

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 time.

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, 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 effortlessness, 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.