming itself to the concept through repetition, various essential nuances are detected as it evolves with each repetition, which keeps it constantly fresh, hence refreshing rather than numbing the mind into submission.

ISN'T THIS SIMPLY OLD-FASHIONED BRAINWASHING THOUGH?

No – because your subconscious automatically rejects and redacts any concept, phrase, sentence or paragraph where resonance isn't naturally struck, and rather than washing your brain, which until now is physically impossible while still alive anyway, it merely constitutes a renegotiation between your subconscious, the seat of power in the back-brain, and the conscious story-telling prefrontal lobes area of the brain – and all of it is entirely voluntary on your part and, unless you fall asleep while listening or watching, you remain fully cognitive of everything being said.

WHAT IS MANIFESTING, WHAT IS WU WEI MANIFESTING, WHAT'S ITS BASIS, HOW DOES IT DIFFER FROM OTHER MANIFESTING APPROACHES (LIKE THE LAW OF ATTRACTION ETC.), AND WHAT ARE ITS UNIQUE ADVANTAGES?

Manifesting literally means catching or producing something in your hand, like pulling a rabbit from a hat, inferring conjuring something out of nothing.

Wu wei manifesting – actually wu wei wu manifesting to give it its full title, means in doing nothing, nothing is left undone, which aside from the cute ambiguity, means making no effort whatsoever, investing no emotional energy or dependence on success, you casually manifest whatever you need as and when you need it, but, and I quote from the lyric of a track I made in Ibiza with Hofer66, “This magic only works if you don’t care.” And the reason you don’t care is because you conduct your magic from a state of completion rather than brokenness. You are correctly centered enough in the psychophysical sense, and hence enjoying enough perspective to know you already have the greatest gift possible: you’re alive. Naturally without this gift none of the lesser temporal gifts are possible to receive. You assume you already have everything, simply because being alive you have the cosmos and everything in it. Remember it’s not about ownership, but availability.

If on the other hand you start from a state of brokenness, whereby you’ve forgotten you already have the greatest prize all along, with freedom to add to it with a plethora of lesser temporal gifts (health, love, money, status, or whatever else on the temporal plane you may crave or yearn for) while you may enjoy momentary results, these will remain merely materialistic and so not actually affect the quality of your existence for more than that moment until the novelty wears off.

But when starting from a state of completion, your real joy is watching how the Tao materializes for you as the various aspects of bounty you’ve elected to manifest appear in view. Your joy derives from being privy to the Tao in all the changing shapes it assumes for you.

And rather than being beguiled into imagining deep satisfaction derives from anything external occurring, you remain aware that the sustenance your soul is craving all the while derives from within, and the fun of the manifesting process derives from knowing and experiencing the Tao in action in your life as it manifests into different shapes for you according to your will.

The trick is to look at whatever external phenomenon you wish to manifest into being, then examine the experiential state having that phenomenon happen will elicit for you, and instead of focusing on the phenomenon, focus on manifesting the experiential state, because as you bring that into being, it sets up a resonance of the same frequency band as the desired associated phenomenon, which magnetizes it towards you and into your sphere.

It starts with your intention, or yi. Yi is supported by your energy, or chi, and the combination produces shi, that mysterious momentum that develops in the unfolding flow of events of your life.

Though I’d not use this forum to denigrate other systems, one observation I’ve made over the years in respect of those who adhere to other manifesting systems is the tendency towards a certain spiritual materialism – a sense of being mostly directed at results – the proverbial parking angel/fairy syndrome.

Taoist wu wei wu’s primary focus and treasure is a ringside seat to the Tao’s show as it manifests the bits and pieces you need to succeed in being the very best version of you expressing Tao as can possibly be – it’s a self-development process, rather than a greedy-little-git enterprise in any way at all. And by the self developing all the self requires to shine on like the crazy old diamond it is, all else will be added in the most unexpected, elegant way, and you’ll still get your parking space without coming over like a cliché.

WHAT IS TAOISM, WHENCE ALL THIS ORIGINATES?

Now there's a question.

Taoism is an ancient, ancient system entailing a succinct cosmology, philosophy and pantheon of psychophysical methods and techniques to enable the practitioner to embody the cosmological and philosophical principles, rather than have to resort to believing in them or anything at all. It's a system that facilitates gnosis.

Hence, it's not an ideology or religion.

There are no icons, no imaginary people to worship or emulate, no silly fancy dress to wear, or talking in tongues.

The range of skills it offers is near endless: martial prowess, ingenious thinking, clear head, perspective, highly developed comedic sense, sanity, compassion, helpfulness, communication, public speaking, healing self and others (properly, not just pretending winky-wanky style nonsense), physical strengthening, superman/woman style, manifesting skills, creative composition, freedom of expression, psychic power, and so on and on.

In fact, though highly biased for having been an adherent myself for over 5 decades I reckon it as the most sophisticated, evolved, useful system of self-development anywhere in the universe.

Though conventional wisdom/ignorance imagines it dates back 5,000 years because that was when Lao Tsu, keeper of the archives in Hunan Province collated the 81 stanzas comprising the Tao Te Ching (book of the true Tao), and the Yellow Emperor commissioned the Yellow Emperor's Classic of Internal Medicine, this was merely when these guys had the nous to have what had hitherto been passed down orally, written down lest it all be lost forever.

The likelihood is that the system predates the end of the last ice-age and originates in whichever great culture was around before/during that period, though legend has it that it arrived here with a troop of wandering aliens originating from Sirius. Either version has its romance, but it actually makes no difference, because even if it just came from Lao Tsu's mum, the system itself is the dog's bollocks and that's what counts.

Incidentally, though I say it's not a religion, some chap or other in the 1600's who wanted to make a face for himself, did make Taoism the basis of some stupid religion of his own design, which the more easily impressed still follow to this day, as generally happens when people make up religions for people to follow, but take no notice because, though like all religions, it no doubt has some interesting and useful aspects to it, it's entirely irrelevant in the scheme of things, unless you like fancy dress and playing the spiritual fool.

There are two main schools of Taoists, neither of whom would actually refer to themselves as Taoists, as that's merely a descriptor: the austere we don't talk to you school, and the drunken school (meaning the ones who have fun with it).

No prizes for guessing which of the two I'm aligned to myself, though I actually don't drink alcohol, as I'm simply too busy having fun to make the time for it.

Taoism, as the name implies, is essentially all about learning to operate from the realm of the Tao. The Tao however cannot possibly be explained. Hence why it's important to have methods for experiencing it directly instead.

But, it can be loosely translated as the *Way*, as in the way of the cosmos, implying the cosmic presence informing all manifest phenomena including you and I – the Great Scheme of things.

In turn this implies universal consciousness, the omniscience some might normally associate with invisible men in the sky, but which in fact, is accessible in the subconscious of you or I.

By use of the methods, having gained access to the realm in which visceral experience of the Tao is afforded you, you find yourself riding a serpentine-like current, which propels you along at a rate of

knots past all obstacles and affords you, in short, the life of Reilly.

And AMPED is specifically what makes that happen for you.

The real point of all Taoist practice, as is the real point of being here in the first place, is to enjoy it – to enjoy each and every moment, even the totally shit moments, simply because you're still here to experience it.

You are a human manifestation of the Tao.

Why would the Tao manifest as you if it weren't to enjoy itself through you?

The Tao is not an idiot.

And enjoying yourself is the only reason you want to manifest anything you want to manifest. It's certainly not to have a more miserable time is it.

So that's the ultimate aim, and that'll be the result – enjoying yourself, at the most profound level imaginable. And this will occur through the manifesting process bearing witness to whatever it is you want, coming into material existence – and sharing the fruits of it generously is what will make it grow for you, and keep growing.

HOW DOES IT ALL WORK?

It's fundamentally a mystery – no one knows. But what we do know is it's intrinsically to do with the fact that life as we experience and perceive it is not fact but a story, comprising a definition we subscribe to individually and collectively, one whose tenets and parameters we learn from our parents, teachers and friends from the start, each putting our own spin or twist to it, a paradigm we all miraculously agree on investing in.

And the process is so convincingly facilitated we utterly forget it's only fictive and believe it to be ultimate reality. But all of it, the days of the weeks, the months of the year, nations, states and nationality, religion and ideology, money, gold and its imaginary value, and society, all of it is fundamentally just a story.

Stories are not concrete but malleable – they gradually, sometimes swiftly, change over time. Malleable they're susceptible to transformation.

The present apparent breakdown of everything we've come to know as the world, is indicative of the paradigm or collective story morphing into a new one, for instance.

Hence, by any of us as individuals and then collectively, questioning and then altering the tenets and parameters of the story, we change how the story, hence what we perceive as reality, impacts on us.

If you see the story as one in which everything always works out for you, populated by those who help and support you, that's what you'll experience, and things will indeed work out for you.

Then comes resonance and mutual resonance, whereby you're drawn to something, money say, and as you invite it into your sphere, it likewise is simultaneously spontaneously drawn to you also.

Affirmative thinking comprises a way to order your intention, to order your thoughts, and by ordering your thoughts and intentions, you're ordering your life.

The key is to be able to attain to a sufficiently meditative, hence transcendent state, to be standing behind the story-realm in the no-story realm. This takes mustering courage to deconstruct the very fabric of what you'd hitherto assumed to be reality – but mustering courage is only mustering courage and no big deal unless you choose to make it so.

And the ability to do this requires no leaps of faith or belief, and nothing mystical whatsoever. To the contrary, it's entirely practical and relies on nothing more than a simple internal psychophysical shift backwards into the rear of the body, and then a willingness to allow the internal movement to be a backward-flowing one rather than the habitual forward-flowing version.

THE PSYCHOPHYSICAL REARWARDS SHIFT

This is central to all Taoist practice, and though no one technique can be taken out of the overall context because it's a comprehensive, holistic interlinking system, if one could, this is without doubt the most important contribution to humanity's welfare ever made by Taoism and quite possibly any other extant system too.

To explain the mechanics and significance:

All your sense organs face forwards.

The sensory input derived and interpreted by the brain therefore leads you to assume life is going on in front of you. Check now and you'll notice it's difficult to get a visceral sensation of life going on to the sides or behind you, without concentrating quite hard on it.

The sensory input derived and interpreted by the brain is stimulating and mesmerizing and therefore compelling. It compels you to come closer and closer in order to get a better look, a better handle on the action.

In reality, considering the body is the arena of all experience when all is said and done, this means you're being compelled forwards within your skin. In other words, you, the presence of you, is being drawn into the front section of your body and brain.

This has great significance on account of environments determining modes and moods, and hence perspectives and all the associated decision-making, which subsequently determines your life-conditions.

The front part of your body is a noisy, vulnerable, insecure environment.

In respect of the noisiness, aside from the actual physical noise of your vital organs working, the heartbeat, the breathing sounds, the peristaltic motion, and so on, the front part of you is filled with a constant cacophony of thought and emotion.

The front part of your brain is where you describe life to yourself by telling yourself a story about it, and about your position in it, which you uphold by virtue of a constant internal narrative. This story is entirely subjective and mostly spurious and inaccurate, yet because we as a species have developed great fictive skill, you tend to believe the story and mistake it for reality itself, and all the while completely forgetting it's only a story. Naturally you're not alone in this enterprise – the entirety of humanity miraculously manages to agree on a collective story or paradigm, which governs all aspects of endeavor – financial trading, geopolitics, ideologies and all the rest. And you manufacture your own unique version of that, with you as the central character, based on various tenets comprising the underlying template.

Due to only relatively recently being freed from the real physical danger of being eaten by a wild animal, clubbed over the head by someone who wants your food, starving to death for not having hunted or foraged successfully, and so on, to counter which, required remaining alert to danger at all times, we are still running on that programming, yet have nothing very much to remain that alert for, as most of our survival needs are met by the global machine. And because the unconscious doesn't know what to do about it, it defaults to impelling you to populate the story you're telling yourself with bogeymen (and bogeywomen, ghouls, monsters and all manner of dangers that don't exist).

You then react to these imaginary dangers by tensing the solar plexus and diaphragm, causing the breathing to become shallow and irregular, and the adrenal glands to pump cortisol, the freeze, fight or flight hormone, into the system, while simultaneously contracting the associated amygdala in the midbrain, which in turn weakens your immune system.

Cortisol meanwhile is as addictive as crack, way more so in fact, and as each pumping only provides the system 12 seconds stimulation, you continue squeezing the adrenals to keep the supply constant, and your nerves jangling.

This in turn encourages you to produce ever more scary scenes in the story you're telling yourself, which in turn makes you contract your belly more, thus perpetuating a vicious cycle of stress.

This is what I call the noise of the (self-concocted) drama of being human.

And all of that is going on in the relatively vulnerable (unprotected by any bones lower than the breastbone, hence insecure by nature anyway) front section of your body.

So aside from the obvious lack of space with all that activity, being in there with it leads you to identify yourself by that environment, and become the story, and by extension, become the noise, thereby unnecessarily squandering all your personal power.

And it's impossible to seriously manifest anything worthwhile from there, aside from more noise.

Now let's look at the alternative.

As an embryo in the womb, at a cellular level you develop from the back outwards, hence your back is your original self. It's where you started from and is your natural home.

As an environment, your back, compared to your front, is quiet, still, strong and secure.

There's no noise and no drama occurring there.

In the Taoist boxing forms (tai chi, pa kua and xing yi) you learn to sit in your back and deliver your strikes, blows, kicks, punches and whatever else from there, because when you do your whole body weight is brought to bear on the delivery impact, meaning you don't have to rely on brawn to be effective in the offensive position. By the same token, when an opponent strikes you, while fear may arise in the front part of you, it has no psycho-emotional bearing or effect on you, leaving you clear-headed and able to respond with maximum effectiveness.

Now when something works in this the most extreme of human experiences, it will certainly work in less stressful everyday situations too.

Having your mind and hence vantage (viewing) point drawn into the back-brain, as if resting up against the rear wall of the skull, removes you from the incessant noise in the forebrain, and vice versa. All the noise stops, leaving you in a state of clear, pure consciousness free of endogenous disturbance. The story has stopped, and you are now standing behind the story in the realm of no-story.

If you want to know what cosmic consciousness, free of human interpretation, feels like, this is it.

This is the witness-bearer mode. Similarly, to the director of a play on the first night, when you'd be likely to spend most of the time at the back of the theater to afford you a comprehensive view of the action on stage and the audience reaction simultaneously, when you watch life from the rear brain you get a comprehensive, hence enlightened view. You see the entire spectrum of information the all-knowing subconscious mind is privy to, rather than the fraction your conscious mind filters the spectrum down to for everyday consumption.

Only from here, standing behind all stories, are you able to effectively alter the tenets of the story to elicit genuine transformation of both internal and external conditions. Only from here are you able to observe without judgment, your reactions to the story going on in the front.

The benefits on mental health are immeasurable, because you're no longer invested in the story about being paranoid, psychotic, schizophrenic, neurotic, anxious, depressed, or whatever else – you are no longer any of these, you are the back-self behind, hence beyond, the story and all its descriptions.

But that's an issue for another day.

For our purposes of manifesting its enough to know that you need to train yourself to sit in the back all the time.

This takes anywhere from three weeks to three months and requires only a few moments of focusing a few times a day to create small breaches in the front-based habit. And like a dam, the structure gradually weakens until all at once it bursts and being back becomes your default mode.

It's important to remember however, lest you become cold or aloof in regard to others, to keep your heart wide open and softened up front, in order for your innate kindness, empathy, caring and love to flow

freely, as this keeps you connected rather than disconnected, at a soul level to all sentient beings, without which there's no real point manifesting anything.

Lest this all becomes so much abstraction, however, here are a couple of visualization techniques to help make it visceral.

The first is to recall you're mostly composed of water, hence your body is a de facto water-vessel. The vessel is constructed with the main pillar of cohesion and strength in the rear part (the spine). If all the water is collected in the front, you're front-weighted and therefore inclined to keep falling forwards into life. Hence it makes total sense to collect the water (of your presence) in the rear part to keep the vessel correctly optimally weighted.

The second is imaginary: picture the end of the hollow cylinder of an industrial strength vacuum placed on your spine between your shoulder blades, picture it being turned on and an irresistible force pulling you backwards inside until all of you has collected in the back.

Sitting in your back, one of the first things you notice is that everything in the present moment is complete – nothing is lacking – nothing needs achieving – everything is complete as it is. You have the greatest gift of all already so there's nothing to strive for. With nothing to strive for, you're far more easily able to manifest anything you like, because it doesn't matter anymore. I'll explain this paradox shortly. And you have instant perspective. Having receipt already of the greatest prize of all, being here, without which no other prize is possible, places you in the success realm immediately without having to do anything.

Knowing yourself successful institutes a success resonance which resonates with external success-energy, and this is what attracts success to you – success in this instance meaning success in the broadest sense of succeeding in fully enjoying being alive.

And even if you manifest nothing at all, it makes no difference provided you claim this gift of all gifts as yours. You're already winning before you even start the game.

But it goes further than that as follows:

BACKWARDS-FLYING

Once you've got your back back, the next stage is to instigate a perpetual backwards flowing motion. This runs directly counter to your habitual tendency to keep falling forwards into life, which encourages rushing from one external event to the next, constantly seeking in vain the succor your soul craves there, until one day you die, having missed most of the adventure along the way.

This technique is also intrinsic to all Taoist practice, and the benefits are immeasurable. Health and longevity-wise, going backwards inside makes you get younger as you get older – you become increasingly youthful, both physically and psycho-emotionally. Metaphysically speaking the effects are enormous too. Flying backwards through inner space, you have an experience of growing exponentially larger until you feel so big the whole universe fits within you, whereupon you are to all intents and purposes, the Tao.

And for purposes of manifesting, this is the crucial 'trick' of all tricks.

For when you feel the speed of backwards flight, you also feel a vacuum created in the wake you leave in the front of you. Nature abhors vacuums, and instantly fills it with the seeds of everything you need to manifest, without you having to do anything much more about it. I strongly recommend devoting a moment each day, for that's all it takes, flying backwards inside and sensing the vacuum, and sensing it being filled. This works (and that's an understatement). However, one of the processes will do this for you anyway so don't fret too much about it at this stage – in fact don't fret too much about anything ever – it's pointless and counterproductive.

GRACIOUSNESS VS GRASPING

One massive difference between wu wei wu manifesting and any other system is its insistence on operating from a state of grace (te meaning literally virtue) as opposed to grasping.

Grace occurs when you don't care what happens because you're already so appreciative of being in receipt of the greatest gift of all, without which no other gifts are possible to receive: being alive. And from feeling complete in each moment with whatever is happening or isn't happening, as a result.

This occurs by being au fait with the backwards roll as above.

And what it looks like, is you sitting back and allowing life to come to you, rather than you reaching out to grasp it.

Grace implies acquiescence and surrender to the Great Way, the Tao, allowing self to meld with the flow inherent in the unfolding of events.

WHAT DOES DESTINY HAVE TO DO WITH IT?

No one really knows. On the one hand, destiny describes the realm of existence that lies in waiting as a field of potential, in which as far as we're concerned nothing has happened yet, and which provides the medium for whatever's going to happen, a context in which to do so.

On the other hand, destiny describes a pattern of inevitability in the sense of the trajectory and details of your story having already been written in the stars and lines of the hand, yet which paradoxically requires your full cooperation and willingness to stand up and be counted for your intention to manifest whatever it is you want, for only then is the pattern in its fullness activated. Yet even you doing that is written into the story.

Destiny as a force behind the pattern operates outside the 4-D reality tunnel, outside the construct of linear time.

We are conditioned to regard destiny as our nemesis to be avoided at all costs, because all it does in the end is kill you.

The Taoist way is to reverse that and regard destiny as your greatest beloved, as that aspect of Tao, which hasn't yet shown its face, but which nonetheless loves you, and wants to provide everything for you. In terms of manifesting, destiny is your greatest ally.

WHAT MAKES THIS DIFFERENT FROM MY BOOK MANIFESTO OR THE NEW MANIFESTO ONLINE TRAINING?

Manifesting as an endeavor is not something you learn as a fixed phenomenon and then spout to others, it's a work in progress, an experiment that goes on over the course of a lifetime. As an experimenter with over 45 years of experimentation time under his belt, I've naturally gone through many phases in the manifesting process, though all of them underscored by the immutable principles of the Taoist 'game'. And as I've also naturally and inevitably gone through various phases in my own character development, the way I've taught manifesting, one on one, in workshops and eventually in the MANIFESTO book published 2004, now republished as THE TAO OF MANIFESTATION, then later in 2016 in THE NEW MANIFESTO online training, has changed in emphasis and sophistication.

Anyone who claims they have the definitive way is either deluded or a con artist and is, either way, arrogant and misguided.

The process is subtle and nuanced and must be approached with a delicate hand.

Because what we're dealing with here is nothing less than destiny itself – that realm in which the seeds of our past and present actions, along with the past and present actions of all sentient beings, let alone the planets, galaxies and everything else comprising this universe, have not yet grown into manifest phenomena.

In the epic poem, the Rubaiyat by Omar Khayyam, it says (loosely translated), "Many are the knots unraveled by the road [of life], aye, but not the knot of human death and fate".

Taoism provides a set of immutable principles or 'laws' of reality in respect of all aspects of human endeavor, and specifically in respect of manifesting things as if out of thin air, but does not prescribe motivation, as that is entirely up to the individual.

As we undergo the various phases of the human journey our motivations change, hence so does the focus of our manifesting endeavors, and by extension the results we obtain thereby.

My most recent and current phase in my own journey, which for me is naturally the most interesting and satisfying so far, has led me to an exponentially deeper understanding and sensibility regarding manifesting, and hence to an exponentially more wondrous set of results obtained.

It's the fruits of this that are respectfully presented in this current offer.

As well as which, this is the first time I'm presenting affirmative thinking as the major tool in the kit, as well as presenting it in this unique format.

So, while a distinct development and advance, it both enhances all previous offers and more importantly, the previous offers enhance this. And you'll find using this in conjunction with NEW MANIFESTO, the training, and/or MANIFESTO, the book will prove fruitful.

WHY IS IT AN EXPERIMENT?

It's an experiment in the sense that making adjustments at the radical level to the fundamentals of the meta-story you've been subscribing to, with the intention of this altering the actual story, and hence how it impacts on you, produces changes that though benign are relatively unpredictable and hence the process is experimental. Secondly, the scientific, sensible mind, when conducting any process of inquiry and transformation, doesn't rush to draw conclusions but waits until sufficient data has been mined and assimilated to reveal the true picture.

WHAT CAN YOU EXPECT TO OCCUR WHEN YOU DO?

Once you've finished the AMPED process, you'll all at once become aware how your vision, the way you perceive yourself, the world and your place and status in it, has changed, and your life has changed according to the intention developed through the process. You'll find yourself feeling unshakably positive and optimistic, and so powerfully so that nothing you could do could undermine it, nor could anything external that happened, throw it. You'll feel far more relaxed and stress-free all the time, safer and more secure about everything, more self-contained, free of burdens, and permanently cheerful, without your having had to do anything specific about it, aside from listening. It's the closest thing to pure magic imaginable. And as a fortunate byproduct to the main thrust of manifesting, even though this is probably the most important benefit of all, you'll have acquired and embodied the very essence of all practical Taoist wisdom and philosophy in respect of how to live, how to feel, how to think, how to act, how to see, and how to be yourself.

By giving your mind the entrainment, you will manifest health, wealth, good standing, peace of mind, perspective, clarity of thought, unshakable positivity, focus, drive, stamina, will, strength, beauty, attractiveness, popularity, help, support, accomplishments, enjoyment, progress, creativity, originality, freedom, safety, security, companionship, love, pleasure, assertiveness, communication-skill, restfulness, ability to sleep, and the ability to manifest everything you want.

DO YOU NEED TO BELIEVE IT FOR IT TO WORK?

Emphatically not. Believing it gets in the way. Belief is a function of the prefrontal lobes and is the essential requirement for maintaining the fictive state (story). Manifesting works by standing in the no-story realm, behind the stories, and requires a complete absence of belief, which in itself necessarily elicits its opposite, non-belief.

The alternative to belief is gnosis, knowing something is or isn't so. Belief arises from impatience in wanting to know something, but not yet having arrived at the knowledge, hence making up a story about it instead.

Adding more story to a story you're in the process of deconstructing is counterproductive.

SUBLIMINALS

The story-telling fictive aspect of your mind's need to believe is addressed through the use of subliminal affirmations repeated at high frequency throughout the material. Subliminal messages work technically by doubling the audio signal, carefully slicing out both the upper registers and lower registers of each sound-wave, and combining them at an inaudible level, but at a level loud enough to affect the other frequencies in the music, and running a series of 'core-message' affirmations in a continuous rhythmic stream throughout, reinforced by these also appearing as text on the visualizers. This reinforces the underlying thrust of AMPED and exponentially increases its power for you.

Running the sound just below audible level your subconscious is nonetheless able to hear them clearly. and receives them as commands, while simultaneously processing and agreeing to the top-line audible script.

It also provides a subtle new rhythmic element to the sonic under-swell you don't consciously register, but which you notice the absence of when it's not there.

The subliminal script consists of a braiding together into a continuous stream of four affirmations running simultaneously in a flurry of rhythm and counter-rhythm, which you do actually hear very occasionally. This is intentional just to confirm for the mind that the subliminal affirmations are real. These affirmations are a few simple sentences as follows:

Beautiful life, amazing love, wonderful happiness.

Everything works to my advantage.

It all works out.

As I see it so it will be – that's how this magic works for me.

As I'm changing the story within me, the story around me is changing to match. I'm an attractive proposition, seen from any angle or position. Everything I want now comes to me, easily, effortlessly, enjoyably, and excellently.

It's me who's in command of my realm – my time, my activities and my thoughts and feelings. And as I say it is how it will me.

The effect of the subliminal script repeating day after day, episode by episode, is to underpin your manifesting with unquestioning confidence.

FREQUENCIES

There are a range of sonic frequencies such as 110 hertz, 300 hertz, 432 hertz, and 528 hertz, which resonate at a cellular level to produce deepened more alert and aware mind-states, in which the conscious story-telling mind is more available to learn and transmit positive commands to the subconscious, while simultaneously widening the parameters and hence capacity to receive information from the omniscient subconscious, deployed in various combinations throughout the material, to both relax and accelerate the conscious mind's ability to understand and agree to the manifesting rationale, and to elicit access to the deeper subconscious level of mind, while making the listening experience more viscerally relaxing, energizing, and enjoyable.

This is especially so for 300 hertz, the signal that was bequeathed me by Ken Owen, and which is one of, if not the most strikingly powerful sonic healing tone I've personally ever heard, and is used throughout from the very start to the very end of the AMPED procedure.

Proper scientific studies on chicks were done indicating it has a recordable benign soothing effect on brain chemistry in the prefrontal lobes, that part of the brain devoted to telling itself stories, though it must be stated that stories made up by baby chickens are probably on the dull side. It also shows signs of being able to promote the mending of broken tissue, not the Kleenex sort obviously, though I'm not saying it couldn't work provided the Kleenex was suitably focused, but more in terms of mending broken or injured body tissue. And because the Taoist template has it that there's no differentiation between physicality and consciousness, that they aren't two discreet separate entities, any more than your hand, for practical purposes, is a separate entity to your arm, if it can mend physical tissue, it'll be simultaneously healing your mind, as in making or remaking whole the broken disparate aspects you

tried to leave behind, but which followed you like a bad smell.

Not that I personally need any scientist's say-so in this regard, because working with frequencies for over four decades I can feel what each frequency does or is doing, just as you can yourself, or could if you took the time to develop the requisite sensitivity and mental focus.

Nonetheless it's gratifying to be able to mention it here.

The 'coming to yourself' effect of AMPED, the being 'delivered' aspect, occurs primarily mostly at a subconscious level, and has roughly speaking nine stages, strands or aspects to it operating simultaneously.

Here follows, explained as best I can, the process affecting the workings of the engine driving the internal transformational energy via the affirmation narrative you're hearing, along with the subliminal sub-current, aided by the frequencies and rhythmic and melodic and harmonic patterns of the music itself.

Acknowledging the power of assumption and belief comprising your version of reality, your version of events, including the event known as you, in itself instigates the deconstruction process required to dismantle the story in order to reconstruct it on sounder foundations to produce a different, more congenial, compatible set of conditions and circumstances for you.

Bearing witness to and deconstructing the story in itself places you necessarily in the realm of no story, standing behind the story, as it were, in order to rejig its constituent parts. And vice versa – making the psychophysical shift within the skin into the back sector of both body and brain instantaneously affords you the witness-bearer's view and facility for changing the story.

While on the one hand there'll be a fluctuating degree of resistance to deconstructing the story, simply because it's what's familiar even if unsuitable, on the other hand, standing in the realm of no-story presents an opportunity to let go and love the experience of emptiness left in the story's absence. In loving the emptiness comes full appreciation of the actual gift of all gifts: being alive, without which nothing you wish to manifest could happen.

With appreciation comes acquiescence to the imponderably infinitely huge undercurrent propelling existence.

With acquiescence comes surrender – surrender to the power of destiny, the Tao that hasn't manifested for you yet.

With surrender comes allowing, rather than contriving a new story to reveal itself, in which everything works out and everything turns to your advantage, no matter what.

With that arises a natural animal fear of the unknown and the necessary acknowledging of that fear, along with all the internally produced obstruction to success it brings with it.

Simply acknowledging it dispels it and enables you to reinforce your intention and commitment to roll with the new story instead of reverting to the old.

All the while your mind is examining and evaluating the specific external goals you wish to achieve and the various phenomena you wish to manifest.

The reason you wish to manifest anything is for the experience you imagine it will give you – and that is primarily an internal one – how it actually feels inside. And by manifesting the desired state inside, regardless of having the object of your desire or not, it instantly sets up a new field of resonance into which is drawn the seeds of the specific goals and phenomena you wish to manifest.

To manage all of which, you're repositioning your internal presence and internally instating a backwards flow of self, rather than the habitual forwards-flow, backing away from all objects of desire so powerfully you create a vacuum in front into which is drawn the seeds of all desired outcomes, and to be so in love with simply being alive you no longer care what you do or don't manifest, because this magic really only works when you don't care.

All the while, you're removing more and more the blinkers of perception and are more and more able to see the Tao in all manifestations, as well as in all situations, and events, and most crucially in other people.

The more you're able and willing to see the Tao everywhere, all the time, in everything and everyone including yourself, the more your progress in all matters exponentially accelerates.

And desire for externals is by and by superseded for the desire to know Tao – gnosis.

Your joy and satisfaction now clearly derive from watching the Tao dance in its various disguises via your manifestations, rather than from the external effects.

And with this awareness comes understanding that all phenomena, including everything you're about to manifest, have their yin and their yang, their dark and their light. Nothing manifest is ideal in this respect. Good and bad in this respect depend merely on your camera angle and lighting, what makes something right is precisely also what makes it wrong.

If you want the house on the hill because the views are so good on account of it being up so high, and far from the center of town, the distance and the windy-bendy journey to and fro are what make it right. And when you're in a hurry to be in town or want people to come by who are busy and stretched for time, despite the view, the distance and altitude are exactly what make it wrong too.

Wisdom consists in honoring the paradox rather than trying in vain to resolve it.

Honoring the paradox inherent in all manifest situations and phenomena on account of the underlying immutable dynamic of yin and yang and the eternal play of complementary opposites it gives rise to, frees you of any overwhelming desires for this over that.

Instead, rather than being held hostage to your own desires and preferences, you're looking to your intention, which is that in every situation, whether a this situation or that situation, you're seeing the Tao in all of it and spotting, and manifesting the advantage at every turn of destiny.

And you're preparing to welcome and honor the incoming bounty with appreciation in order for it to grow.

HOW TO USE THE MATERIAL

Just press play every day for six weeks. Watch the visualizers too, and read the text, but the real key is listening through the episode you have that week, at least once a day – more if you like it. And otherwise carry on as normal. But be sensitive and alert to the slightest change, and note it in a gracious, as opposed to grasping, manner.

It's fairly crucial to use reliable enjoyable sounding headphones, earpieces or any good sound delivery system. It's perfectly fine to fall asleep listening, so AMPED can be used in bed at night or whenever/wherever you sleep and can safely be used while out and about.

Otherwise relax and enjoy the experience and let the magic of it work for you.

And here follows the script. The purpose of this primarily is for you to be able to check any words you think you might not be hearing correctly, and to provide a few insights here and there as we go along.

Episode 1

CHANGE THE STORY ABOUT PEOPLE

We all have a natural instinctual fear of others and are constantly, mostly unconsciously, staying alert lest they pose a threat.

The less you acknowledge the fear the more it controls you.

Being fearful of others creates static in your field that delays your order being delivered – sometimes it can send it totally astray.

The antidote to the living in fear story is the story of seeing Tao in everyone, and the Tao and everyone it shows up as, is your closest friend, hence that you're now loving everyone and everything by loving the Tao informing it.

And that is transforming your world, in terms of all your relationships and how people treat you, how you treat them, and the amount of mutual genuine, unforced fun you're able to have with people, which is ultimately the whole point of the ride – having the most amount of genuine solo and mutual fun, which phrase immediately provides the opening for a million wee jokes about masturbation I know, but obviously I mean it in a much greater, more all-encompassing way than that.

INTRODUCTION/INDUCTION

Welcome to the world of AMPED, Volume 1

A M P E D – a highly efficacious

AFFIRMATION MANIFESTING PROCEDURE ELECTRONICALLY DELIVERED directly to you in person.

Affirmation relates to the state of aligning your will to the positive outcomes you desire and need.

Manifesting is guiding the warp and weft of reality to produce the results you desire and need.

Procedure is the AMPED process you're about to experience.

Electronically: the music is electronic and digital.

Delivered applies to both the content, and to how you'll be by the end of the AMPED procedure.

What's about to happen is, the entire narrative, which normally takes up so much of your time and energy, is about to be conducted for you,

by the world's foremost guru of authentic positive thinking.

And don't worry this isn't brainwashing.

If anything you hear fails to fully resonate with yourself, the all-powerful, all-knowing subconscious mind will automatically redact it from the script.

So put that static in the attic, put your mind on automatic, because you're embarking on one of the most powerfully healing manifesting procedures of your life, that will benignly change your life, and all your dreams will come true.

And now I have great pleasure in introducing the composer, that one and only Barefoot Doctor.

Barefoot Doctor

Well I never.

Well I never did.

I'm instigating something stupendous here and now.

I don't know what it is, but I do know it's stupendous.

By amplifying all aspects of myself and of my life that serve me, something stupendous results.

It has me feeling chipper like Flipper. (Yes) I'm feeling chipper like Flipper.

Now what's happening here is me acknowledging that all of this is merely a story, it's my description of reality.

But it's merely a story and not reality itself – ha, ha, what a joke – and there I was taking it all so seriously.

But now I lighten up, get comedic, and see the funny angle in everything. Meanwhile by amplifying every aspect of my person that serves me – my strength, fortitude, courage, derring-do, boldness, originality, uniqueness, self-esteem, confidence, magnificence, forthrightness, subtlety, brilliance, excellence, beauty, kindness, loving heart, wisdom, connectedness, and all my avenues of activity, it brings me the wherewithal I require to get higher in my frequency vibration.

As I raise my frequency I attract to me events, situations and people vibrating at the higher frequency, and the result of that is magnificent synergy. It brings about actual change in my material circumstances, and this pleases my soul, and helps me roll smoother on the path.

Mind you, I have to remind myself the path is merely a story, in fact I sit still in the midst of my sphere and I expand my sphere more and more to encompass more and more of what I want. And when I say want, I don't mean in a frivolous way, I simply mean attaining all the requisite wherewithal and resources to fulfill my potential in any given moment – to give and receive the very best that's on offer, in each and every moment.

I fulfill my potential, in each and every moment.

I fulfill my potential, and that's why I feel content, I am able to contain my energy without leaning out from my center in a bid to extract energy from others, I source my energy from within.

And now I'm pretty much ready to begin. I allow the Tao of this narrative to temporarily replace my habitual internal dialogue, and by surrendering to the flow and letting go, everything comes to me.

'Well hello there', I hear myself say to myself, 'hello there, nice to have you here'.

It's nice to be here, I like it already. I find myself in an atmosphere, in a cosmos, a universe.

So this is AMPED. I like it.

I like it.

Affirmation Manifesting Procedure Electronically Delivered – to me right now. Now affirmations are really fun.

This is me telling myself my story in a different way, and as I tell it so it will be. That's what I'm doing now. This is me, telling myself my story differently.

Manifesting means producing something from nothing, as if in the palm of my hand. That's how this universe works, in a series of quantum jumps.

So I can eschew the incremental view and invest myself instead in the exponential.

And as I invest myself in the exponential, life unfolds exponentially more and more...beautiful, amazing, stupendous, superb... just like my soul likes it to be.

And, what a miracle that it can be delivered directly to me.

I am delivered to myself.

I appreciate this.

I appreciate this.

I appreciate my existence.

I appreciate the presence informing it all.

*I love the people in my life, the players in my play, the characters in my story.
I love the people in my life, those close, those far.
Eventually this extends to everyone on the planet.
To all those who have ever been, and all those who are to come.
I love the people.*

*I love the presence in the people.
And the presence in the people loves me.
I love the people.
And the people love me.*

Everything that happens occurs through people, all the opportunities, the situations, the events – all occur through the agency of people.

When I'm loving the people, and the people are loving me, the energy flows between us so much more smoothly.

Love is like a lubricant, that greases the wheels of communication and connection.

And ultimately, while in this life, it's the connection I feel with others at a heart and soul level that gives my life all the value that it has.

That's the high for me – this connecting.

I love the people, I love the people in my life, the players in my play, the characters in my story, all those who have been, all those that are, all those that will be, I love the presence in each, and the presence in each loves the presence in me.

*That's why I say, I love the people and the people, they love me.
I love the people, and the people, they love me.
I love the people, and the people, they love me.
I love the people, and the people, they love me.
I love the people, and the people, they love me.
I love the people, and the people, they love me.*

*I love the people.
I love the people in my life, the players in my play, the characters in my story, all those who have been, all those that are, all those that will be, I love the presence in each, and the presence in each loves the presence in me.*

*That's why I say I love the people, and the people, they love me.
I love the people, and the people, they love me,
I love the people, and the people, they love me.*

*I see the presence behind the surface of everyone, and the presence in everyone sees the presence in me.
I see the presence behind the surface of everyone, and the presence in everyone sees the presence in me.
I'm delighted to be in the presence of others.
Others are delighted to be in the presence of me.
I'm delighted to be in the presence of others.
Others are delighted to be in the presence of me.*

*I see the presence behind the surface of everyone, and the presence in everyone sees the presence in me.
I see the presence behind the surface of everyone, and the presence in everyone sees the presence in me.
I'm delighted to be here in the presence of others.
Others are delighted to be here in the presence of me.*

*Rather than go forth in the spirit of domination and persuasion, I go forth in the spirit of joyful collaboration, and cooperation.
I receive joyful collaboration and cooperation from others, in making this more delightful for everyone.
I'm making this more delightful for everyone.*

*I see the presence behind the surface of everyone, and the presence in everyone sees the presence in me.
I'm delighted to be in the presence of others.
Others are delighted to be in the presence of me.
Others are delighted to be in the presence of me.
Others are delighted to be in the presence of me.
Others will be delighted to be in the presence of me.*

*I see the presence behind the surface of everyone, and the presence in everyone sees the presence in me.
I see the presence behind the surface of everyone, and the presence in everyone sees the presence in me.*

EPISODE 2

CHANGE THE STORY ABOUT THE MATERIAL WORLD

If you see the devil in the details, the details will be challenging to you. When you see the Tao in the details, the Tao sees you – and in the air of that mutual recognition everything rolls smoothly instead.

This is all just a story. My entire perception, hence experience of the world merely consists of a complex series of descriptions, many of which are borrowed, many of which are inherited, but they're my descriptions and they comprise my story.

This is my story.

This is all just a story.

This is all just a story.

It doesn't feel like a story, it feels real, that's because I'm a damn good storyteller, but it isn't real, it's just a story.

This all just a story.

And because I'm a great storyteller, I can change the storyline, and I can set the tone.

I can set the tone to smooth and seamless, like a beautiful tone poem – or I can set it to jagged dystopia, or anywhere in between, and I can keep doing it as I go along.

I can change the story to a story of heaven on earth.

I can change the story to a story of heaven on earth.

I can change the story to a story of heaven on earth.

Or... well I won't even bother saying it.

Because regardless of my need for some grit, heaven on earth gets my vote.

But I can't change the story if I'm lost in it.

I can't change the story if I'm lost in it.

To change the story, I retract myself from the story, and stand behind the story in the realm of no story. I stand behind the story in the realm of no story.

The story goes on in my forebrain, so I retract my mind to the back of my cranium.

My reactions to the story, and all the feelings that they elicit, all go on in the front of my body.

So I retract myself into the back of my body.

Now I'm standing behind the story, in the realm of no story.

I'm now able to change my story to a story of heaven on earth.

I now ordain a story of heaven on earth, whatever that entails.

And I ordain a tone like a beautiful tone-poem, and as I ordain it, so it will be.

As I ordain it, so it will be.

I'm ordaining the story like heaven on earth, whatever that entails, and I ordain the tone smooth and seamless, like a beautiful tone-poem, and as I ordain it, so it will be, as I ordain it, so it will be, as I ordain it, so it will be.

If I'm not careful I'm going to be caught relaxing in the midst of action, that's what I'm doing more and more.

Because when I relax myself while doing whatever I'm doing, and I don't mean collapse myself, I do whatever I'm doing better.

I do whatever I'm doing better when I relax in the midst of action.

When I relax in the midst of action, I do things better, I get more done and I get more satisfaction, I get more satisfaction.

I get more satisfaction.

I get more satisfaction.

When I relax in the midst of action, I do things better, I get more done and I get more satisfaction, I get more satisfaction.

I get more satisfaction.

I get more satisfaction.

When I relax in the midst of action, I do things better, I get more done and I get more satisfaction, I get more satisfaction.

I get more satisfaction.

I get more satisfaction.

So rather than be uptight and fight against gravity in my ongoing evolution as an upright biped, pulling up and away from the ground, I sink my weight in honor of gravity, because like that I'm solid and sound.

I let my crown float upwards and my spine lengthen and unwind, because that's how I find my center. I drop back, I sink down, I lengthen my spine, I move from my center, because like that I enter the realm of no story, the realm of the Tao, and that keeps me present in the here and now.

Because only when present am I one with the Tao, and that's the only way to give and gain the very most as I roll along from day to day.

I gain full value and I give full value while I'm on the ride when I relax and sink my weight and I'm centered deep inside.

I relax and sink my weight and I'm centered deep inside. I gain full value and I give full value while I'm on the ride when I relax and sink my weight and I'm centered deep inside.

I relax and sink my weight and I'm centered deep inside.

I relax and sink my weight and I'm centered deep inside. I relax and sink my weight and I'm centered deep inside. I relax and sink my weight and I'm centered deep inside. That is why from now on I gain and give the very most from this ride.

Rather than be uptight and fight against gravity in my ongoing evolution as an upright biped, pulling up and away from the ground, I sink my weight in honor of gravity because like that I'm solid and sound.

I sink my weight in honor of gravity because like that I'm solid and sound.

I let my crown float upwards and my spine lengthen and unwind, while my weight sinks downwards, because like that I find my center.

I find my center.

I find my center.

I move from my center because like that I enter the realm of no story, the realm of the Tao, and that keeps me present in the here and now.

Because only when I'm present am I one with the Tao.

And that's the only way to give and gain the very most as I roll along from day to day.

I gain full value and I give full value while I'm on the ride, when I relax and sink my weight and I'm centered deep inside.

I relax and sink my weight enough and I'm centered deep inside, and that's why from now on I gain and give the very most from this ride.

Manifesting things for me is easy. It's as easy as dialing up a pizza.

It's like when friends are round and everyone's hungry and someone says 'Hey, let's get pizza'. And everyone says 'Yeah'. Thirty minutes later the order arrives. It's with that same degree of confidence in the outcome that I do my manifesting.

I don't need complicated magic spells, I don't have to say, 'abracadabra' or 'Hey presto', I just think, 'Let's get pizza', and my magic's good to go, yeah, 'Let's get pizza', 'Let's get pizza', yeah.

Then I relax like babes in their mangers, and before I know it everything changes, before I know it everything changes, everything changes, changes, everything changes, everything changes.

Manifesting things for me is easy, it's as easy as dialing up a pizza. It's like when friends are around and everyone's hungry and someone says 'Hey, let's get a pizza', and everyone says 'Yeah'.

Thirty minutes later the order arrives. It's with that same degree of confidence in the outcome that I do my manifesting, I do my manifesting, I do my manifesting, I do my manifesting.

The order arrives. It's with that same degree of confidence in the outcome that I do my manifesting, 'Let's get pizza', 'Let's get pizza', yeah. 'Hey, let's get pizza', yeah.

I'm happy, I'm happy, I'm happy, I'm happy all the time, I'm happy, I'm happy, I'm happy, I'm happy with the tone.

I'm happy just being here, regardless of what I'm seeing here, I'm happy from floor to ceiling, regardless of what I'm feeling here.

I'm happy, I'm happy, I'm happy, I'm happy all the time, I'm happy all the time, I'm happy with the tone.

I'm happy when I'm happy, I'm happy when I'm sad, I'm happy when I'm feeling good, I'm even happy when I'm feeling bad.

I'm happy, happy just being here, regardless of what I'm feeling, or seeing here.

I'm happy because I have the greatest gift of all – I'm alive.

I'm alive, I have existence.

I have existence, I'm here, I'm alive, I'm alive.

I have existence.

I'm alive,

I choose to thrive.

I'm happy when I'm happy, I'm happy when I'm sad, thrive, I'm happy when I'm feeling good, I'm even happy when I'm feeling bad.

I'm happy when I'm happy.

I'm happy when I'm sad.

I'm happy when I'm feeling good. I'm even happy when I'm feeling bad, because I'm happy, happy being here, regardless of what I'm feeling, or seeing here.

I'm happy because I have the greatest gift of all, I'm alive, I have existence, I'm here – I'm here – I'm here, I'm alive.

I'm alive.

I'm alive.

I'm alive.

I'm alive.

I'm happy with life's beauty, I'm even happy with life's slime.

I take everything in my stride, so I'm happy all the time.

I'm happy all the time. I'm happy all the time, I'm happy, I'm happy all the time, I'm happy, I'm happy, I'm happy, I'm happy all the time, I'm happy, I'm happy, I'm happy, happy all the time, happy all the time, happy all the time.

I'm happy when it's morning, I'm happy in the night,

I'm happy in the dark, and I'm happy in the light,

I'm even happy when I'm poor, I'm happy when I'm rich,

I'm happy when life goes smoothly, I'm even happy when there's a glitch. Happy all the time, happy all the time, happy all the time.

I'm happy when I'm in, I'm happy when I'm out, I'm happy when I'm filled with courage, I'm even happy when I'm filled with doubt.

I'm happy when I'm in, I'm happy when I'm out, I'm happy when I'm filled with courage, I'm even happy when I'm filled with doubt, I'm happy, I'm happy, I'm happy, I'm happy all the time, I'm happy, I'm happy, I'm happy, I'm happy all the time.

I'm happy with the familiar, I'm happy with the strange, I'm happy just being here, so I'm happy right across the range.

I'm happy with the familiar, familiar, I'm happy with the strange, I'm happy just being here, so I'm happy right across the range.

I'm happy when I'm happy, I'm happy when I'm sad, I'm happy when I'm feeling good, I'm even happy when I'm feeling bad.

I'm happy when I'm happy, I'm happy when I'm sad, I'm happy when I'm feeling good, I'm even happy when I'm feeling bad.

I'm happy, I'm happy, I'm happy, I'm happy all the time, I'm happy, I'm happy, I'm happy, I'm happy all the time, I'm happy, I'm happy. I'm saying this to set the tone, not just for now, but what's to come: happy.

When information saturation threatens to overwhelm me, and the tasks at hand seem implausibly great in number and urgency, and when the fearful part of my mind is hurling its fears with frequency into my internal dialogue...

I'm grateful of the opportunity to remind myself of my intention, which is always to accomplish an incredible amount without even trying, as if I have countless invisible helpers, representing different aspects of my own psyche, whom I send out into my sphere of activity, and they do the tasks for me.

Everything does itself, I let go and everything does itself. All the details coalesce into the perfect configuration to produce the outcome that I want. When it's all done, I just sit back and say, well, I accomplished that with incredible ease, and effortlessly, excellence, economy, enjoyment, swiftness, smoothness, seamlessness, marvelousness, and even, 'miraculousness, ness, ness, ness, ness'.

Everything happens by quantum jumps.

I ordain a quantum jump, right now, and as I ordain it, so it will be.

As I ordain it, so it so it will be, that's how this magic works for me.

As I ordain it, so it will be, that's how this magic works for me.

Oh yes, that's how this magic works for me.

So, whatever it is I have to do, I relax, I remind myself that I have these invisible helpers, aspects of my own psyche, who go out into the details of my life and coalesce them into the perfect configuration to produce exactly the outcome that I want, without me having to lift a finger.

I sit in my back and I watch it all happen.

It all happens with great ease, and I'm enjoying myself the whole time, because these details that are coalescing into the perfect configuration to produce exactly the outcome I want, are the Tao, and as I see the Tao in the details, the Tao smiles at me, and when the Tao smiles at me, it means everything works out, that's right, it all works out, it all works out, it all works out. I just keep telling myself that the whole time, it all works out, it all works out, it all works out, and I accomplish everything that I have to without any effort whatsoever.

My invisible helpers go out there and go into the details and coalesce them into the perfect configuration to produce exactly the outcome that I want.

I am in command of all the details, I proceed in a calm and orderly fashion, with a heart full of passion for being here in this moment, moment by moment, and this is how I master the material plane.

I'll say it again, this is me mastering the material plane.

And as I ordain, so it will be.

That's how this magic works for me.

Episode 3

CHANGE THE STORY ABOUT YOURSELF

As the main player in your story, and the central pillar of the plot, change the story about what and who you are, your worth and deservedness levels, and you spontaneously change the way the world sees and treats you. It's all totally plastic, malleable and susceptible to your intervention.

I am able to be beautiful, it's really easy for me.

I am able to be beautiful, it's really easy for me.

I am able to be beautiful, it's really easy for me.

I am able to be beautiful, it's really easy for me.

I am able to be beautiful, it's really easy for me.

I am able to be beautiful, it's really easy for me.

It's really easy for me to be beautiful.

I am able to be beautiful, it's really easy.

Beautiful.

Beautiful.

I am able to be beautiful.

Beautiful is really easy for me.

I am able to be beautiful, it's really easy for me.

I am able to be beautiful, it's really easy for me.

I am able to be beautiful.

I am able to be beautiful.

I am able.

I am able to be beautiful, it's really easy for me.

I am able to be beautiful, it's really easy for me.

I am able to be beautiful, it's really easy for me.

I am able to be beautiful, it's really easy for me.

I am able to be beautiful, it's really easy for me.

I am able to be beautiful, it's really easy for me.

I am able to be beautiful, its' really easy for me.

I am able to be beautiful.

I am able to be beautiful, it's really easy.

I am able to be beautiful, it's really easy for me.

I am beautiful.

Beautiful is really easy.

Beautiful is really easy.

Beautiful.

Beautiful.

Beautiful.

Beautiful.

Beautiful.

Beautiful.

Beautiful is really easy.

Beautiful is really easy for me.

Beautiful for me.

Beautiful is really easy for me.

Beautiful is really easy for me.

I have drive.

I have drive.

It's the drive of nature running through me, it's the life force, it's the chi.

I have drive.

I have drive.

I have drive, the drive to thrive.

And I thrive, I thrive, and I thrive.

I'm alive, and I thrive, and I thrive.

I'm staying alive, and I thrive, and I thrive.

I talk kindly to myself inside my head. That's how I get the best from me. It does me no good to be horrible instead.

I want to talk to myself about talking to myself and the way I do it, because my internal narrative completely determines my experience, which in turn affects my internal narrative, so if my internal narrative can be positive, respectful and kind to myself, I will engender a much better quality of experience, which in turn will lead to a better quality of internal narrative, which in turn will of course lead to a better quality of experience.

Now, I choose a better and better quality of experience, why not.

And the way to engender that experience is to talk kindly to myself, as if I'm my own inner coach, always with encouragement, never with reproach.

I let myself flower.

I let myself flower.

I realize my power.

I give myself unconditional support.

I stop regularly to say aloud to myself 'You're doing really well', because I am, I'm doing really well, and everything's turning out swell, everything's turning out swell.

Because the outside mirrors what's within, me being kind to myself, not only inclines me to be kind to others, but also inclines others to be kind to me, then that adds to my inner harmony.

I talk kindly to myself inside my head, does me no good to be horrible instead, I talk to me like I'm my own inner coach, always with encouragement, never with reproach. That creates inner harmony, giving myself unconditional support, that's how I get the best from me.

Because the outside reflects what's within, in turn that creates harmony around me, harmony within, and harmony around me, harmony within, and harmony around me, harmony within and harmony around me.

I talk to myself like I'm my own inner coach, always with encouragement, never with reproach. Because that's how I get the best from me, giving myself unconditional support, I always rise to the occasion.

I talk kindly to myself from now on all the time. And every time I catch myself being horrible, I stop immediately and change it by talking kindly to myself, 'You're doing really well, and everything's turning out swell'. I agree. I say this for me, as I say it so it will be, it's my spirituality and it works for me.

The purpose is to enjoy this, the mission is to spread the joy, the brief is to keep it simple and

spontaneous and not let things get extraneous to that, not let things get extraneous to that.

I keep it simple, keep it spontaneous and I don't let it get extraneous to that, I don't let things get extraneous to that.

So when I spend time in the front of my body, in the front of my brain, I run these movies, I run them over and over again, and it doesn't matter what I do, or what I say, everything will remain that way, until I shift myself backwards inside my body, and occupy the rear part of me.

It's like I'm sitting in my back, like the sovereign on their throne, in command of the realm.

I'm in command of the realm.

I'm in command of the realm.

I'm in command of the realm.

And when I'm in my back and I retract my mind to the rear of my skull, I gaze out at the world from there.

I'm in command of the realm.

I am presiding over my experience, rather than my experience presiding over me.

I am presiding over my experience, rather than my experience presiding over me.

My purpose is to enjoy this.

My mission is to spread this joy.

My brief – to keep it simple and spontaneous and not let things get extraneous to that – keep it simple and spontaneous and not let things get extraneous to that.

I keep it simple and spontaneous, and I don't let things get extraneous to that.

I keep it simple and spontaneous, and I don't let things get extraneous to that.

I'm in command of the realm.

And when I'm sitting in my back presiding over my experience, I'm in charge of my own sphere, my energy sphere, my sphere of being, and I'm able to clear my sphere of any harmful, pernicious energy, and I'm able to invite into my sphere positive healing, helpful, supportive influences and forces from all around.

Right now I'm feeling much more sound - much more with my feet on the ground.

So, I'm walking in heaven with my feet on the ground, like that I feel sound.

I feel sound, I feel sound.

So here on my mission to spread the joy, I keep it simple and spontaneous, and don't let things get extraneous to that.

Just like the cat sat on the mat – simple, spontaneous – spontaneously doing nothing, I let everything unfold, resolve and evolve of itself.

I let everything unfold, resolve and evolve of itself.

The power as it moves is like the river, the power as it moves is like the sea, the power as it moves is like the meteor in space, I feel the power as it moves through me, I feel the power as it moves through me.

The power when it moves is like the river, the power when it moves is like the sea, the power when it moves is like the meteor in space, I feel the power as it moves through me.

The power when it moves is like the river, the power when it moves is like the sea, the power when it moves is like the meteor in space, I feel the power as it moves through me.

The power when it moves is like the river, the power when it moves is like the sea, the power when it moves is like the meteor in space, I feel the power as it moves through me.

The power when it moves is like the river, the power when it moves is like the sea, the power when it moves is like the meteor in space, I feel the power as it moves through me.

The power as it moves is like the river, the power as it moves is like the sea, the power as it moves is like the meteor in space, I feel the power as it moves through me.

The power when it moves is like the river, the power when it moves is like the sea, the power when it moves is like the meteor in space, I feel the power as it moves through me.

The power when it moves is like the river, the power when it moves is like the sea, the power when it moves is like the meteor in space, I feel the power as it moves through me.

The power when it moves is like the river, the power when it moves is like the sea, the power when it moves is like the meteor in space, I feel the power as it moves through me, me, me, me, me, me.

The power as it moves is like the river, the power as it moves is like the sea, the power as it moves is like the meteor in space, I feel the power as it moves through me, I feel the power as it moves through me, I feel the power as it moves through me, I feel the power as it moves through me.

Episode 4

CHANGE THE STORY ABOUT MONEY

The innate fear of money, or more precisely of no money, is instantly cancelled out by seeing the Tao in the flow of money and loving it.

Loving the flow of money, the flow of money loves you.

I'm swimming in an ocean of money, I'm not being funny, I really am swimming in an ocean of money, coming at me from every direction, flowing thick and sweet, just like honey.

I'm swimming in an ocean of money, I'm not being funny, I'm swimming in an ocean of money, it's coming at me from every direction, because that's my election, that's my choice, I give voice to that choice and say 'yes, money is coming to me from every direction. I don't know why, and I don't have to, this isn't a logical, rational thing – this is magic.

There's nothing intrinsically wrong, or profane about whether I make a profit, or a gain, as long as I'm honorable in all my dealings, all my transactions are like little healers. And just like the current of the ocean, money has its own motion, of ebb and flow.

I let it come, I let it go, with absolute confidence, that it will return.

Furthermore, I'm totally sure that because every penny that goes out from me goes out with my grace, every penny goes out with a smile on its face, and as it circulates it makes many, many, many friends, and eventually at the perfect time, it comes back to me with all its friends. In other words, every penny that I spend does the rounds, and in the end returns to me multiplied exponentially.

Ah yes, I'm swimming in an ocean of money, swimming in an ocean of money.

I'm not being funny, I really am swimming in an ocean of money.

It's coming at me from every direction, flowing thick and sweet, just like honey. Coming at me from every direction, because that's my election, that's my choice that I give voice to, and as I choose it, so it will be. That's how this magic works for me, as I choose it, so it will be – that's how this magic works for me.

And there's nothing intrinsically wrong, or profane, about whether I make a profit, or a gain, as long as I'm honorable in all my dealings, all my transactions are like little healers.

I'm swimming in an ocean of money, flowing thick and sweet, just like honey. And just like the current of the ocean, money has its own motion of ebb and flow, I let it come, I let it go.

And I know that because I send every penny out with good grace, it goes out with a smile on its face, makes many, many friends and returns to me exponentially multiplied, so the more generous and openhearted I am with others, all my sisters and all my brothers, the more generous life is with me.

It fills me with glee to acknowledge, that I am swimming in an ocean of money, I'm not being funny, I really am swimming in an ocean of money, coming at me from every direction, flowing thick and sweet just like honey.

It's limitless, a limitless supply, I don't have to know why, I merely have to choose it, because as I choose it, so it will be, that's how this magic works for me.

This magic works for me.

And it's a limitless supply, a limitless supply.

I'm swimming in an ocean of money, flowing thick and sweet, just like honey.

It's coming at me from every direction, because that's my election, that's my choice that I give voice to – come money, come to me, lets dance together in total glee, total glee.

There's nothing intrinsically wrong, or profane about whether I profit or gain, as long as I'm honorable

*in all my dealings, all my transactions are like little healers, all my transactions are like little healers,
all my transactions are like little healers.*

*And sometimes when the ebb seems extreme, I know in that stream, the bigger the ebb, the bigger the
flow.*

*So I relax, I sink back, I retract myself from the drama, I let myself go calmer and calmer, and carry on as
if I have all the wherewithal in the universe.*

And as I imagine it so it will be, as I imagine it, so it will be.

*I'm swimming in an ocean of money, I'm not being funny, it's flowing thick and sweet, just like honey,
coming at me from every direction, because that's my election, that's my choice I give voice to.*

Come to me money, come.

*And I know that because every penny that goes out from me, goes out with grace, it goes out with a smile
on its face, and as it does the rounds it makes many, many friends, and in the end, it returns to me
exponentially multiplied, it's a limitless supply, a limitless supply.*

I have all the wherewithal required to fulfill all my needs.

All my needs are provided for.

*I'm swimming in an ocean of money, I'm not being funny, I'm swimming in an ocean of money, flowing
thick and sweet, just like honey, just like honey.*

All my needs are provided for, all my needs are provided for.

All my needs are provided for.

I now relax into knowing that all my needs are provided for.

All my needs are provided for.

All my needs are provided for.

I don't worry about money anymore, worry's not what money's for.

My golden rule is to remember money's just a tool, a symbol of energy.

Energy is the Tao in action.

The Tao is my friend.

Therefore, money is my friend.

Money's my friend.

Money's my friend.

I don't worry about money anymore, worry's not what money is for.

*The golden rule is to always remember money's just a tool, a symbol of energy. Energy is the Tao in
action. The Tao is my friend, therefore money's my friend. Money's my friend.*

Money's just a tool, a symbol of energy exchanged.

Energy is the Tao in action.

The Tao is my friend.

Therefore, money is my friend, a friend whose attraction to me goes on without end.

The Tao is my friend.

Therefore, money is my friend, whose attraction to me goes on without end.

Money's my friend.

Money's my friend.

Money's my friend.

*So I no longer drive myself round the bend with worry about money, nor do I hurry to draw erroneous
conclusions that there can be any other way. The Tao manifest is money for me, each and every day.
The Tao manifest is money for me, each and every day.*

*It's a miracle I no longer worry about money.
Instead I trust money and let it flow.
I receive it gladly, and just as gladly let it go.
And it's true, the more I do trust money, the more money comes to me.
Money is chi.
And chi is Tao in motion.
When I think about money, it fills me with glee, because I know money now comes to me.*

*Money comes to me.
Money comes to me.*

*I don't worry about money anymore.
Worry is not what money's for.*

*My rule is to always remember that money is just a tool – a symbol of energy exchanged.
Energy is the Tao in motion.*

*The Tao is my friend, therefore money is my friend, a friend who's attraction to me goes on without end.
Therefore, money is my friend, my friend who's attraction to me goes on without end, goes on without end.*

*So I no longer drive myself round the bend with worry about money.
Nor do I hurry to erroneous conclusions that there can be any other way.
The Tao manifests as money for me in each and every way.*

My thoughts are in order, my recall works well, my vision is focused and I'm clear as a bell.

My thoughts are in order, my recall works well, my vision is focused and I'm clear as a bell, clear as a bell. I'm clear as a bell.

I'm healthy, stealthy, wealthy, and wise, the world is my oyster, my star's on the rise.

My star's on the rise.

*My body knows what to do to keep me in shape, it gathers in life force and lets the toxins escape.
My body knows what to do to keep me in shape, it gathers in life force and lets the toxins escape.
I let the toxins escape.
I let the toxins escape.*

I gather in life force and I let the toxins escape.

My body knows what to do to keep me in shape, it gathers in life force and lets the toxins escape.

My body redresses the balance in every cell, it puts in the heaven and takes out the hell.

It redresses the balance in every cell, it puts in the heaven, and takes out the hell.

My body knows what to do to keep me in shape, it gathers in life force and lets the toxins escape, it gathers in life force and lets the toxins escape.

Health, wealth and longevity is the way I choose it to be, health, wealth and longevity is the way it is for me. I assume its ok with destiny for me to enjoy health, wealth and longevity, and as I assume it, so it will be, that's how destiny works for me, as I assume it, so it will be, that's how destiny works for me.

Destiny works for me.

Health, wealth and longevity is the choice I make for me.

I live long and strong and I prosper.

I live long and strong and I prosper.

I live long and strong and I prosper.

I prosper, I prosper, I prosper, I prosper, I prosper.

I trust my body, I trust my soul, I trust the Tao because that's how I roll.

I trust the Tao because that's how I roll, that's how I roll.

I live long and strong and I prosper.

I live long and strong, and I prosper.

I'm healthy, wealthy, stealthy and wise, the world is my oyster, my star's on the rise, my star's on the rise, my star's on the rise.

My star's on the rise.

My star's on the rise.

My star's on the rise.

I'm healthy, wealthy, stealthy and wise, the world is my oyster, my star's on the rise, my star's on the rise.

I'm healthy, wealthy, stealthy and wise, the world is my oyster, my star's on the rise, my star's on the rise.

I'm healthy, wealthy, stealthy and wise, the world is my oyster, my star's on the rise, my star's on the rise.

I'm a warrior, not a worrier, I'm swift, but I'm no hurrier, I hurry for no one, I'm not in anyone's race, I take life easy, I take it at my own pace. Like that I prevail, and like that I thrive, and above all, like that I enjoy being alive.

I'm a warrior, not a worrier.

I'm a warrior, I'm a warrior.

That's how I roll.

That's how I roll.

That's how I roll.

The world treats me well.

I'm clear and concise communicating my needs.

I'm focused and precise in planting the right seeds, to encourage a mutual flow, in which opportunities can grow.

I'm congruent, coherent, and assertive, yet serene.

I mean what I say, and I'm confident to say what I mean.

I treat every transaction as an opportunity for having fun, so conducting business for me becomes play.

I'm generous and openhearted in my dealings with others.

I'm considerate, and fair and always seek to see the very best in all my sisters and brothers.

I have an innate appreciation for human decency, and how much leeway I'm willing to give others in their dealings with me.

And because I understand and appreciate and honor my own boundaries, others understand and appreciate and honor my boundaries too.

I yield to oncoming pressure, and stick to the action that unfolds, so if people try to push upon me, they find there's nothing there, and yet I keep moving forward sticking to the action in an irrepressible way.

Life treats me well, in every way life treats me well.

I'm clear and concise communicating my needs.

I'm focused and precise in planting the right seeds, to encourage a mutual flow from which opportunities can flow. I'm congruent and coherent, and assertive, yet serene. I mean what I say, and I'm confident to stand my ground and say what I mean. I treat every transaction as an opportunity for having fun, so conducting business for me becomes like play.

I'm generous and openhearted in my dealings with others, I'm considerate, and fair and always seek to see the very best in all my sisters and brothers.

I have an innate appreciation for human decency, and of how much leeway I'm willing to give others in their dealings with me.

Life treats me well.

I treat life well.

I appreciate life at every turn.

Appreciating life, life appreciates me.

Appreciating the experience as I'm having it, gives me full value.

The more I say life treats me well, the better life seems to treat me.

As I say it, so it will be, that's how this magic works for me, as I say it, so it will be, that's how this magic works for me, as I say it, so it will be, that's how this magic works for me.

I'm clear and concise in communicating my needs.

I'm focused and precise in planting the right seeds, to encourage mutual flow, in which opportunities can grow.

I'm congruent and coherent, and assertive, yet serene.

I mean what I say, and I'm confident to stand my ground and say what I mean.

I treat every transaction as an opportunity for having fun.

That way conducting business for me becomes like play.

I'm generous and openhearted in all my dealings with others.

I'm considerate, and fair.

I have an innate appreciation for human decency, and of how much leeway I'm willing to give others in their dealings with me.

And because I'm clear about my own boundaries, others are clear about them too.

Likewise, I respect the boundaries of those around me, and in this atmosphere of mutual respect, all of us flower together.

I take it upon myself to facilitate this flowering with everybody, and because of that life treats me well.

Wherever I go I am informed by this intention to contribute to the lives of everyone around me.

And in return for that the world treats me well.

Now people say that timing is everything, and if that's so, I have everything, because I have perfect timing every time.

I have perfect timing every time.

I have perfect timing every time.

I stand on my own two feet, I don't need anyone to tell me when to do what I do, I have my own innate perfect sense of timing, and there's a reason for that.

It's because I know everything has its own perfect timing, and its own tempo of evolving.

So, as I state my intention for things to develop and move in a certain way, things evolve with perfect timing and manifest without delay.

Everything is connected and moving as one infinite mechanism, yet each discreet nexus comprising the infinite mechanism evolves at its own pace, including me.

That's why I stress less, and remind myself, I'm not a contestant in anyone's race, so I go at my own pace.

This is my innate tempo.

I stress less and acquiesce to the innate tempo of the flow of existence.

This lends me perfect timing every time.

I have perfect timing every time.

And just like an old country song, I can't go wrong when I roll along like this, acquiescing to the perfect timing in the evolution of everything and everyone.

Oh yes, like an old country song, I can't go wrong when I roll along like this, acquiescing to the perfect timing in the evolution of everything and everyone, including me.

I'm standing on my own two feet. That's how I meet reality. I'm standing own two feet.

I need no-one to tell me how to do, or when to do what I've got to do.

Everything has its own perfect timing, its own tempo of evolving, everything has its own perfect timing, its own tempo of evolving, so when I state my intention for things to develop and move a certain way, things evolve with their own perfect timing and manifest without delay, things manifest without delay, things manifest without delay.

Everything and everybody is connected and moving as one infinite mechanism, yet each discreet nexus comprising that mechanism evolves at its own pace, including me.

Therefore, I stress less, and remind myself to acquiesce to the innate tempo of the flow of existence.

Just like an old country song, I can't go wrong when I roll along like this, acquiescing to the innate tempo in the evolving of everyone and everything.

Like an old country song, I can't go wrong when I roll along like this, acquiescing to the perfect tempo in the evolving of everything and everyone, including me, oh yeah.

Just like an old country song, I can't go wrong when I roll along like this, acquiescing to the innate tempo in the flow of the evolution of everything and everyone, including me.

Like an old country song, I can't go wrong when I roll along like this, acquiescing to the innate tempo in the flow of the evolution of everything and everyone.

Oh yes, just like an old country song, I can't go wrong when I roll along like this, acquiescing to the innate tempo in the evolution of everything and everyone, including me, oh yes.

I stand on my own two feet. I stand on my own two feet. I stand on my own two feet. I stand on my own two feet, oh yes. I stand on my own two feet. I stand on my own two feet, oh yes.

Episode 5

CHANGE THE STORY ABOUT LOVE

Change the story that love makes you suffer, to one in which love is easy like falling off a log, and that's how it'll show up for you.

When it comes to love, I've got a new game plan, which is to have no game plan, no agenda, instead I give destiny its head and allow the Tao to bring me where I need to be, in the company of those who vibrate at the same frequency.

When it comes to love, I've got a new game plan, which is to have no game plan, no agenda, instead I give destiny its head and allow the Tao to bring me where I need to be, in the company of those who vibrate at the same frequency, to bring me the company of those who vibrate at the same frequency.

I don't even try to align any particular set up, or situation, or manipulate reality to suit fantasies in my imagination. I let go and allow the flow of events to bring me where I need to be to facilitate the greatest possible love between another and me.

The flow of events now brings me where I need to be to facilitate the greatest possible love between another and me. I don't pry into the mechanism of the unfolding Tao, I don't try to predict who, why, or how. I just sit back and relax and let go into the flow of events, which now brings me where I need to be to facilitate the greatest possible love between another and me.

The flow of events now brings me where I need to be to facilitate the greatest possible love between another and me.

The flow of events now brings me where I need to be to facilitate the greatest possible love between another and me.

Tao, I don't try to predict who, why, or how. I just sit back and relax and let go into the flow of events, which now brings me where I need to be to facilitate the greatest possible love between another and me.

I don't contrive to arrive at any particular set up, or situation, or manipulate reality to suit the fantasies of my imagination. I merely let go and allow the flow of events to bring me where I need to be to facilitate the greatest possible love between another and me.

When it comes to love, I've got a new game plan, which is to have no game plan, no agenda, instead I give destiny its head. I allow the Tao to bring me where I need to be to facilitate the greatest possible love between another and me.

I've got a new game plan.

I've got a new game plan.

I've got a new game plan – to have no game plan, no agenda, no game plan, no agenda.

When it comes to love I've got a new game plan, To have no game plan.

I allow the Tao to bring me where I need to be to facilitate the greatest love possible between another and me.

I'm now changing my story about romance, which is actually easy for me to do because, one, I'm a good storyteller, and two, romance itself is just a story. And not just because originally the word romance originally referred to a new type of literature spreading out from Rome at the time.

That's why we call making love, making love – two people create that story together.

Romance is a beautiful, and many splendored thing.

Indeed, without it life simply doesn't sing.

But the notion I need to find or be with someone to make romance happen is the wrong way round for me.

*I first activate the innate romance in my soul, the romance of my life, my adventure.
I activate the innate romance in my soul, without any sort of goal, aside from being able to take more pleasure in the way that I roll.*

I take more and more pleasure in the way that I roll.

My life is a romance, and once I've activated the innate romance in my soul, without me doing anything, any less, or any more, if there's someone I need to share this romance with, they walk right in through the door.

I leave the casting, timing and delivery entirely to the Tao, and continue loving life in the here and now, because my life is a fabulous romance.

My life is a fabulous romance, and without me doing anything, any less, or any more, if there's someone I need to share my romance with, they walk right in through the door.

If there's someone I need to share my romance with, I leave the casting, timing, and delivery entirely to the Tao, and continue loving being here in the here and now.

My life is a fabulous romance, my life is a fabulous romance. My life is a fabulous romance.

Romance is a beautiful and many splendored thing – without it life just doesn't sing.

My life is a fabulous romance.

Without me doing anything – any less, or any more – if there's someone I need to share my romance with, they just walk right in through the door, right in through the door. I leave the casting, timing, and delivery entirely to the Tao, and continue loving being here in the here and now.

I'm loving my life in the here and now.

I'm loving my life in the here and now.

Like a beautiful magnet in a sea of iron filings, like a jasmine flower in a swarm of honeybees, people are drawn to me because they can sense I'm an attractive proposition, I'm an attractive proposition, oh yeah, I'm an attractive proposition.

And if in doubt, I don't need to consult a physician, or an electrician, I just need to keep repeating, I'm an attractive proposition, I'm an attractive proposition, I'm an attractive proposition.

I'm an attractive proposition, whether its business, social, or up close, I present myself well, without being verbose.

I use what I've got to the very best effect.

And that's not why I get people's attention. The reason is they sense it's because I'm an attractive proposition, because I'm tuned in to the beauty informing my soul, and I'm clear in my intention to claim my role in sharing the beauty informing my soul. Because I know I'm an attractive proposition.

I'm an attractive proposition, seen from any position, seen in any light, that's right, I'm an attractive proposition.

If in doubt I don't need to consult a physician, or an electrician, I just need to keep reminding myself, I'm an attractive proposition, I'm an attractive proposition.

Whether its business, social or up close, I present myself well without being verbose, I use what I've got to the very best effect, even that's not why I get people's attention.

The real reason is I'm tuned in to the beauty informing my soul, and I'm clear with my intention to play my role in sharing the beauty wherever I go, and people feel it and then enjoy the show.

From any point of view, I'm an attractive proposition.

I'm an attractive proposition.

And if in doubt, I don't need to consult a physician, or an electrician, I just need to keep reminding myself, I'm an attractive proposition, I'm an attractive proposition, I'm an attractive proposition – I keep reminding myself, I'm an attractive proposition, I'm an attractive proposition, seen from any view

or any position, I'm an attractive proposition.

No matter the story, no matter the narrative, I'm an attractive proposition, I'm an attractive proposition, that's right.

I'm like a powerful magnet in the sea of iron filings, or a jasmine flower in a swarm of honeybees, people are naturally drawn to me.

Something in me triggers something in them, the presence in them notices the presence in me, and what they see is my inner beauty. That's what I'm attuned to, the beauty in my soul, and when they see that, they recognize their own beauty. It's my duty to share this beauty, that's what I do. I'm attuned to the beauty in my soul, and the way I roll is, I share this beauty with everyone, I share this beauty with everyone, that's what people feel and its real, and that's why they're drawn to me.

That's why I say, I'm an attractive proposition.

I am loving life in the here and now, really, I'm loving life in the here and now, just being here, the raw thrill of my own implausible existence.

And this of course is the key to everything, loving it. So, everything I see is the Tao with his clothes on.

And I'm able to entrain my mind to see beyond the disguise to just below the surface, to the Tao within everything and everyone.

I love the Tao and I see it in everything and everyone.

I love the Tao and see it in everything and everyone.

The Tao in everything and everyone loves me.

This is not just a childish fantasy.

Events conspire to take me higher and higher, and will continue to do, as long as I keep loving this moment, moment by moment.

So, I eschew references, I no longer adopt a position where I choose a favorite this or that, because all of it is merely relative and transient, and not worth investing in. What is worth investing in however, is this love that I feel for life this moment, forever.

Life loves me, and this is not just a childish fantasy. Life loving me, means events conspire to take me higher and higher. Loving life at this moment, events conspire to take me higher and higher, higher and higher and higher.

Everything I see is the Tao with its clothes on, and I'm able to see beyond the disguise, beyond the surface, to the Tao within everything and everyone. That's the key to everything, that's what makes life swim. And it don't mean a thing if I sink or I swim. I'm loving life in the here and now. I'm no longer projecting into the future, nor succumbing to anxiety.

Nor am I dwelling in the past.

I'm loving life in the here and now.

I'm no longer projecting into the future not grasping at excitement or anxiety, nor am I dwelling in the past. Instead I'm holding fast to the power in this moment.

I'm holding fast to the power in this moment.

I'm loving life in the here and now.

I'm not projecting into the future, nor do I live in the past. Instead I'm holding fast to the power of this moment, loving it fully with all my heart, because whichever way the action goes, all of this is the Tao, and everything and everyone is its art, its art.

I love the Tao, the Tao loves me back, and there is no lack of anything in my life, all my needs are provided for, all my needs are provided for, all my needs are provided for.

This love of being here and this that does the loving, this is the Tao.

And when I love the Tao moment by moment, I know the Tao loves me.

This is not just a childish fantasy.

It conspires me to take me higher and higher. It's a fire that never burns out, this love, as long as I keep loving life in this moment, moment by moment.

I'm loving it fully with all my heart and soul. That's the key to everything, that's what makes life swing.

This is the Tao, this is the Tao, this is the Tao, loving it is the key to everything, everything I see is the Tao with its clothes on, I'm able to see beyond the disguise, beyond the surface, to the Tao within

everything and everyone.

Everything I see is the Tao with its clothes on. This is the Tao with its clothes on. Loving it is the key to everything, this is the Tao with its clothes on, loving it is the key to everything, loving it is the key to everything. I'm loving life in the here and now. This is the Tao. Loving it is the key to everything, that's what makes life swing, because it don't mean a thing, if it ain't got no swing.

I'm loving it fully with all my heart and soul, I'm loving it fully with all my heart and soul, I'm loving it fully with all my heart and soul, all my needs are provided for, all my needs are provided for.

At the deepest level of my being, I'm awake to the sensual pleasure of existence. I am sensually awakened. I need make nothing of it, just sit back and enjoy the synergy that generates in my sphere. I am sensually awakened, I am sensually awakened, I'm awake to the sensual pleasure of being alive, and the more I acknowledge my sensuality, the more powerfully I thrive. I am sensually awakened, this is life's great essence in my experience. I'm experiencing the sensual delight of being alive. I'm experiencing the sensual delight of being alive. This is the gift of all gifts, the sensual experience of being alive. I'm a sensually awakened being, my senses are alive. I'm filled with excitement, I'm filled with glee, simply to be here, simply to be.

I'm thrilling to the sensual delight, I'm alive, I'm alive, I'm alive, I'm alive, I'm alive. I'm thrilling to the sensual delight, I'm alive, I'm fully awake to the sensual thrill of being alive. I'm fully awake to the sensual thrill of my own existence.

Without sensuality nothing would be here, without sensuality nothing would be, without sensuality nothing would be here, without sensuality nothing would be here. The universe enables the Tao to experience itself.

In other words, this is the sensual greatness of the Tao that I'm feeling somehow deep in my core, this is the sensual feeling of the greatness of the Tao that I'm feeling deep in my core. I take great delight in the sensual thrill of my own existence, I take great delight feeling the sensual thrill of my own existence. I'm feeling the sensual thrill of my own existence, I'm feeling the sensual thrill of my own existence, I'm feeling the sensual thrill of my own existence. It's a sensual experience. I'm experiencing the sensual delight of being alive. This is the gift of all gifts, feeling alive.

Bye-bye little heart that I constructed from the start, within the naturally limited confines of my child's imagination.

My big heart is now wide open, and I love without limitation.

My big heart is now wide open, and I love all of this without limitation.

I don't need to feel sorry for myself, or look for what's wrong in any situation, I only need to remember to love without limitation every event, every occurrence and every situation.

That's right, I'm now able to love without limitation every event, every development, every situation.

I'm fully aware of the yin and the yang, I'm not deluded, or in denial.

I'm able to embrace the pain of life as much as I am the pleasure.

I'm able to accommodate the work as much as the leisure.

All of these things are merely relative, in the realm of polarity.

What's important to me is to remember to sit back inside, in the witness bearer position, bearing witness to my life unfold, impartial and without preference, and to shine the light of virtue, as my reference for the value I'm contributing to the world, which is prerequisite to manifest what I wish for.

And the whole thing's like a crazy party.

It's arty.

We like to think of it as technical, but there's something much deeper going on than that, something much larger, more primal, more primitive.

That's what I resonate with, the presence behind it all.

And yes, I'm cultured and well-mannered in any situation, and the reason is that I'm in love, I'm in love with existence, I'm in love with my life, I'm in love with the Tao informing it all. I'm in love with the Tao and whomever, or whatever I encounter, and the Tao in everyone and everything I encounter is in

love with me, and that's no secret, and all there is to know, the Tao's in love with me and I'm in love with the Tao. It's the greatest romance ever written, and I have to confess, I'm smitten, smitten, smitten, that's how I describe myself, smitten, smitten by the Tao. I'm in love with the Tao, and the Tao's in love with me, it's the greatest romance ever written, smitten, smitten, it's the greatest romantic spectacle ever written, its epic.

I'm in love with the Tao informing the entire universe, and the Tao informing the entire universe is also in love with me. It's the greatest romance ever written, and its happening to me, I feel blessed and filled with gratitude and glee.

So bye-bye little heart that I constructed from the start from within the necessarily limited confines of my child's imagination, my big heart is now wide open, and I'm able to love without limitation.

I love without limitation, I love without limitation every event, every development, every situation, I love without limitation every development, every event, every situation, I love without limitation every development, every event, every situation, I love without limitation every event, everything that occurs, every situation, I love without limitation everything event, everything that occurs, every situation, I love without limitation every event, everything that occurs, every situation, I love without limitation every event, everything that occurs without limitation, without limitation.

I'm in love with the Tao informing all of this, and the Tao is in love with me. It's the greatest romance every written and its happening to me. I'm in love with the Tao and the Tao's in love with me, it's the greatest romance ever written and its happening to me, its happening to me. I'm in love with the Tao informing this entire universe, and the Tao informing this entire universe is in love with me, it's the greatest romance ever written and its happening to me.

So bye-bye little heart that I constructed from the start from within the necessarily limited confines of my child's imagination, my big heart is now wide open, and I'm able to love without limitation, I love all this without limitation, I love without limitation.

Episode 6

CHANGE THE STORY ABOUT LIFE, DEATH AND ETERNITY

The fear behind all fears is the fear of dying. And while there are many who boldly, perhaps brashly declare their disdain towards the issue and emphatically deny having any fear about dying, I still say they're scared really. Because everybody is to varying degrees, and at different times.

But it's entirely possible to transmute the fear into usable energy. Like extracting gas from old rocks.

And it happens by changing the story about the universe and your place herein, to one in which the presence informing it all, greatly supports you. So rather than be in denial about the inevitability of dying, you're owning and taking full responsibility for the fear.

For while it's true no one ever gets out of here alive, it's definitely not necessarily true that death is a bad thing to occur, especially in light of the fact the highest level of Taoist practice culminates with the development of the 'immortal spirit body'.

You do this by changing the story to one in which death is a friend merely come to take you home when the time's right, and in which destiny, formerly considered the enemy, and one to keep dodging, is now your friend.

The visceral realization you are not this body or personality, and are in fact something far more ancient, and far less transient, which is the intention and effect of this final episode of AMPED Volume 1, is the most profoundly liberating passage you'll ever walk through – the only passage more liberating is the actual transition from being alive to being dead.

Divested of fear for your own dissolution, you are simultaneously divested of fear for the grand adventure of life. With less fear your moves are more daring and the outcomes more startling as a result.

I'm strong, I'm steady, I'm sturdy, I'm still, and I'm sure of myself, and of the path I'm on.

I'm strong, I'm steady, I'm sturdy, I'm still, and I'm sure of myself and of the path I'm on.

I'm strong, I'm steady, I'm sturdy, I'm still, and I'm sure of myself and of the path I'm on.

I rise up to meet all that is beautiful within me and around me. And as I rise up to meet all that is beautiful, all that is beautiful rises up to meet me.

I'm strong, I'm steady, I'm sturdy, I'm still, and I'm sure of myself and of the path I'm on.

I'm strong, I'm steady, I'm sturdy, I'm still, and I'm sure of myself and of the path I'm on.

Whatever I want comes to me, easily and effortlessly.

Whatever I want comes to me, easily and effortlessly – easily and effortlessly.

I'm strong, I'm steady, I'm sturdy, I'm still, and I'm sure of myself and of the path I'm on.

My dreams do come true, my dream's becoming true right now.

When I look around me this is my dream come true.

This reality is but a dream, or a series of dreams in an infinite hall of mirrors, mirrors, where nothing is as it seems.

And I have the agency to guide this dream to produce the conditions for my soul to feel exalted.

My dreams do come true, my dreams are coming true right now.

In fact, when I look around me this actually is my dream already come true.

I have the agency to intercede in the creation of the dream, and to guide the dream to produce the perfect conditions in which my soul feels exalted, and I make full use of this agency now to guide the dream to

bring exaltation to my soul, because that's the way I like to roll.

I pay full attention to my soul's intention for me to reach my full potential at each and every turn, and I treat every eventuality as an opportunity to grow and to learn, to grow into the magnificence I derive from.

I salute the miracle that I arrive from.

And all the while, with an open heart, I watch it with an inner smile from the very back of my head, with my whole presence sitting right back inside me, because like that I'm fully fed by every moment, rather than missing it as I go along, and suddenly ending up dead.

But I know death is my friend and when it comes, it comes to take me home.

I know that death is my friend, and when it comes it comes to take me higher.

And I know when it comes I can pull it off because I'm a frequent flier.

And because of that I adore every moment of this dream.

I adore every moment of this dream.

I'm like the cat that got the cream.

All my dreams all come true now.

My intentions all bear fruit now.

Everything comes to pass in the most wonderful way, right now, because what I'm really doing here is dancing with the Tao.

You see, I love the Tao and the Tao loves me.

I am the Tao, and the Tao is me, and the Tao is making all my dreams come true for me.

All my dreams come true now.

The fictive aspect of myself occupies the front of the body and forebrain and entertains itself by describing reality to itself through the filters of a story it's been devising ever since I started to respond to words, so pretty limited in scope as far as story parameters go, and evaluating my status in respect of it, according to entirely subjective spurious criteria, and then convinces itself that scenario is reality, and so reacts to it in the belly by tensing up, which triggers cortisol from the adrenals, which is highly habit forming, which in turn produces heat, which travels upwards into the forebrain to exacerbate the syndrome further and so on.

By taking up residence in my rightful place, my back, with my mind retracted into the back of my cranium, I eschew all the noise, insecurity and static going on in the front.

No longer identifying with the story, I hence am able, standing behind the storyline, to rewrite the very fundamentals of the story to suit my soul's desire, and I can do so, and do do so as I go along.

And I remind myself of the intention that I hold dear, for everything to transpire with utmost elegance in every way with everybody, every day.

Standing behind the story like this, I'm hence able to rewrite the very fundamentals of the story to suit my souls desire, and by reminding myself of the intention for everything to transpire with utmost elegance in everything for everybody, every day, and I'm able to play to my heart's content, all the time.

I don't know why I feel so beautiful, but I do.

I don't know why I feel so capable, but I do.

What's inescapable is that affirming things works for me, I don't know why, but it does.

I don't know why I feel so high, but I do.

I don't know why everything evolves so elegantly and seamlessly for me, but it does.

I don't know why I feel such unshakeable, unwavering confidence and self-belief now, but I do.

I don't know why I'm enjoying such an abundance of love, health, wealth, good companionship, opportunities, fun, but I am.

I don't know why I'm enjoying such an abundance of everything, an abundance of love, health, wealth, good companionship, opportunities and fun, but I am.

I don't know why everything works for me, but it does.

I don't know why everything always turns to my advantage, but it does.

Everything works to my advantage.

Everything works to my advantage.

Everything works to my advantage.

Because I honor the infinite dance of yin and yang, governing and underscoring the passage of all phenomena through this transient world, both the yin and the yang honor me by turning everything to my advantage. That's the only explanation I've got for it. I don't know why I'm now able to manage my timetables, and prioritize my activities to make the very most of my time so adroitly, but I do know these affirmations work for me, these affirmations work for me, everything else does too, everything works to my advantage, and it all works out, that's the gist of it all.

Everything works to my advantage, and it all works out.

Everything works to my advantage, and it all works out.

Everything works to my advantage, and it all works out.

Everything works to my advantage, and it all works out.

Everything works to my advantage.

Everything works to my advantage.

Everything works to my advantage, and it all works out.

It all works out, it all works out.

I don't know why I feel so beautiful, but I do.

I don't know why I feel so capable, but I do.

What's certainly inescapable is that affirming things works for me, I don't know why, but it does.

I don't know why I feel so high, but I do.

I don't know why everything evolves so elegantly and seamlessly for me, but it does.

I don't know why I feel such unshakeable, unwavering confidence and self-belief now, but I do.

I don't know why I'm enjoying such an unbelievable, unprecedented, and growing abundance of everything that makes my soul sing, love, health, wealth, good companionship, clarity of mind, opportunities, and fun all the time, I don't know why, but I am.

I don't know why everything works out for me, but it does.

I don't know why everything always turns to my advantage, no matter what, but it does.

Because I honor the infinite dance of yin and yang, underscoring and governing the passage of all phenomena through this transient world, both the yin and the yang honor me by making everything turn to my advantage, that's why, that's the only explanation I can give for it.

Everything turns to my advantage.

Everything turns to my advantage, and it all works out.

Everything turns to my advantage.

Everything turns to my advantage.
Everything turns to my advantage, and it all works out.
Everything turns to my advantage.
Everything turns to my advantage.
Everything turns to my advantage, and it all works out.
Everything turns to my advantage.
Everything turns to my advantage.
Everything turns to my advantage, and it all works out,
Everything turns to my advantage.
Everything turns to my advantage.
Everything turns to my advantage, it all works out, it all works out.
Everything turns to my advantage.
Everything turns to my advantage.
Everything turns to my advantage, it all works out, it all works out.
Everything works to my advantage.
Everything works to my advantage
Everything works to my advantage, it all works out, it all works out.
Everything works to my advantage.
Everything works to my advantage.
Everything works to my advantage.
Everything works to my advantage, it all works out, it all works out.
Everything works to my advantage.
Everything works to my advantage.
Everything works to my advantage, it all works out, it all works out.
Everything works to my advantage.
Everything works to my advantage.
Everything works to my advantage, it all works out, it all works out.
Everything works to my advantage.
Everything works to my advantage.

Everything works to my advantage, it all works out, it all works out.

I don't follow other people, I follow my Tao, my Tao.
I don't follow other people, I follow my Tao.

Everything's going to be alright. alright, everything's going to be alright.

Through conditioning I succumbed to believing at a deep level that my underlying stratagem for living was wrong, different from other people's.

Now I assume that my way is right for me.

Yes, it's different from other people's, but everybody's is.

It doesn't mean it's wrong.
It doesn't mean it's wrong.
I assume it's right for me.

Everything's going to be alright.
As I assume it, so it will be.
Everything's going to be alright.
Everything's going to be alright.

I don't follow other people, I follow my Tao, I follow my Tao.

With that informing the bedrock of my self-confidence, I go forth, chest open and broad.

That's how I lead myself, and through that I connect with us all.

I'm not afraid of change, I'm not afraid of the new.

Even though I haven't been there yet, I'll know what to do.

And I'm free, I'm free to be me.

I'm free to be me.

I'm not afraid of change, I'm not perturbed by the strange. I'm comfortable with all aspects of the human condition right across the range.

I'm free, I'm free to be me.

I'm free to be me.

I stand firm and courageous in the face of the new. Even though I haven't been there yet, I'll know what to do.

I follow the chi and go where it guides me.

I'm free and filled with glee in the face of the new.

I'm free, I'm free to be me. I just follow the chi and let it take me wherever it will, filled with glee in the face of the new.

The ancient Taoists called it the Golden Pill.

I martial my will, I relax, I sit back right deep inside, and I allow destiny to take me on this ride.

I stand firm and courageous in the face of the new. Even though I haven't been there yet, I know I'll know what to do – I just follow the chi.

This is me, filled with glee in the face of the new.

I'm not perturbed by the strange.

I can handle whatever happens right across the range.

And I'm free, I'm free to be me, filled with glee in the face of the new.

I'm free, I'm free, I just follow the chi.

I'm free of preferences, I let go of all past references, and surrender to the mystery of destiny.

I'm free, I just follow the chi, and let it take me where it will.

This is me, filled with glee in the face of the new.

It's not for nothing the ancient Taoists called chi the golden pill.

I take the golden pill, I martial my will, I sit back, and I allow the chi to take me where it will.

This is me, filled with glee in the face of the new.

My life is big.

Me, I keep going, my life keeps growing, and I keep flowing.

To change the story from here on in, its good to begin by changing the story of how I got here, so I'm changing the story of how I got here now.

Instead of wincing in pain at remembering events and situations that hurt at the time, I now regard these as my blessings, rather than any crime, because all of it occurred to get me here now, rolling in this luxury in the bosom of the Tao.

I honor my history, I honor the mystery informing it all.

I honor all the ancestors, without whom I wouldn't be here at all.

And I honor destiny with an open heart for all that lies before me.

I honor destiny with an open heart for all that lies before me.

I honor destiny with an open heart for all that lies before me.

And in this moment, I am complete, the whole universe is mine, my potential is unlimited, and I'm feeling damn fine.

In this moment I'm complete, the whole universe is mine, my potential is unlimited, and I'm feeling damn fine, I'm feeling damn fine.

In this moment I am complete, the whole universe is mine, my potential is unlimited, and I'm feeling damn fine.

*I have a big life.
I have a big life.*

My big life impacts on others, my sisters and brothers, and inspires them to follow suit.

I feel like a tree, with its branches in heaven, connected to the ground through a powerful root.

I have a powerful root to the ground of my being.

I have a powerful root to the ground of my being.

I have a big life, I have a big life.

In this moment I am complete, the whole universe is mine, my potential is unlimited, and I'm feeling damn fine, I'm feeling damn fine, I'm feeling damn fine.

My potential is unlimited and I'm feeling damn fine.

In this moment I am complete, the whole universe is mine.

In this moment I am complete, the whole universe is mine, my potential is unlimited, and I'm feeling damn fine, I'm feeling damn fine.

And all I have to do is remember this moment, moment by moment, and my life gets bigger and bigger, and I keep going.

I keep going – my life keeps growing.

I keep flowing – my life keeps growing.

I keep going – my life keeps growing.

I keep flowing – my life keeps growing.

I keep going – my life keeps growing.

In this moment I am complete, the whole universe is mine.

In this moment I am complete, the whole universe is mine.

My life is big.

My life is big.

My life is big.

My life is big.

I keep going, my life is flowing, I keep growing – my life is big.

My life is big.

My life is big.

My life is big.

OUTRO – featuring Ania

This brings you to the end of the actual AMPED procedure. You're now AMPED UP. Thank you for listening and participating. May it

bring miracles for you and all the world.

And that's me out, bye.

ENCORE

Who's going to let me? I'm going to let me. Who's going to let me have all this? Who is going to let me enjoy the fruits of my affirmations? I'm going to let me. I'm going to let me have it all. I am going to let me have it all.

As I stand here I say 'I let me have it all, I let me have it all, I let me have it all, I let me have it all.

Who's going to let me have all this? I'm going to let me.

Who's going to let me? I'm going to let me.

Who's going to let me receive all of this with grace? I'm going to let me. I'm going to let me have it all. I let me have it all, I let me have it all, I let me have it all.

Who's going to let me have all this? I'm going to let me.

*Who's going to let me have all this? I'm going to let me.
I let me have it all.*

AND NOW, if you really want more and more, and/or you just really want to wham it all home quantum style, read all the following – it's a partial reprise of the above, plus the background script to the foreground script and shows the path that leads to what you're hearing, but presented in first person to produce a similar effect as listening to the audio – powerful.

What I do this for

I want to manifest things because I know instinctively that I can be living life far more fully, with far less self-inhibition, self-doubt, worry, self-limitation, self-criticism, stress and angst, and with far more freedom, courage, originality and overall splendor and magnificence. And I'm aware that requires resources, wherewithal, and opportunities, all of which require more successfully interacting and transacting with others. Yet I've experienced set-backs and disappointments at various key junctures, which have traumatized me to various degrees, and reduced my confidence in my capacity to make things happen. And I rightly want to overcome that.

What makes it challenging for me is the fact that these traumas have encouraged me to buy into the prevailing paradigm, or collectively subscribe to the story that things will go wrong and not work out, that life will disappoint and let me down.

Where does this story come from?

Agriculture.

For at least 60,000 years' worth of homo sapiens' history we were hunter-gatherers, nomads who followed the sun (hence warmth, and hence the food). The exacting nature of our activities required us to live in the moment to stay alive, and there was neither time nor good reason to project into the future.

10,000 years ago we discovered agriculture, we started growing things, and started relying on crops. When crops failed, as they inevitably would from time to time, we'd starve to death. Crops take time to grow, hence we were now focused on the future and started living progressively less in the present.

Along with agriculture came population growth, specialization (someone had to make the ploughs and so on), trading, mediums of exchange (money), and ownership – you have to own or have legal rights to the land you're growing crops or rearing cattle on. With all of this necessarily came laws, and the means to adjudicate and enforce them. Such complexity exponentially magnifies the probability of things going wrong and not working out, and hence the collectively subscribed to story that things don't work out, unless you do a job you don't really like, pay for insurance policies and all the rest, and even then they don't work out.

The news media, a mirror and amplifier, as well as influencer, of our collective beliefs, reinforces the story by pretty much exclusively focusing on what's gone wrong: people bitching about each other, and people attacking, hurting, injuring, stealing from, and killing each other.

On a more personal level, my predecessors would likely have had lots of things go severely wrong and would have naturally passed the fear of this down the line to me, encouraging me to buy into the story.

And on the totally personal level, as a child the first few things not to work out as I'd expected would have traumatized me to some extent, and again encouraged me to buy into the story.

But although it won't last forever, because nothing does, and anyway in its present form is unsustainable, at least for now, technology and systems-thinking cushions the effects of the weather and other environmental factors, while the nuclear deterrent has significantly, till now at least, reduced the possibility of major war, meaning most things are unlikely to go too wrong most of the time for most people. Moreover, we are not our great grandparents, grandparents or parents, nor are we the small child feeling traumatized.

This infers that believing things won't work out isn't an obligation, as it might once have been, it's merely elective, hence, that I'm free to be selective in the story I subscribe to.

I am in fact fully free to subscribe to a story in which things work out.

And this is actually regardless of whether things go wrong or right, for things will inevitably go both ways because everything on the material plane is subject to the yin-yang dynamic, the eternal dance of complementary opposites whereby dark turns to light and vice versa in a never-ending series of cycles. But whichever way they swing, if I have a clear intention of an outcome, it will be made manifest in the fullness of time, regardless.

Communications technology has enabled us to start living more nomadically, which in turn grants us access to the 60,000 years' worth of ancestral programming of our hunter-gatherer forebears to remain in the present, with which comes heightened instincts and intuitional powers and an innate confidence in things working out. And this encourages us to buy into a different paradigm of story that says things work out.

Homo sapiens prevailed over the other species of humans, the Neanderthals, Homo Erectus and so on, because for some, as yet, unknown reason we evolved more prominent prefrontal lobes in the brain, which enabled us to think fictively and create stories and myths. Having the ability to believe in gods, tribes, nations and so on, enabled us to form into larger more organized groups with a common cause and reference, albeit entirely fictional, and larger more organized, hence galvanized groups prevailed over smaller, less cohesive ones.

But, as with all new toys, we overused the faculty to the point we no longer even realize it's all just a story – we mistake both the collective story and our own personal, customized, nuanced version of it, as reality itself. This in turn causes us to invest more and more belief in the story, and hence why it probably feels almost heretical to question the validity of the story, let alone fundamentally alter it at will.

But we can and indeed must alter the story at a radical level now, both individually and collectively, as the old one is driving us swiftly towards our own extinction.

I can alter the story.

And when we alter the fundamentals of the story, the story spontaneously alters the way it behaves towards us by way of reflection.

When I alter the fundamentals of the story, the story spontaneously alters the way it behaves towards me by way of reflection.

So intrinsic to this entire endeavor in manifesting the fullness of my birthright, is a basic tenet that things work out, and that whichever way the action rolls, everything turns to my advantage now, and collectively too, everything turns to our advantage.

However, to access the ability to genuinely change the story, I am obliged to enter the realm of no-story, I am obliged to stand behind the story. This is actually literal, because the realm of story is upheld in my forebrain, while the realm of no-story is found in the more ancient back-brain.

By shifting my mind backwards and with it my entire physical presence backwards into my back, I'm standing behind the story and all the psycho-emotional drama and noise of which all goes on in the front.

I'm now standing behind the story and all the psycho-emotional drama and noise of which all goes on in the front.

What's doubly interesting about this, is that this is precisely the mode my hunter-gatherer ancestors were in all the time. And the more I live as they did, the more I inherit the fruits of 60,000 years' worth of the capacity for being present and all the wisdom associated with that and passed down through the generations, until the flow was interrupted by the advent of agriculture.

This 'applied manifesting powers express delivery entrainment' reconnects me with the experience, instincts, intuition, power, presence, senses and natural wisdom of my hunter-gatherer ancestors, with which comes the capacity to manifest magnificence at will, by remaining present enjoying the supreme confidence that it all works out.

I'm remaining present enjoying the supreme confidence it all works out.

Meantime to honor and appease the cynical mind, I must also concede that even were this notion of

manifesting fundamental change like that merely imaginary, and that things don't in fact work out, at least I'd not have wasted all the precious time leading up to that fretting and depriving myself of the enjoyment of life while I could, fretting that could or would have served no useful purpose whatsoever.

So, it's a win either way.

But I'm assuming it's not just imaginary and that I can and indeed will manifest radical change for the better, and with that manifest all the requisite resources, wherewithal, companionship, help, and opportunities to support the new reality.

And as I assume so it will be.

The process

I'm aware this process comprises a temporary substitute for the internal narrative based on a combination of a unique style of affirmative thinking and hypnotherapy, and all I have to do is listen, watch, read, and if I feel like, copy out, or all four, and pretend Barefoot Doctor's voice is my own inner voice and the work gets done with no effort on my part, aside from devoting the time to listening, reading, copying out, or watching the visualizers, or if really keen to develop the manifesting power, all four (I'm inclined towards this, because the more full attention I put into this process, the more full attention I get back from life in the form of having my manifesting work). And I do it in my own time, at my own pace – I now do everything in my own time at my own pace.

I now do everything in my own time at my own pace.

Regarding the actual script, I'm commanding my subconscious to automatically redact any aspect of the material that jars or doesn't resonate, and it will do so.

Regarding sound design, combining the use of frequencies, the entire range of solfeggio frequencies as well as 300hz, I use these to mend tissue both on a cellular and psychological level. That's why I'm so sound of mind and body.

I'm constantly automatically mending my tissue at a cellular and psychological level That's why I'm so sound of mind and body.

Regarding the music, I open my musical mind and am willing for an utter toe-tapping, if not full body-popping delight.

What are affirmations (affirmational thinking)?

Affirmations are positive statements made during self-talk, which I enjoy mentally repeating a few times, even while I'm listening. Affirmations state the state I wish to attain to, despite feeling nothing like that while repeating the affirmation. Miraculously even so, and even when, not believing the words I'm repeating, this reprograms my subconscious mind's connection with the conscious and vice versa, and by and by replaces the negative self-talk otherwise occurring in the internal narrative.

Affirmations work best when I acknowledge the negative without focusing on it so as not to be in denial of it. For instance, 'despite feeling nervous and afraid I'm growing more confident and courageous, positive and sure of myself by the minute'.

I'm growing more confident and courageous, positive and sure of myself by the minute'.

When repeated a few times these positive statements have a powerful effect.

I repeat a well-formed positive statement a few times and though I'll not feel an instant change, a few days later, usually once I've forgotten I've been repeating the affirmation, I'll find myself amazed to see a fundamental shift has occurred all by itself.

Affirmations are a way of ordering my thoughts, thereby marshaling my intentions, and thereby ordering the events of my life, which spontaneously conform to my intention.

What is hypnotherapy?

Regarding the hypnotherapy aspect of this process, I'm aware the term refers to a technique of someone guiding my mind along certain lines by repetitive suggestion. It's similar to guided meditation, but rather than being didactic feels as if the suggestions are arising from within me. The effect achieved by altering tone, cadence and tempo of the voice according to certain patterns, and by repetition of ideas, has a similar entrancing effect as repetition of a drum-beat. If too repetitive, boredom and numbness set in, and that's why I so appreciate that this process has sufficient subtle variation in both script and delivery, while not overdoing it so much I lose the effect of repetition.

Neuro-linguistic patterning semantics and linguistic structure

Repetition of certain phrases, subtly altering as they evolve, creates new pathways in my brain, which in turn affect deep thought patterns and behavior, which in turn affects my relationship with reality and the way I describe it to myself, and hence how it describes itself or acts back upon me.

So, as complex affirmative thought processes are repeated, with each repetition I'm aware that a subtle, but noticeable evolution of the script occurs, so that though my mind is accustoming itself to the concept through repetition, I'm detecting various essential nuances as it evolves with each repetition, which helps me keep it constantly fresh, hence refreshing, rather than numbing my mind into submission.

I keep my experience constantly fresh.

Isn't this simply old-fashioned brainwashing though?

No – because my subconscious automatically rejects and redacts any concept, phrase, sentence, or paragraph where resonance isn't naturally struck, and rather than washing my brain, which until now is physically impossible while still alive anyway, it merely constitutes a renegotiation between my subconscious, the seat of power, and the conscious story-telling prefrontal lobes area of the brain – and all of it is entirely voluntary.

What is manifesting, what is wu wei manifesting, what's its basis, how does it differ from other manifesting approaches (like the law of attraction etc.) and what are its unique advantages?

Manifesting literally means catching or producing something in my hand, like pulling a rabbit from a hat, inferring conjuring something out of nothing.

Wu wei manifesting, means by doing nothing, nothing is left undone, which aside from the cute ambiguity, means me making no effort whatsoever, investing no emotional energy or dependence on success, I casually manifest whatever I need as and when I need it, because this magic only works if I don't care. And the reason I don't care is because I conduct my magic from a state of completion rather than brokenness. I am correctly centered enough in a psychophysical sense to know I already have the greatest gift possible: I'm alive.

I'm alive.

Naturally without this gift none of the lesser temporal gifts are possible to receive. I assume I already have everything, simply because being alive I have the cosmos and everything in it, and it's not about ownership, but availability.

If on the other hand, I started from a state of brokenness, whereby I'd forgotten I already had the greatest prize of all, and hence am then free to add to it with a plethora of lesser temporal gifts (for example, health, love, money, status and whatever else on the temporal plane I may crave or yearn for), while I may enjoy momentary results, these would remain merely materialistic and so not actually affect the quality of my existence for more than a moment until the novelty wore off.

But when starting from a state of completion, my real joy is watching how the Tao materializes for me as the various aspects of bounty I've elected to manifest appear in view. My joy derives from being privy to the Tao in all the changing shapes it assumes for me.

My joy derives from being privy to the Tao in all the changing shapes it assumes for me.

And rather than being beguiled into imagining deep satisfaction derives from anything external occurring, I remain aware that the sustenance my soul is craving all the while derives from within, and the fun of the manifesting process derives from knowing and experiencing the Tao in action in my life as it manifests into different shapes for me according to my will.

The trick is for me to look at whatever external phenomenon I wish to manifest into being, then examine the experiential state having that phenomenon happen, will elicit for me, and instead of focusing on the phenomenon, focus on manifesting the experiential state, because as I bring that into being, it sets up a resonance of the same frequency band as the desired associated phenomenon, which magnetizes it towards me and into my sphere.

It starts with my intention, or yi. Yi is supported by my energy, or chi, and the combination produces shi, this mysterious momentum developing in the unfolding flow of events of my life.

Momentum is developing in the unfolding flow of events of my life.

This Taoist wu wei wu' manifesting's primary focus and treasure is a ringside seat to the Tao's show as it manifests the bits and pieces I need to succeed in being the very best version of me expressing Tao as can possibly be – it's a self-development process, rather than a greedy-little-bastard enterprise in any way at all. And by the self-developing, all the self requires to shine on like the crazy old diamond it is, will be added in the most unexpected, elegant way.

Taoism

Taoism is one of the most sophisticated, evolved, useful systems of self-development anywhere in the universe, and that's what I'm worthy of.

Taoism as the name implies is essentially all about me learning to operate from the realm of the Tao. The Tao however cannot possibly be explained. Hence why it's important to have methods for experiencing it directly instead.

But it can be loosely translated as the Way, as in the way of the cosmos, implying the cosmic presence informing all manifest phenomena including me.

In turn, this implies universal consciousness, the omniscience which in fact is accessible in my subconscious.

My subconscious is all-seeing, all-knowing, and all-powerful.

By use of the methods, having gained access to the realm in which visceral experience of the Tao is afforded me, I find myself riding a serpentine-like current which propels me along at a rate of knots past all obstacles and affords me, in short, the life of Reilly.

And this here training is precisely what makes that happen for me.

The real point of all Taoist practice, as is the real point of being here in the first place, is to enjoy it – to enjoy each and every moment, even the totally shit moments, simply because I'm here to experience it.

I am a human manifestation of the Tao.

I am a human manifestation of the Tao.

Why would the Tao manifest as me if it weren't to enjoy itself subjectively through me?

The Tao is not an idiot.

And enjoying myself is the only reason I want to manifest anything I want to manifest. It's certainly not to have a more miserable time is it.

So that's the ultimate aim, and that'll be the result – enjoying myself at the most profound level imaginable. And this will occur through the manifesting process as whatever it is I want comes into material existence – and sharing the fruits of it generously is what will make it grow for me and keep

growing.

How does it all work?

It's fundamentally a mystery – no one knows. But what I do know is intrinsically to do with the fact that life as I experience and perceive it, is not fact, but a story, comprising a definition I subscribe to individually as does everyone collectively, a story whose tenets and parameters I learned from my parents, teachers and friends from the start, and we each put our own spin or twist to it, a paradigm we all miraculously agree on investing in.

And the process is so convincingly facilitated, I utterly forget it's only fictive, thinking and believe it to be ultimate reality. But all of it, the days of the week, the months of the year, nations, states and nationality, religion and ideology, money, gold and its imaginary value, and society, all of it is fundamentally just a story.

Stories are not concrete but malleable – they gradually, sometimes swiftly change over time. Malleable, they're susceptible to transformation.

The present apparent breakdown of everything I'd come to know as comprising life is an example of the paradigm or collective story morphing into a new one, for instance.

Hence by me or any of us as individuals and then collectively, questioning and then altering the tenets and parameters of the story, we change how the story, or what we perceive as reality, impacts on us.

Hence if I see the story as one in which everything always works out for me, populated by those who help and support me, that's what I'll experience, and things will indeed work out for me.

Then there's resonance and mutual resonance, whereby something, money say, I'm drawn to, and invite, is simultaneously spontaneously also drawn to me.

Affirmative thinking comprises a way to order my intention, to order my thoughts and by ordering my thoughts and intentions, I'm ordering my life.

By ordering my thoughts and intentions, I'm ordering my life.

The key is for me to attain to a sufficiently meditative, hence transcendent state, to stand behind the story-realm in the no-story realm. This requires me mustering courage to deconstruct the very fabric of what I'd hitherto assumed to be reality – but mustering courage is only mustering courage and no big deal unless I choose to make it so.

And the ability to do this requires no leaps of faith or belief, and nothing mystical whatsoever. To the contrary, it's entirely practical and relies on nothing more than a simple internal psycho-physical shift backwards into the rear of my body, and then a willingness to allow the internal movement to be a backward-flowing one rather than the habitual forward-flowing version.

The psycho-physical rearwards shift

This is central to all Taoist practice and though no one technique can be taken out of the overall context because it's a comprehensive, holistic interlinking system, if one could, this is without doubt the most important contribution to humanity's welfare and specifically my own, ever made by Taoism and quite possibly any other extant system too.

As for the mechanics and significance of it, all my sense organs face forwards.

The sensory input derived and interpreted by my brain, therefore leads me to assume life is going on in front of me. I notice it's difficult to get a visceral sensation of life going on to the sides or behind me, without concentrating quite hard on it.

The sensory input derived and interpreted by my brain is stimulating and mesmerizing and therefore compelling. It compels me to come closer and closer in order to get a better look, a better handle on the action.

In reality, considering my body is the arena of all experience when all is said and done, this means I'm being compelled forwards within my skin. In other words, me, the presence of me, is being drawn into the front section of my body and brain.

This has great significance, on account of environments determining modes and moods, and hence perspectives and all the associated decision-making which subsequently determines my life-conditions.

The front part of my body is a noisy, vulnerable insecure environment.

In respect of the noisiness, aside from the actual physical noise of my vital organs working, the heartbeat, the breathing sounds, the peristaltic motion and so on, the front part of me is filled with a constant cacophony of thought and emotion.

The front part of my brain is where I describe life to myself by telling myself a story about it, and about my position in it, which I uphold by virtue of a constant internal narrative. This story is entirely subjective and mostly spurious and inaccurate, yet because we as a species, and I as an individual, have developed great fictive skill, I tend to believe the story and mistake it for reality itself, and all the while completely forgetting it's only a story. Naturally I'm not alone in this enterprise – the entirety of humanity miraculously manages to agree on a collective story or paradigm, which governs all aspects of endeavor – financial trading, geopolitics, ideologies and all the rest. And I manufacture my own unique version of that with me as the central character, based on various tenets comprising the underlying template.

Due to only relatively recently being freed from the real physical danger of being eaten by a wild animal, clubbed over the head by someone who wants my food, starving to death for not having hunted or foraged successfully and so on, to counter which contingencies, required remaining alert to danger at all times, I was still running on that programming yet had nothing very much to remain that alert for, as most of my survival needs are met by the global machine. And because my unconscious didn't know what to do about it, it defaulted to impelling me to populate the story I was telling myself with bogeymen (and bogeywomen, ghouls, monsters and all manner of dangers that don't exist).

I then reacted to these imaginary dangers by tensing my solar plexus and diaphragm, causing my breathing to become shallow and irregular, and my adrenal glands to pump cortisol, the freeze, fight or flight hormone into my system, while simultaneously contracting my amygdala in the midbrain, which in turn weakened my immune system.

Cortisol meanwhile is as addictive as crack, way more so in fact, and as each pumping only provides the system 12 seconds stimulation, I continued squeezing my adrenals to keep the supply constant, and my nerves jangling.

This in turn encouraged me to produce ever more scary scenes in the story I was telling myself, which in turn made me contract my belly more, thus perpetuating a vicious cycle of stress.

This is the noise of the (self-concocted) drama of being human.

And all of that is going on in the relatively vulnerable (unprotected by any bones lower than the breastbone, hence insecure by nature anyway) front section of my body.

So aside from the obvious lack of space with all that activity, being in there with it led me to identify myself by that environment, and become the story, and by extension, become the noise, thereby unnecessarily squandering all my personal power.

And it's impossible to seriously manifest anything worthwhile from there, aside from more noise.

Now the alternative.

As an embryo in the womb, at a cellular level I developed from the back outwards, hence my back is my original self. It's the I that I started from and is my natural home.

As an environment my back, compared to my front is quiet, still, strong and secure.

There's no noise and no drama occurring there.

Having my mind and hence vantage (viewing) point drawn into the back-brain, as if resting up against the rear wall of my skull, removes me from the incessant noise in my forebrain, and vice versa. The noise all stops, leaving me in a state of clear, pure consciousness free of endogenous disturbance. The story has stopped, and I am now standing behind the story in the realm of no-story.

If I want to know what cosmic consciousness, free of human interpretation, feels like, this is it.

This is the witness-bearer mode. Similarly to being the director of a play on the first night, when I'd be likely to spend most of the time at the back of the theater to afford me a comprehensive view of the action on stage and the audience reaction simultaneously, when I watch life from my rear brain I get a comprehensive, hence enlightened view. I see the entire spectrum of information my all-knowing subconscious mind is privy to, rather than the fraction my conscious mind filters the spectrum down to for everyday consumption.

Only from here, standing behind all stories, am I able to effectively alter the tenets of the story to elicit genuine transformation of both internal and external conditions. Only from here am I able to observe without judgment, my reactions to the story going on in the front.

The benefits on my mental health are immeasurable, because I'm no longer invested in the story about being paranoid, psychotic, schizophrenic, neurotic, anxious, depressed, or whatever else – I am no longer any of these, I am the back-self behind, hence beyond the story and all its descriptions.

That's why I'm happy to train myself to sit in the back all the time.

This takes only a few moments of focusing a few times a day to create small breaches in the front-based habit. And like a dam, the structure gradually weakens until all at once it bursts and being back becomes my default mode.

I also keep my heart wide open and softened up front in order for my innate kindness, empathy, caring and love to flow freely, as this keeps me connected rather than disconnected, at a soul level to all sentient beings, without which there's no real point manifesting anything.

I keep my heart wide open and softened in order for my innate kindness, empathy, caring and love to flow freely, as this keeps me connected rather than disconnected, at a soul level to all sentient beings.

I'm connected at a soul level to all sentient beings.

I'm mostly composed of water, hence my body is a de facto water-vessel. The vessel is constructed with the main pillar of cohesion and strength in the rear part (the spine). If all the water is collected in the front, I'm front-weighted and therefore inclined to keep falling forwards into life. Hence it makes total sense to collect the water (of my presence) in the rear part to keep the vessel correctly optimally weighted.

Sitting in my back, I notice everything in the present moment is complete – nothing is lacking – nothing needs achieving – everything is complete as it is. I have the greatest gift of all already, so there's nothing to strive for. With nothing to strive for I'm far more easily able to manifest anything I like, because it doesn't matter anymore. And I have instant perspective. Having receipt already of the greatest prize of all, being here, without which no other prize is possible, places me in the success realm immediately without having to do anything.

Knowing myself successful institutes a success resonance which resonates with external success-energy, and this is what attracts success to me – success in this instance meaning success in the broadest sense of succeeding in fully enjoying being alive.

I'm fully enjoying being alive.

And even if I manifested nothing at all, it would make no difference provided I'd claimed this gift of all gifts as mine. I'm already winning before I even start the game.

I'm already winning before I even start the game.

Backwards-flying

Once I've got my back back, the next stage is to instigate a perpetual backwards flowing motion. This runs directly counter to my habitual tendency to keep falling forwards into life, which encourages rushing from one external event to the next, constantly seeking in vain the succor my soul craves there, until one day I die having missed most of the adventure along the way.

That's why I'm willing to entertain flying backwards as my way now.

This technique is also intrinsic to all Taoist practice, and the benefits are immeasurable. Health and longevity-wise, going backwards inside makes me get younger as I get older – I become increasingly youthful, both physically and psycho-emotionally. Metaphysically speaking the effects are enormous too. Flying backwards through inner space I have an experience of growing exponentially larger until I feel so big the whole universe fits within me, whereupon I am to all intents and purposes, the Tao.

And for purposes of manifesting, this is the crucial 'trick' of all tricks for me.

When I feel the speed of backwards flight I also feel a vacuum created in the wake I leave in the front of me. Nature abhors vacuums, and instantly fills it with the seed of everything I need to manifest, without me having to do anything much more about it. I'm devoting a moment each day, for that's all it takes, flying backwards inside and sensing the vacuum, and sensing it being filled. This works (and that's an understatement).

Graciousness vs grasping

One massive difference between wu wei wu manifesting and any other system is its insistence on operating from a state of grace (te meaning literally virtue) as opposed to grasping.

Grace occurs when I don't care what happens because I'm already so appreciative of being in receipt of the greatest gift of all, without which no other gifts are possible to receive: being alive. And from feeling complete in each moment with whatever is happening or isn't happening, as a result.

This occurs by being au fait with the backwards roll as above.

And what it looks like is me sitting back and allowing life to come to me, rather than me reaching out to grasp it.

I'm sitting back and allowing life to come to me, rather than me reaching out to grasp it.

Grace implies acquiescence and surrender to the Great Way, the Tao, allowing myself to meld with the flow inherent in the unfolding of events.

What does destiny have to do with it?

No one really knows. On the one hand destiny describes the realm of existence that lies in waiting for me as a field of potential, in which as far as I'm concerned nothing has happened yet, and which provides the medium in which whatever's going to happen has a context in which to do so.

On the other hand, destiny describes a pattern of inevitability in the sense of the trajectory and details of my story having already been written in the stars and lines of my hand, yet which paradoxically requires my full cooperation and willingness to stand up and be counted for my intention to manifest whatever it is I want, for only then is the pattern in its fullness activated. Yet even me doing that is written into the story.

Destiny as a force behind the pattern operates outside of the 4-D reality tunnel, outside the construct of linear time.

I was conditioned to regard destiny as my nemesis to be avoided at all costs, because all it would do in the end was kill me.

The Taoist way is to reverse that and regard destiny as my greatest beloved, as that aspect of Tao, which hasn't yet shown its face, but which nonetheless loves me and wants to provide everything for me. In terms of manifesting destiny, it is my greatest ally.

Destiny is my greatest ally.

Why is it an experiment?

It's an experiment in the sense that when making adjustments at the radical level to the fundamentals of the meta-story I've been subscribing to, with the intention of this altering the actual story and hence how it impacts on me, it produces changes that though benign are relatively unpredictable and hence the process is experimental. Secondly, the scientific, sensible mind when conducting any process of inquiry and transformation doesn't rush to draw conclusions but waits until sufficient data has been mined and assimilated to reveal the true picture.

What I can expect to occur

Once I've listened to/watched/read/copied-out (or all four) the material each day I forget about it, then within 30 days I all at once become aware how my vision, the way I perceive myself, the world and my place and status in it, has changed and my life has changed according to the intention developed through the entrainment. I'll find myself feeling unshakably positive and optimistic and so powerfully so that nothing I could do could undermine it, nor anything external that happens could throw it. I'll feel far more relaxed and stress-free all the time, safer and more secure about everything, more self-contained, free of burdens, and permanently cheerful, without my having had to do anything specific about it aside from listening. It's the closest thing to pure magic imaginable. And as a fortunate byproduct to the main thrust of manifesting, even though this is probably the most important benefit of all, I'll have acquired and embodied the very essence of all practical Taoist wisdom and philosophy in respect of how to live, how to feel, how to think, how to act, how to see, and how to be myself.

By doing the entrainment I manifest health, wealth, good standing, peace of mind, perspective, clarity of thought, unshakable positivity, focus, drive, stamina, will, strength, beauty, attractiveness, popularity, help, support, accomplishments, enjoyment, progress, creativity, originality, freedom, safety, security, companionship, love, pleasure, assertiveness, communication-skill, restfulness, ability to sleep, and the ability to manifest everything I want.

I manifest health, wealth, good standing, peace of mind, perspective, clarity of thought, unshakable positivity, focus, drive, stamina, will, strength, beauty, attractiveness, popularity, help, support, accomplishments, enjoyment, progress, creativity, originality, freedom, safety, security, companionship, love, pleasure, assertiveness, communication-skill, restfulness, ability to sleep, and the ability to manifest everything I want.

Do I need to believe it for it to work?

Emphatically not. Believing it gets in the way. Belief is a function of the prefrontal lobes and is the essential requirement for maintaining the fictive state (story). Manifesting works by me standing in the no-story realm, behind the stories and requires a complete absence of belief, which in itself necessarily elicits its opposite, non-belief.

The alternative to belief is gnosis, knowing something is or isn't so. Belief arises from impatience in wanting to know something, but not yet having arrived at the knowledge, hence making up a story about it instead.

Adding more story to a story I'm in the process of deconstructing is counterproductive. And that's why **I STAND IN THE REALM BEHIND ALL STORIES AND BEHIND ALL BELIEFS ALTOGETHER NOW.**

Subliminals

The story-telling fictive aspect of my mind's need to believe is addressed through the use of subliminal affirmations repeated at high frequency throughout the material. Subliminal messages work technically by doubling the audio signal, removing certain frequencies from one and the remaining frequencies from the other, and combining them at an inaudible level, but at a level loud enough to affect the other

frequencies in the music along with a third containing the entire sound-wave running just at barely detectable audible level.

These include the fundamental tenets, such as 'it all works out', 'everything works to my advantage', 'this is a story built on assumptions, so by changing my assumptions as I'm doing now, I change the story to support my intentions', and 'this process is bearing results within 30 days'. My subconscious is fully aware of these messages and receives them as commands, while simultaneously processing and agreeing to the top-line audible script, aside from anything my subconscious deems right to redact.

Frequencies

The range of sonic frequencies including 110 hertz, 300 hertz, 432 hertz, and 528 hertz resonate at a cellular level in me to produce deepened more alert and aware mind-states in which my conscious story-telling mind is more available to learn and transmit positive commands to my subconscious, while simultaneously widening the parameters and hence my capacity to receive information from my omniscient subconscious. These frequencies deployed in various combinations throughout the material both relax and accelerate my conscious mind's ability to understand and agree to manifesting what I need and elicit access to my deeper subconscious level of mind, while making the listening experience more viscerally relaxing energizing and enjoyable for me.

And now I'm all good to go.

Ordering my life

By ordering my thoughts, my life finds order.

By marshaling my intentions my life finds its direction.

By ordering my thoughts my life finds its order according to my will.

By marshaling my intention in every situation, every situation resolves itself according to my will.

By mustering my energy to support my will, the direction of events acquires momentum in accordance with my will.

Energy is chi, intention is yi, and when I add chi to yi, I get shi, momentum in my affairs – chi+yi=shi.

By interfacing gently, sensitively and respectfully with all aspects of my reality, internal and external, reality treats me gently, sensitively, and respectfully back.

Whenever I apply chi-yi –shi with just 4 ounces of metaphorical pressure, all situations resolve of themselves. And no situation is too big to resolve in this way.

This works when my will is harmonious with the underlying current driving the flow of events in my life. Harmony occurs when my will includes the wellbeing of everyone associated with me, which ultimately extends to all sentient beings.

With the good of all sentient beings (including myself) at the root of my intention, I am in accord with the underlying current driving the flow of events in my life and in the world.

When I interface with all aspects comprising both my internal world and the external world, deploying a respectful, sensitive, gentle, yet persistent 4 ounces of pressure, my internal state and the world around treat me respectfully, sensitively and gently.

The world as I perceive it is merely a story. Miraculously, this story coincides in most important aspects with a collective story shared by humankind.

But it remains merely a story, a description based on entirely subjective criteria.

Stories are malleable, not concrete, but only when I know them as mere stories and desist from affording them the status of ultimate truth.

When I exercise the imagination and courage to dwell in the realm behind all stories, in which reality is left un-described, I have the facility of changing the tenets of the story. When I change the tenets of the story, the story changes its nature to conform.

When I change the tenets of the story to include the assumption that everything works out easily and effortlessly for me, and when I then discipline my mind to only assume things work to my advantage, everything works to my advantage.

Hence, I now assume everything works to my advantage. I don't need to know how or why this is so, I merely need to assume it. And because I assume everything works out, and turns to my advantage, everything works out and turns to my advantage from now on.

Everything turns to my advantage

Everything turns to my advantage.

It makes no difference if, on the surface of things, that makes no logical sense to me, or seems utterly unrealistic or implausible, nor do I need to understand or see the sense in it for it to be so – whether feeling strong or weak, whether things seems to go wrong or go my way, everything turns to my advantage.

I simply assume it to be so: everything turns to my advantage – and it is so.

If for instance people grow antipathetic towards me, it turns to my advantage. It's a sign the decks are clearing to make space for new people to come and play.

If opportunities go awry, or situations seem to fall apart, it turns to my advantage. It's a sign the decks are clearing to make way for new opportunities and situations.

Everything revolves from yin to yang, dark to light, difficult to easy – and back again and then back again – and I honor this yin-yang dynamic – the dance of opposites – and everything always turns to my advantage at all times, which means I'm not concerned whether the action goes this way or that, because whichever way it goes it turns to my advantage.

I don't know why or how, and I don't have to – it's simply what happens when I acquiesce to the Tao, the Great Way, hence why I say everything turns to my advantage.

Even feeling afraid of being lonely or left out turns to my advantage. Likewise feeling scared of emptiness, or dissolution, or indeed any of the things people always fear, and feeling generally at odds with situations – this turns to my advantage too.

Everything turns to my advantage. And because that's how I assume it, that's how it is.

I trust destiny rather than fear it.

But even my fear of destiny turns to my advantage, because I access trust in destiny in that fear.

Feeling lost and out of sorts turns to my advantage because I access feeling found and congruent in that fear.

In yin there is yang and in yang there is yin.

Fearing sickness works to my advantage, because I access trust in healing in that fear.

This is why I'm strengthening more every moment, because I know everything turns to my advantage, which enables me to relax far more all the time.

Everything turns to my advantage now and always with perfect timing.

Everything turns to my advantage, and that's just how it works for me.

Everything works out

Unaware of it, and with the help of the adults who taught my younger self and the catastrophe-oriented society in/with which I live, I'd programmed myself to presume things would go wrong, that life wouldn't work out. This assumed I absolutely knew what things going right and working out looked like. But though I did have a clue or two based on previous experience, I was not furnished with anything near the level of data required to make such a call.

Wisdom consists in not drawing conclusions and allowing what conclusions need to, to draw themselves – about the way destiny works and specifically how it might be gathering to work its components even now for me.

Wisdom consists in reveling in rather than resisting the insecurity of not-knowing.

Wisdom consists in acquiescing to the fact that my judgments, whether about life, myself or others, are merely subjective, mostly spurious, opinions.

Wisdom consists in taking opinions, mine or others, with a pinch of salt, for this reason.

My story, the experience, the adventure I'm on, comprises a series of situations.

My heart's desire is for all situations to be nurturing, comforting, and gentle on my body, soul, and bank balance.

All situations are nurturing, comforting, and gentle on my body, soul, and bank balance.

However, because every sword is double edged, every bad has its good, every easy has its hard, every fuck-up has its benefit, and because I know how to spot it and hence activate it as appropriate, every situation has its advantage.

Reality, or more precisely my description of reality, recognizes and responds to power. When I add weight and substance to an idea by naming it repeatedly without arguing with it, it acquires power.

And so do I.

That's why I tell myself everything works to my advantage and I don't know why.

Everything works to my advantage and I don't know why

Everything works to my advantage and I don't know why.

And despite all the psycho-emotional reasons for any resistance I feel to this, the nub of it is I've attached to the catastrophe-model and don't want to relinquish it – because it's at least, for its familiarity, something I can depend on.

After all, how can I rely on something I've not yet experienced – that requires faith.

Or does it?

Maybe it just requires getting off taking myself seriously and being overly protective of myself. Maybe it just requires a bit of courage and letting-go, along with some willingness to experiment.

Then if I find it doesn't work, or I find my allegiance to the catastrophe model is simply too great, and I can't imagine anything different, I can always return to it once the experiment is done, and I'll get my catastrophe anyway – so a bit like getting my cake and eating it.

But is that really the kind of cake I like?

No, I'm thinking fuck that, give me the everything-works-out model any day.

I say **fuck that, I'm choosing the everything-works-out experience.**

Swearing like a teenage rebel helps me bypass a few layers of the veneer of adulthood that sticks like superglue to my surface and cramps my style, spontaneity and readiness to play like a child with life. I assume everything works out easily and to my advantage from now on – without exception. Assuming otherwise is merely a bad habit I'm now dropping in favor of assuming everything works out. For as I assume is how it tends to go.

And even were I wrong, at least I'd not have wasted all the time leading up to something not working out fretting pointlessly. But even if something is perceived as not working out, by the immutable law of yin turning to yang and yang to yin and so on, underscoring all events and situations, something not working out merely leads to things working out even better.

In any case because everything turns to my advantage, I'm perfectly safe and sound to assume it all works out.

And that's the reason I constantly repeat it in my head and aloud:

it all works out, it all works out, it all works out.

Because everything works out smoothly and easily from now on, I'm able to relax and the more I relax and let go, the more smoothly and easily life works out by way of reflecting my intention.

People, situations, money, resources, support, opportunities, and all human interaction and interaction with my environment, all rolls beautifully as a result.

And any hint of glitch is merely signaling an oncoming improvement.

So from now on, instead of ever assuming things will be difficult, I now assume everything works easily and smoothly and to my advantage and as I assume so it will be and is. It's all just a story anyway. That's why I'm able to remain so light about it all.

Stories, all stories

It's all a story.

Stories by nature, are mutable, not fixed.

They look fixed, but that's just so they're convincing, otherwise they wouldn't work as stories.

But despite appearances, stories are mutable, and if I have the courage to go to where there is no story, and I do have that courage – if I have the courage which I do, to go to where there is no story, I find just pure consciousness and potential, right down at the subatomic, subconscious level. And once I'm there, which I always am, always have been, and always will be, but was simply too engrossed in the story to notice, if I grant myself, and it, permission, the story will mutate and it will mutate into whatever format or mode I myself choose it to, within the range of underlying tenets supporting all stories, varying from benign to malign – so if and when I choose the benign end of the spectrum to have precedence, the story becomes benign accordingly.

Because, what I've hitherto perceived and hence been experiencing as reality, isn't reality at all, it's just a story.

It's a story developed over thousands of years to which I obligatorily subscribed as a small baby and continued subscribing to till now.

And all the foundational aspects of this story, which I assumed were a priori and hence sacrosanct: nations, states, continents, the rule of law, money, financial institutions, power hierarchies, history, ideologies, religions, social status quo, ideas of the future, progress, even science – all of it and these are and are and always have been, just stories. And I have adapted and embellished and creatively constructed my own interpretation, evaluation, and personal version of the story to make it my own – and yet still it's just a story.

This is neither a bad thing nor a good thing – even good and bad are just a story.

Even things are just a story – there are no things – for as the shifting molecules of all supposed things attest to, things are actually processes of change in motion.

The story meanwhile is so entrenched by tradition and convention, so well-told and so universally subscribed to, even as seen through 8 billion pairs of eyes and as many different angles, I have been totally unaware it's just a story.

This is evidently as it should be too, however, for to live without stories would probably be impossible anyway, without either going insane or spending every waking and even sleeping moment in a state of pure meditation.

But when I muster the courage to stand behind the story in the realm of no-story, it's possible to deconstruct the story, while simultaneously honoring it.

Standing behind the story is nothing mystical or abstract and requires only a subtle internal psychophysical shift of weight.

By shifting the weight of my internal presence backwards so I occupy the rear part of me and let my vantage point reside in the back of my brain, I am standing behind the story in the realm of no-story.

The story and all my reactions, counter-reactions, evaluations, choices, actions, thoughts, feelings, and pronouncements resulting from my experience of it, which together also comprise part of the story, occur in the front of me, viscerally in my vital organs and bowels, epicentered in my solar plexus, and create noise in reaction to the story-telling part of my brain: the prefrontal lobes.

The reason for this is that my sense organs all face forwards, so I perceive life (the story) occurring in front of me.

And because the story is compelling it draws my presence and the weight of my presence forwards to get a closer look and grasp.

And even all of this is evidently as it should be.

However, when I stand behind the story so that I'm aware it's only a story, it's immediately obvious that because a story is only a story and not fixed in concrete, it is malleable.

Malleable, it is susceptible to transformation, merely by mustering intentionality, I can alter at will the

stories fundamental tenets to ones that support me better.

It is an immutable law: as above, so below, as within, so without.

And as I change the story's fundamental tenets, the story instantaneously reflects that by behaving correspondingly towards me.

That's how manifesting works.

But before I'm truly able to reconstruct the story and hence my life-conditions, I must first deconstruct it. And that's why I must now assume nothing means what I think it does.

Nothing means what I think it does at all.

Whatever I think something means is only so because I think it so.

In fact, nothing means anything at all save for the meaning I give it.

That's why I'm free to ascribe different meanings to whatever I experience if I now choose.

If I now choose, I'm free to ascribe different meanings to whatever I experience for sure.

Or I can continue subscribing to the same old story and let life be as it was.

But if positive transformation is what excites me more, it now falls upon me to deconstruct the old story first.

This I do simply by commanding my subconscious, which is all-powerful in this respect, to deconstruct the story – deconstruct the story now, is all I need tell it, and tell it that I do.

Deconstructing the story, I simultaneously honor the story, so this is not me being anarchistic or nihilistic, merely profoundly creative.

And that's why I say – I'm now deconstructing the story and any disorientation I'm feeling in doing so is something I welcome because it indicates I'm succeeding in my endeavor.

This is the only way to then reconstruct the story to support me better

I am now courageously deconstructing the story before my very eyes.

The meaning and significance of anything and everything

In this story of mine, it's me who gives everything the meaning and significance it has for me. This is important because the meaning and significance I ascribe things determines the effect things have on me, and hence the choices I make for my next steps.

I give this story and all its aspects all the significance it has for me.

Without me doing so the story has no significance or meaning whatsoever.

This is not good or bad unless I make it so.

It took courage to compose a story to make sense of life in the first place.

And it takes courage to acknowledge and acquiesce to, because it infers me taking total responsibility for my experience from now on. But courage is only courage and I access it with ease at will.

So, if I'm to roll with the story of life being a story, I'm obliged to muster the courage to support it.

Courage is activated spontaneously whenever I soften my chest and let my heart glow.

The miracle is that I can and do share my story, with all the meaning I've given it and convey its significance (which I have given it), with others, and can do so to support and encourage them on their path, just as they do for me.

And even that's just a story, but it's a lovely one (because I say so).

All this is a lot easier to grasp, feel and embody, when I sit back inside.

When I occupy my back and drop my weight so my head and chest and the front of me, are light and clear, I embody the optimal state to manifest everything I now need with ease.

That's why, despite my old habit of rushing upwards and forwards I'm now remembering to drop my weight and sink back all the time. It's actually easy for me to do when I let it be easy to do.

And when I do it isn't hard to accept this is all just a story – it's easy.

The key to my success – succeeding in enjoying this mystery of being – is to allow a story that supports

me – not a sociopathic one that doesn't include or care for others, but one that incorporates helping everyone feel good with their own story, and maybe add some extra joy and warmth to it for them, just as they do for me.

That's why I'm allowing a story that supports me now.

Good fortune blocking mechanisms

People who are into manifesting using this law or that, tend to talk a lot, and a bit superstitiously, about how they're blocking their own good fortune through low self-esteem and lack of entitlement – but that's just a story too.

I allow all the good fortune that comes my way and I'm not blocking it no matter what negative patterns may have been lodged in my circuits, because my will is stronger than any of that.

If I desist from comparing my own perceived degree of good fortune to an imaginary ideal of what good fortune is meant to look like, and if I desist from comparing my own perceived degree of good fortune to others who appear to have more, and if I remember that I already have the ultimate degree of good fortune in being alive in the first place, without which no degree of good fortune in any sense is possible at all, then my good fortune is free to grow and grow.

And that's why I now always desist from comparing my own conditions to any ideal or to anyone else's, and why I remain constantly mindful of already having the ultimate degree of good fortune in being alive, without which no degree of good fortune in any sense is possible at all.

And because everything turns to my advantage anyway no matter what, which it does, it makes no difference what happens or doesn't, because it's all my good fortune.

Also, if I acknowledge, which I do, that nothing external, no amount of money, no amount of health even, no amount of love or companionship, no amount of anything, aside from life itself, will alter my deepest state, so I'm not leaning nearly as much on externals, externals are all the more fun and rewarding for me.

I love that paradox, and I love how this magic only works because I don't care whether it does or doesn't.

So I let all external factors be free to please me more and more now.

I let all external factors be free to please me more and more now.

Meanwhile everything has its yin and its yang.

Acquiescing and loving both, I'm celebrating life all the time and not trying to change it. And the more I celebrate and the less I try to change life, the more life changes to suit me.

That's right, doing nothing, life changes to suit me.

That's why it's all pleasing me more and more now, and the more pleased I am, the more the externals conspire to please me.

Progress in all my activities and endeavors

I am now making enormous strides in my activities and endeavors with little or no effort and no strain, and am accomplishing an enormous amount and producing the results I want, while enjoying each and every moment both the easy ones and the difficult ones equally, appreciative of having a focus that helps me make sense and meaning and helps me pass the time productively, and not feel I'm wasting it. Yet rather than allow this to delude me into imagining anything I'm doing is the ultimate answer to anything, or even that there's a question to be answered in the first place, I'm constantly, consistently aware that my existence itself is the be all and end all as far as I'm concerned, and hence that everything I choose to fill the time with is just a game – and it nurtures me, knowing what I do spend my time doing might also be of benefit to others too.

I'm also aware that no one or nothing external to me can or will provide the true succor my soul requires, and that this can come only from occupying my body fully and feeling the gift of existence from deep within.

And this in no way precludes the immense joy I am able to feel by contributing my unique gifts to the world, and having them gratefully received, and the warmth and connectedness I'm able to feel whenever I share my time in love and kindness with others.

And all the while I'm accomplishing an amazing amount without even trying.

Serendipity and unexpected boons

I actually don't want life to unfold in a straight line, even if I think I do, as that would not only be dull, it would be impossible, on account of all motion being predicated on the yin-yang dynamic, which makes things go this way then that and then this, eventually presenting themselves in the constellation that accords with my intention.

What I want, and what happens, is that once I set my intention, as I'm doing even by saying this, life then unfolds according to its own unfathomably complex patterns and things come my way out of the blue, totally unexpectedly, by pure serendipity and synchronicity in a way that could never be contrived or engineered.

What I want comes to me through a series of beautiful surprises, in a way I could never anticipate, because they're surprises.

And all I have to do is actively acquiesce to that and, with an open unguarded heart, sit in joyful anticipation.

That's why I say now that I'm fully open to all the beautiful surprises coming my way – because there really are beautiful surprises coming my way.

Perspective

When I step behind the incessant chatter and noise in my forebrain, I am fully aware that my subconscious in the back-brain is omniscient, and that my conscious mind in the forebrain is essentially a combination of interpreter and storyteller that takes a relatively minute fraction of the full spectrum of information being processed by my subconscious at any given moment that it deems relevant to whatever story about life it's concocting at the time, and filters it down to headline level information, based on entirely subjective, mostly spurious, dubious criteria, much of which is culled from the collective story or current paradigm.

But the perspective of the collective is only elective, not obligatory, so I'm selective and choose my own, even if at moments it makes me feel alone.

But then as soon as I settle into it and return myself to now, it's obvious to me I'm never alone, because I'm always part of Tao.

And as the Tao is everything that ever was, is and will be, it's the eyes of Tao I'm privileged to see.

And what I see is me alive all present and correct. And the instant I see that I spontaneously connect to the source of all goodness, the source of all light, and the more I let that fill me, the faster I feel alright.

And I do feel alright.

Safety and security

Despite any residues of the habitual urge to agitate my thoughts, as I collect myself here and take stock, and notice where I am, and how I am in this moment, I'm obliged to acknowledge everything is alright: in this moment I'm safe, I'm secure, I'm alive, and I'm functioning. And I assume this will be so in the next moment, and the one after that, and so on, because as I assume, so it will be and even were I wrong, fretting wouldn't have helped me sort it out – to the contrary, fretting would have only weakened me by draining my energy rendering me less capable of dealing with any contingencies.

Like all manifestations of nature, I'm driven to thrive. When I'm thriving I know it because I feel good, simple as that.

And despite any residual habitual tendency to reference and attribute feeling good, along with feeling

safe and secure, to externals: money, love, status, achievement and so on, I accept and acknowledge feeling good, along with feeling safe and secure, depends on and arises from one thing only, agreeing with myself to feel good.

And that's just one reason I keep repeating, 'It all works out – everything turns to my advantage'.

Happy all the time

Happy is my natural state when I leave myself alone, and stop nagging myself, conflicting with myself, and giving myself grief for no reason, aside from it being a habit, which I'm happy to relinquish and instead acknowledge that by my choice, because that's all it takes, I'm happy feeling sad, I'm happy feeling bad, I'm happy feeling mad, I'm even happy to be had, I'm happy when I'm down, I'm happy when I'm up, I'm happy when I've got an empty cup, I'm happy when it's full, I'm happy when I'm excited, I'm happy when I'm dull, I'm happy when I'm angry, I'm happy when I'm at peace, I'm happy when I'm stressed, I'm happy when I release, I'm happy feeling anything because I'm happy I'm alive, I'm happy with the beauty of life, I'm happy with the slime, and that's why I'm happy all the time – I'm happy all the time, I'm happy all the time – I don't need a reason, I don't need any sign, I'm happy feeling anything, so I'm happy all the time, I'm happy all the time, and even when I'm unhappy feeling happy all the time, I'm still happy feeling anything, so I'm happy all the time.

In fact, the only limit I set to how good life can get is the limit I set on how good I can take it.

And as far as I can tell, the only reason I might be inclined to indulge that outworn habit of limiting how good I can feel, is through the blind herd instinct copying or mimicking others who were doing similar when I was a child, and even doing so as an adult. This might be as a twisted sort of insurance policy against something happening that would make me feel unhappy, which is patently daft.

The devices the residue of that pattern uses are self-pity, envy, resentment, comparing myself to others, referencing myself to others and their opinions instead of reference myself to the source of all life and all of us, and deeming myself substandard and unworthy. But that's all these are, devices to limit how good I'm able to feel.

That's why I eschew doing such a daft thing from now on. I agree to free myself of the residue of all self-limiting thought-patterns now. And I vow to uphold that agreement.

Because there's absolutely no good reason in the universe to limit how good I'm able to feel in any given moment.

Feeling good doesn't depend on an absence of pain or difficulty either, because even these are merely conditions. I'm still able to feel good, even if it's about feeling bad. That's how resilient and preference-free I am.

All this is possible of course by being able to maintain perspective, which in turn is possible by occupying my back rather than front and drawing my mind into the back-brain, where resides the limitless power of the subconscious. Because whenever and as soon as I drop back I instantly know I have the greatest gift of all already, without which none others are possible: I'm alive, enjoying the incomparable privilege of experiencing existence as a human.

And that's why I assume correctly everything works out and turns to my advantage.

Good fortune

Good fortune has an atmosphere. It's the atmosphere of good fortune I want as my experiential state whenever I imagine any specific forms of good fortune occurring.

By appreciating the unparalleled good fortune I already have by being in receipt of the greatest gift there is, being alive, the more the atmosphere of good fortune increases, intensifies and grows within and around me. And by the law of mutual resonance, the more the atmosphere of good fortune grows, the more good fortune I have in specific ways that delight me.

My appreciation of my good fortune is growing stronger by the moment now, and the force of good fortune in my life is growing stronger by the moment in consequence.

Romance

Being in love can be a wonderful ride, coupling with someone truly compatible can be extremely riveting. And it's only a reflection of the romance of me already being in love with being alive in the first place. The more I allow myself to be in love with the romance of being alive now, the more powerful my attractors grow for one who will come into my life to reflect this for me.

So rather than seeking someone to co-star in my romantic movie, I focus more and more on being in love with the romance of being alive, and the more I do so, the more swiftly comes one to reflect and share that with me.

And it has nothing to do with anything else at all, except for the mysterious dictates of destiny, that drive all the stories.

Opportunities

Every moment provides an opportunity to appreciate the unparalleled gift of being alive.

Every moment provides an opportunity for everything to work to my advantage – that's right, everything works to my advantage, everything does work to my advantage.

Every moment provides an opportunity for a wonderful surprise to occur.

There is no moment that is not an opportunity.

The more I appreciate each moment as an opportunity, the more focused, specific and benign are the opportunities that come my way now.

All opportunities are gifts from life, most of them delivered directly by people to me, but many of them occur as ideas to implement from within.

In any case I appreciate every moment as an opportunity for me to remain alive.

Remaining alive, moment by moment, is the greatest gift there is, without which no other opportunity is possible aside from the possibility of being dead instead.

The more I appreciate the profound opportunity each moment affords me, the more readily and swiftly come specific opportunities that, when taken, alter the future of my existence for the better.

I also take it upon myself to provide and deliver opportunities to others whenever in a position to do so, for I receive as I give.

Goals

Rather than fixate on specific goals, I allow these to manifest of themselves, while I focus on manifesting the experiential state I desire, the state I imagine accomplishing specific goals will afford me.

For example, if my specific goal is that I manifest more money now – because I imagine that will make me feel safe, I focus instead on manifesting the experiential state of feeling safe.

It's easy and instantaneous to manifest any experiential state I desire, regardless of any goal-attainment, simply by commanding my subconscious to make it be so, because the state I'm in arises solely through the choice I myself make about what state to be in, and not on any external factors such as attainment of goals.

By manifesting specific experiential states that I associate with the attainment of specific goals, attainment of goals manifests itself, by the law of mutual resonance and so I do manifest more money now anyway.

Or, if, for instance, I cherish a goal of everyone in my world, being happily cooperative and helpful, I look to the experiential state of stress-free harmony, safety and seamlessness I imagine that would elicit. I then focus on instantaneously manifesting that state. By the law of mutual resonance, others spontaneously reflect that back at me by behaving in a supportive, helpful, cooperative way towards me. But I don't really care if they don't anyway, because I've already attained to the desired prize anyway.

Because this magic only works if I don't care – and by not caring, I mean not investing any sense of need, as I've already attained to the cherished goal and have manifested the desired experiential state.

Because of this I am patient and un-grasping in my manifesting process, as I know it inevitably takes a short passage of time for the energy (chi) released through my intention (yi) to produce actual momentum (shi) in the progress of external events.

Assumptions

Assuming the way things are is correct for me, corrects the way things are.

The way things are is merely a perception. There are no things, merely processes, and the way they are is merely a description, based on subjective criteria.

Hence perceiving the way things are is correct, corrects the way I'm perceiving things.

Correcting the way I'm perceiving things, corrects the way they are.

That's why I am safe to continue trusting myself.

Trusting myself means continuing in a disciplined way to assume the way I roll is correct for me, however at odds I judge it to be with the way others seem to roll.

Trusting myself also means continuing not to assume the way I roll is incorrect for me.

So assuming the way I roll is correct for me, the way I roll becomes correct for me, if it hadn't been hitherto.

I roll progressively more correctly the more I assume the way I roll is correct for me.

The way I roll corrects itself by assuming the way I roll is correct for me.

And though the protesting aspect of my mind will inevitably pose the question, 'Am I not encouraging sociopathic behavior by assuming however I roll is correct?', it's obvious to the wise aspect of my mind that by encouraging myself to assume the way I roll is correct for me, it corrects the way I roll, and makes it increasingly congruent with my innate sense of decency and respect for all life.

Hello Grace

Love and grace are my *métier* – lovingly, graciously acquiescing to reality as it finds me now and I find it simply, lovingly and graciously guiding, in the essence of whatever I need to succeed in continuing to thrive while I have the inestimable privilege of finding myself alive, and allowing life and all its infinite blessings to come to me, instead of me rushing and reaching out to grasp at it.

Leaning back against the forwards flow, life is obliged to come to me, and all its infinite blessings with it, and I'm obliged to welcome it, and to share the blessings generously, lovingly and graciously and let them abound around me for the benefit of all sentient beings, for in my giving, I receive.

So goodbye grasping, hello grace, goodbye grasping, hello grace.

Health

No one is 100% well or 100% unwell (unless they're at the no-return point of death). Every manifest phenomenon, including all of us, is subject to the immutable law of yin and yang. The way is to ensure a minimum 51% health, and to grow that to optimal levels. And because whatever I apply my focus to, and hence invest in and identify with, will grow, if I want health, it's best for me to identify with the healthy aspect of myself. And though there's a certain seductiveness about identifying with the unhealthy self, because it attracts attention and sympathy from others, especially if I've got involved with the medical world, which tends to reinforce the tendency, when I identify with my healthy self, my healthy self gradually gains predominance, and I grow progressively healthier. Healthier I'm able to accomplish and hence contribute more and gain any attention I may want by that instead.

And it's entirely up to me whether I identify with my healthy self or unhealthy self.

That's why I'm agreeing with myself to identify and hence invest in my healthy self now all the time and am willing to enjoy observing my body respond by healing itself. My body is built to heal itself against all the odds. My body healing itself is like water in a river flowing in the right direction as soon as all obstacles have been removed for it to do so.

By agreeing to identify with my healthy self, all obstacles to optimal healing-energy flow are instantaneously removed at source, the water of life spontaneously flows in the correct direction, and I increasingly experience and enjoy feeling healthier and healthier.

Sleep and rest

When it's time to rest, it's easy to sleep – I easily let go of the story, still my thoughts and slide my mind into the back of my brain, so the story falls clean away as if my forebrain has been washed by the summer rain, and before I can even say my own name, I'm fast asleep playing the dreaming game.

And because I'm relaxed about sleep, it's easier for me to rest between activities, and even during activities, because I know I do my best when I take lots of rest.

I rest my muscles, aside from any I'm actually using, I rest my heart, I rest my nerves, I rest my bones, I rest my entire body, and I rest my mind, and I feel perfectly relaxed, whenever I choose to. And the more I assume this is so, the more so it is.

And the more rested I am all the time, the easier it is to fall and stay asleep whenever my body feels the need to sleep.

And the more I rest, and the more I sleep, the more creative, original, enthused, inspired, energized, and excellent I am at whatever I'm doing when I'm not resting or asleep.

I know that holding myself rigid resulted from cortisol, the flight, fight, or freeze hormone that coursed pointlessly through my body, and because the 12 second's worth of stimulation it provided is highly habit-forming, I kept squeezing my adrenals to pump more into my system, which in turn caused my amygdala in the midbrain to contract like a pair of frozen testicles, which was deleterious to my immune system.

And that's the very reason I relax all the time now, yes, I'm relaxing all the time now.

I start the relaxation process that enables me to function optimally and to rest when I need it and to sleep when sleep-time comes, by relaxing my amygdala in my midbrain until it hangs down like a pair of fully relaxed testicles instead, and relaxation is constantly spreading through my body, through all my muscles and sinews.

I relax a lot now because my true strength issues from softness not rigidity, and my energy flows better as a result.

Relaxed, it's natural for me to rest both between activities and internally, during activities. And because I find it easy to rest, I find it equally easy to sleep when I need to, and to remain asleep as long as I need to, and wake up refreshed energized, ready and raring to go.

And this is so even though part of my mind insists on questioning its validity, even though I've observed myself being un-relaxed – simply making the agreement with myself and declaring it so, it is so.

Exaltation and joy

Exaltation and joy is my natural state.

I need do nothing special to feel exaltation and joy.

All I need to do is stop doing the unnatural things I was doing that prevented me feeling it.

By agreeing with myself to stop disturbing my mind with fear-based storylines of my own making, to stop criticizing myself for the way I roll, and instead allow my mind to remain unperturbed, I instantaneously feel exaltation and joy.

And the more I allow myself to feel exaltation and joy, the more powerful a force exaltation and joy becomes in me. And the more exaltation and joy I feel, the better I am at performing all my tasks, and the easier it is for me to fulfill all my obligations. And this increases my success at living a beautiful life.

And because exaltation and joy are more contagious than any virus, they spread like wildfire from me to everyone else – and the faster and farther they spread, the more exalted and joyful my world becomes, and the more exalted and joyful it becomes, the more it naturally rewards me with all the infinite blessings life has to offer me.

It's the trigger for everything I want to manifest.

I agree to this with all my heart, soul and might.

I feel exaltation and joy all the time now no matter what.

Restitution of wrongs done me

In this infinite field of yin and yang, in the eternal dance of equilibrium, of complementary opposites, I

now receive restitution for all wrongs done me.

All that was lost to me by wrongdoing of others is now returned multiplied.

All that was damaged is now restored and improved exponentially.

All that was broken is now repaired, better than new.

And though habits have formed to assume former misfortunes were irreversible, simply because habits form, by their very nature of being habits, my unassailable, unalterable, non-negotiable assumption now, is that all former misfortunes are now reversed and that unprecedented benefits now come to me as a result.

And as I assume it so will it be.

All that was lost is now returned, all that was damaged is now restored, all that was broken is now repaired.

And I agree to this with all my heart and soul and might.

Easy life

The easier I take it, the more easily things work out. That's why I assume it all works out easily, and it does.

Everything comes together with the greatest ease now.

Situations develop to my advantage with the greatest ease now.

Results occur according to my intention with the greatest ease now.

Remarkable things happen now and my gift to the world is received in full gratitude.

I am increasingly congruent and relevant in my relationship with humanity, and with the gifts I contribute as a result, and everything works out beautifully now.

Money in abundance, success in profusion, and all the help, cooperation, support, inspirational feedback, opportunities, and companionship – all of it happens with perfect ease now.

Money

The first thing I always recall about money is to acknowledge it's a total myth, and an intrinsic fictional aspect of the collective story. Money only has value because we collectively agree to believe it does. If I tried taking a print-out of a digital amount of money, no matter how large the sum, and tried to sell it I'd not have any luck. Likewise, the paper or plastic money is printed on has no intrinsic value. Even gold has no real intrinsic value. This is important because it demystifies money as a concept, and that reduces any residue of superstitious thoughts I have about it. It also, more importantly, reminds me that as a fictional notion, money is susceptible to the magic of manifestation, the power of intention.

Money circulates, just like chi or electricity. It flows in a current just like chi and electricity. That's why we call it currency. And just like chi or electricity, it is entirely invisible until it manifests. People used not to believe electricity existed until they saw the proof, likewise chi. So, if I've been perceiving a lack of money in my life, it was just because I hadn't seen it yet, but the flow was always there.

I just didn't have my finger on the right set of switches to make it turn the lights on.

But now I have my finger on exactly the right set of switches to make money appear in huge amounts from multiple sources simultaneously.

So I've now checked the mains switch is on, I've checked the fuse box and all the switches are down, and can already feel the force of the flow of money powering up all the various aspects of my material activities that need to be powered up.

Money is essentially a symbolic form of chi. Chi, and hence money, is generated in essence at the very source of all existence – Tao – in endless supply, and delivered through the agency of other people, through all the various systems by which money flows, and is now available to me in limitless supply. Money is now available to me in limitless supply. Consistently supplying me with all the power I need to fuel all my endeavors, cover all my outgoings and enable me to live in precisely the way that makes my soul sing most. Yes, all the material aspects of my life are fueled by an endless supply of money in ample measure, always sufficient, never a lack, always present on demand, yet always magically invisible.

And if I have any doubt about it, just to verify, I have now turned on the switch and the flow is in operation now.

I assume the generator of all existence, including money, and including me – the Tao – manifests as me because I'm worth manifesting as, and hence is naturally desirous of me always having ample supplies of money to support my material existence. I assume I always have ample supplies of money to fuel the material aspects of my existence. I assume I always have ample funds to cover all my outgoings with ease and have extra left over. And as I assume so it is and will be.

I always have ample funds, and I have no need to know how or through whom or what it is delivered to me, I merely assume a limitless ample supply, and that's exactly what I have as a result. And the more I assume I have a limitless ample supply, the more of a limitless ample supply I have. I always have an ample limitless supply of funds now.

Yes, I always have a limitless and ample supply of funds to support my material existence, cover all my outgoings, facilitate options and cushion my progress through life. And however huge my outgoings, there is always enough and extra. My income always exceeds my expenditure and I don't even know why.

And the more I spend supporting my material existence, the more I use it, the more I invest it, and the more generous I am with it, the more of it I have flowing into my life.

The current is inexhaustible, and I always have enough.

And under no account do I attempt to believe this in any way at all, or question or debate it, because those are activities for idiots – I simply assume it's so, and as I assume, so it is and will be, because all of this is just a story, and stories are malleable and respond and conform directly to my assumptions.

Money is merely symbolic of the Tao in motion. I assume the Tao loves me hence I assume money loves me, and because it loves me it wants to be with me all the time in greater and greater amounts.

And that's precisely why I always have a limitless ample supply of money to fuel my material existence no matter how extravagant my tastes or how huge my outgoings.

But I don't need money to make me feel secure, safe or free. I assume I'm secure, safe and free and that instigates a resonance on the same frequency as the amounts of money required to keep me secure, safe and free, which in turn draws that money to me, no matter what.

Simply because I don't care, because I'm already secure, safe and free, money flows through my money-circuits in a limitless, inexhaustible, ample supply.

Due rewards

I now receive my due rewards and honor for the unique gift of myself that I contribute to the world – the time of apparently being ignored or overlooked in my life is over and I now prevail and abide, fully honored and rewarded for the vast contribution I have made and am making of lending the world my unique presence. The perfect confluence of events occurs now to reward and honor me fully on all levels. And I don't care anyway, because I already honor and reward myself fully by appreciating the immeasurable gift of being alive that I'm privileged to enjoy in this body, regardless of whether others are aware of my gift or not.

I emerge from this process more sane, even-minded, and feeling in my rightful place than ever before, with all former sense of displacement gone, more able and willing to be involved with humanity, contributing the ineffable unique gift of my presence.

That's why I'm always making truly good new friends, receiving wonderful opportunities, traveling to beautiful places and being involved in wonderful activities.

Healing

I assume my body has the intelligence, will and capacity to keep healing itself now, no matter what. My body resonates fully with this assumption and conforms to it readily.

I assume the more I assume my body has the power to continually heal itself no matter what, the more

readily and effectively my body conforms to my assumption.

Trusting my body to heal itself continually is not a mystical act of faith, but my willingness to continue assuming my body will now continually heal itself no matter what.

Obviously, I'm deluded in believing my body will live forever, because so far as we know, that's impossible, but while destiny decrees it remains alive I'm safe and wise to assume it will now continually heal itself no matter what, and because I assume it, that's what it does. I already feel the benign effects of saying this.

It's also safe and wise to assume the a priori consciousness informing my body's capacity to continually heal itself for the duration will continue forever, even though I don't intellectually understand or know what that implies, and it doesn't matter.

But that's why it's safe for me to assume I need harbor no fear of dying and, to the contrary, may now use this awareness to my full advantage by allowing it to lend me a fuller appreciation of having this body and human experience for as long as I'm privileged to do so.

Something amazing happens

Something amazing is going to happen next, and aside from noticing how amazing it is that anything happens at all, and that I'm here to experience it, something amazing, new, unprecedented and actual does occur next that lifts my spirits to a higher level and delights my heart, simply because I've assumed it will.

And it doesn't matter anyway, as everything's amazing as it is, and it's just a game I'm playing with the Tao to pass the time. Great game though.

And when things seem to empty out – when the tide appears to go out, and people seem scarce, resources seem scarce, fun seems scarce, or whatever else, it's merely a clear indicator that new plenitude is on its way.

I can only be filled with the fresh bounty of life once I've cleared a space to receive it.

That's why with every exhalation I empty myself.

And that's why I welcome and honor feeling empty.

And that's why something amazing is going to happen next.

Subconscious power

The power and scope of my subconscious mind is infinite. Whatever I direct its attention to reveals anything I need to know, and whatever I direct it to manifest, it manifests. If I tell it to heal me, it heals me. If I tell it to increase the flow of money in my direction, it increases the flow of money in my direction. If I tell it to manifest opportunities for me, it manifests opportunities to me. If I tell it to heal any situation, it heals that situation. Because all it knows and recognizes is wholeness (the meaning of healing).

And paradoxically, whatever I tell it to do, is something it's told me to tell it to do, because my subconscious mind is omniscient, and whatever it's told me to tell it to do is merely part of my destiny waiting to happen. Paradoxically, it wouldn't have happened unless I provoked it by telling my subconscious to make it happen, because my subconscious told me to tell it. And had I not told it to do whatever it was I told it to do, that outcome wouldn't have happened.

Because at the root of it all, and all of me, and all of everyone and everything, is one presence that appears to love and to split itself into an infinite number of parts, the combination of which we call the universe, literally that which moves as a unit.

And that one presence is what we might call God or Tao. But there's no need to get religious about it, or mystify it in any way, though that might well serve as a viable way to attune to moments of supra-awareness, nor is it something worth trying to understand, because the intellect is too limited. It's something to appreciate and acquiesce to, by being willing to enter and remain in a meditative state.

The requisite meditative state is achieved by shifting myself backwards inside, to stand behind the

habitual noise of being human going on in the front of me, in the realm of no-story.

I'm shifting backwards now all the time – it's my natural state.

I stand behind the noise of being human in the front of me and occupy my back fully.

I shift my mind into the rear of my brain and let it rest its back against the rear wall of my skull all the time now.

I access the unlimited omniscient power of my subconscious in my back-brain now and always, and that's how I'm able to manifest everything I need with such ease. That's how I'm able to remain congruent with my destiny with such ease.

And that's why it all works out and everything turns to my advantage.

Good standing and popularity

Because I know and see that others are just as much an expression of the Tao as I am, I empathize with, honor and respect them, and because I know how exacting it is to be human, I naturally inform all my thoughts, words and actions with love and always operate from grace rather than grasping, which makes me naturally care for others.

And that's why, in the world of people where everything sent to me by the Tao is delivered by people in my world, everything turns to my advantage – and that's why I stand in good relation to all humanity, and why I'm naturally popular.

Because I stand in good relation to all humanity, people gladly cooperate with me, and people naturally help and support me in all situations.

And because I assume my world is populated by those who gladly support me and cooperate with me, people gladly support me and cooperate with me. As I assume so it is and will be.

So, I let everyone come and go with grace and rightly continue assuming all movement and change turns to my advantage.

And because the mundane realm and everything that happens here is predicated on the underlying primordial dynamic of yin and yang, whereby everything reaches its zenith and transforms into its opposite, I remain un-phased by the changes, and am able to maintain equipoise and equilibrium and to remain magnanimous towards everyone. That's why I enjoy good standing in relation to others and why I'm so popular.

Hanging back

If I remain in the front of my body and brain I merge and get lost in the story and forget it's just a story. That's why I remember to remain collected in the rear part of me at all times, which involves remembering to keep dropping back whenever I'm enticed forwards.

I remember to remain collected in the rear part of me and to keep dropping back, whenever I'm enticed forwards now.

And I find myself defaulting to being back all the time now – it's easy for me even if I tell myself it isn't.

Being back everything in the front – the story – resolves itself without me having to meddle, simply by me holding the intention that it all works out and everything turns to my advantage.

Being back, I experience the greatest gift of all, existence and the consciousness to be aware of it.

Without this gift no other gift is possible. That's why I appreciate it.

The ability to maintain this perspective has very little to do with my intellect and everything to do with gathering myself in the rear part of me, with my mind resting up against the rear wall of my skull at all times.

From the back of me I'm able to bear witness to, and remain fully equanimous about, my internal psycho-emotional processes occurring in reaction to my perceived experience of the world going on all around me. These are the processes I use to concoct and maintain the story I tell myself to explain reality, and it's only a story.

From back here, standing behind the story in the realm of no-story, I'm able by intention to change the

fundamentals of the story, and as I do, the story conforms to those changes.

That's why I assume everything works out and turns to my advantage and it does.

ST MATHEW'S PASSION

To them that have will come more.

I assume I have and I have more.

I have life and more life comes to me.

I have health and more health comes to me.

I have time and more time comes to me.

I have love and more love comes to me.

I have fun and more fun comes to me.

I have wealth and more wealth comes to me.

I have perspective and more perspective comes to me.

I have strength and more strength comes to me.

I have wherewithal and more wherewithal comes to me.

I have good fortune and more good fortune comes to me.

I have help and more help comes to me.

Meant to be

I am here. This is where I'm meant to be. I feel this way. This is how I'm meant to feel. I roll this way. This is how I'm meant to roll.

I'm with whom I'm with. This is whom I'm meant to be with.

I'm doing what I'm doing. This is what I'm meant to be doing.

This is how I am. This is how I'm meant to be. This is all meant to be.

My manifestations are meant to be.

I have the ability and skill, and it's just a matter of will, me performing my tasks like a master, and just a matter of choice to follow the voice that says I can do anything and everything better and faster.

I'm following that voice now all the time and accomplishing enormous amounts with ease and enjoyment.

It all works out and everything turns to my advantage no matter what.

EVERYTHING IS WORKING SMOOTHLY AS IF AN INVISIBLE PAIR OF HANDS IS ORCHESTRATING THE ACTION FROM BEHIND THE SCENES, AND THOUGH IT'S FUTILE TO ANALYZE IT OR EVEN WONDER WHOSE HANDS THEY ARE, THEY FEEL LIKE MY OWN, BUT MUCH BIGGER THAN USUAL, AND THE ME WHOSE ARMS THEY 'RE AT THE END OF IS MUCH BIGGER TO MATCH.

I'VE NOTICED THE LESS I STRESS AND SUCCUMB TO FRETTING AND AGITATING MY BEAUTIFUL PRISTINE MIND, THE BETTER, SMOOTHER AND MORE SEAMLESSLY EVERYTHING WORKS OUT.

I ALSO NOTICE THE MORE I STOP QUESTIONING MY METHOD AND APPROACH TO EVERYTHING, HENCE THE MORE I TRUST MY OWN LEADERSHIP OF MYSELF, THE BETTER I LEAD MYSELF AND THE SMOOTHER AND MORE EFFECTIVE MY METHOD AND APPROACH ARE IN ATTAINING THE OPTIMAL RESULT IN EVERY SITUATION.

I ATTAIN THE OPTIMAL RESULT IN EVERY SITUATION.

AND IT DOESN'T MATTER ANYWAY, BECAUSE WHATEVER HAPPENS, AND WHATEVER RESULTS FROM IT, IS ALL JUST THE TAO IN DISGUISE, DOING ITS DANCE OF YIN AND YANG, WHICH CAUSES EVERYTHING TO TURN TO MY ADVANTAGE.

WHEN EVERYTHING TURNS TO MY ADVANTAGE, IT HELPS LIBERATE ME EVEN MORE TO EXPRESS THE VERY BEST OF MY SOUL, WHICH IN TURN BENEFITS EVERYONE AROUND ME.

AND WHEN INCONVENIENCE OCCURS, I NOTICE THE LESS I AGITATE MY MIND ABOUT IT, AND THE MORE READILY I ACQUIESCE TO THE TAO BEHIND IT, THE FASTER IT PASSES.

THE ONLY REASON I'VE BEEN AGITATED IF THINGS HAVE SEEMED TO GO AWRY IN THE PAST, IS BECAUSE I FORGOT THE TAO WAS BEHIND EVERYTHING AND SO THOUGHT THE TAO HAD FORGOTTEN ME – AND I NOW KNOW THAT'S IMPOSSIBLE.

WHEN I'M IN BUSY PLACES OR WORKING MY WAY THROUGH A LIST OF PHONECALLS, I NOW REMEMBER EVERYONE IS THE TAO, AND WHEN I LOOK AT PEOPLE AS THE TAO, IT CHANGES THE SUBTLE PSYCHOENERGETIC DYNAMIC BETWEEN US AND WONDERFUL UNEXPECTED CONNECTIONS OCCUR. AND THOUGH IT'S DIFFICULT, THIS APPLIES ESPECIALLY TO PEOPLE I FEEL AN ANTIPATHY TOWARDS OR VICE VERSA.

I'M INCREASINGLY OPEN TO BEAUTIFUL SURPRISES, AND THE MORE OPEN TO BEAUTIFUL SURPRISES I AM, THE MORE BEAUTIFUL SURPRISES COME ALONG.

THE POWER OF ALL THESE AFFIRMATIONS CONTINUES NOW AND GROWS EXPONENTIALLY STRONGER BY THE MINUTE, BY THE HOUR, BY THE DAY, BY THE WEEK, AND BY THE MONTH. THIS IS BECAUSE I'M COMMANDING MY SUBCONSCIOUS FOR IT TO BE SO, AND AS I COMMAND IT, SO IT SHALL BE.

I HAVE SUPREME MASTERY OVER THE ASPECT OF MY MIND THAT WOULD OTHERWISE GRASP AT EXTERNALS, AND BE SO NOISY BEING IMPATIENT FOR RESULTS, I'D MISS THEM WHEN THEY CAME ANYWAY.

I NOW OPERATE ENTIRELY FROM GRACE, ACQUIESCENT TO THE NOTION THAT EVERYTHING THAT OCCURS, ALL THE YIN AND YANG OF WHAT HAPPENS NOW AS A RESULT OF THE A.M.P.E.D U.P. PROCESS, IS NOTHING MORE OR LESS THAN A PURE EXPRESSION OF THE TAO'S UNCONDITIONAL, ABSOLUTE LOVE FOR ME.

When I'm creating stress in my internal conversation, I antidote it by feeling thankful for the true wealth I have: my own field of infinite opportunity, limited only by the narrowness of the parameters of the story I use to describe my experience. And that's why I'm widening my parameters exponentially more all the time.

Most internal conversation is about making choices, and all of it is a distraction. My subconscious is omniscient. Its throughput of information to my conscious mind is limited only by the narrowness of the parameters of the story I'm using to describe my experience. That's another reason I'm widening my parameters exponentially more all the time.

Because when I allow my omniscient subconscious to make my choices for me, it naturally does so far better than when I follow my internal conversation and try choosing based on that.

In fact, I don't have to make any choices any more, aside from allowing my subconscious to make my choices for me.

I can relax now and allow the ride to carry me, instead of trying in vain to push it along all the time. The times I'm indulging the worry-habit, I make sure I'm enjoying it or I stop at once.

I'm aware enough now that worrying achieves nothing beyond initially alerting me to look at something or other in case of danger. And to continue worrying beyond noting whatever that might be, is like letting my morning alarm keep ringing even after I'm out of bed. And that's only one reason I don't use alarms and have trained myself to let my subconscious wake me up when I need to wake up.

When I notice myself indulging the prediction-addiction, I only continue for as long as vainly trying to outguess destiny is giving me pleasure, or I stop at once.

I'm aware enough now that predicting destiny achieves nothing beyond alerting me to clarify my intention for a beautiful outcome to every occurrence and situation. And to continue predicting once I've done that is like leaving the shower on after I've finished showering.

Destiny will do what destiny does. Everything is written in the stars.

If there's any freewill, it's in exercising the choice between enjoying each moment or fighting with it. When I'm not enjoying it, it's because I'm feeling sorry for myself. When I'm feeling sorry for myself, it's because I've temporarily forgotten what a rare privilege and miracle it is to be alive. When I forget what a privilege and miracle it is being alive, it's because I've become distracted by something glittering or otherwise in the external world. Something has entranced me. When something entrances me, it has the effect of pulling me forwards inside my body.

When I'm sitting forwards in my body I lose the connection to the power of my subconscious. For though levels of consciousness are not exclusively confined to various parts of the body, broadly speaking my subconscious is organized around the rear part of my body and brain, whence it's able to bear witness to the goings on in the front.

These goings on consist of the noise I'm habituated to generating moment-by-moment, by which I attempt to anchor myself in the world.

When I notice myself trying to anchor to the noise I'm generating in the front of me, and I notice the excess stress it puts on my system doing so, I swiftly remember to retract myself and draw into my back. As soon as I do, if even just for a moment, I am reconnected to my subconscious and the trance is broken. This leaves me free to enjoy the gift of being here again.

I notice the more I let myself enjoy being here, the better work the externals, and the more events wing in my favor.

I also notice when I'm entranced by the noise I make, it makes me want to rush forwards towards the object of my desire, variously experiencing excitement and anxiety as I go. And I've watched it enough times now to know rushing forwards achieves nothing and merely speeds me towards death.

So, what I do then, is rush backwards instead, accelerating away from the object of desire and away from the anxiety and excitement associated with it.

When I let go and allow myself to fully rush backwards I'm aware of my subconscious as a huge presence behind me.

I also notice an energetic vacuum being formed in front of me, into which is being sucked the seeds of every manifestation I need to feed and support me on my mission of spreading my beautiful essence far and wide in whichever way occurs moment by moment.

That's how I'm drawing everything I want to me – everything I want is drawn to me.

I'm drawing everything I want to me – everything I want is drawn to me.

I NOW OPERATE ENTIRELY FROM THE CONFIDENCE THAT MY WAY OF ROLLING IS CORRECT FOR ME. AND THE MORE I DO SO THE MORE MY WAY OF ROLLING CORRECTS ITSELF.

FROM THIS MOMENT ON, I'M DELIGHTED TO BE ALIVE COME WHAT MAY, WITHOUT EXCEPTION, AND IN MY DELIGHT, ALL MY MANIFESTATIONS FLOURISH, AND SO DO I.

THE MORE I FLOURISH, THE MORE THE WORLD FLOURISHES AROUND ME, AND THE MORE THE WORLD AROUND ME FLOURISHES THROUGH MY FLOURISHING, THE MORE I FLOURISH.

I'M NOW IN A NEVER-ENDING, UNBREAKABLE, VIRTUOUS CYCLE.

AND WITH ALL MY HEART, SOUL AND MIGHT I AGREE AND ALLOW THE IMPONDERABLY INFINITE FLOW OF BLESSINGS COMING MY WAY TO MANIFEST NOW.

IT IS DONE.

I'M AMPED UP ALL THE WAY AND UNSTOPPABLE PROGRESS IS MINE.