

# **HOW TO REWRITE REALITY**

Becoming the Author of the  
Stories in Your Life

Shiraz



**10-10-10**  
Publishing

HOW TO REWRITE REALITY

[www.howtowritereality.com](http://www.howtowritereality.com)

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Second edition paperback published August 2020

ISBN: 9781686070372

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#### Publisher

10-10-10 Publishing

Markham, ON Canada

Printed in Canada and the United States of America

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*This is for everyone who feels trapped in a life they cannot change. You are a magical, energetic being, and I hope this book shows you how to access your full potential.*

*Be well. Be aware. Be magical.*



## Foreword

What's your story? Are you the author of your own life or do you feel like a character, and a small character at that? Do you feel that things are just happening to you, and you have no real control over what comes along? Do you believe you have a gift or a purpose that you can't share in a big enough way, if at all? Do you feel empty and wish to live a life of joy and abundance?

*How To Rewrite Reality*, by Shiraz, contains important lessons on how you can change your stories, citing many examples from both Shiraz's life and those of his clients. As Shiraz points out, your stories add up to your reality. No matter who you are or what your current situation is, regardless of your age, culture, beliefs or religion, this book is full of insights and will act as a guide in your life.

I first met Shiraz at my Mulberry Hill Gang workshop. He impressed me by coming up to me at the end of the class and asking if he could teach it. I decided to give him assignments to train him to be a speaker for my business. He again surprised me with the speed at which he completed these assignments. Then I found out that not only did he enrol in my 10-10-10™ book writing program, but he created a coaching program around it to help people work on their limiting beliefs on success, being seen, being criticized, and other issues that authors have. He had really gotten my attention.

Then I read his book. As a transformational coach, many of the concepts in it were familiar to me, but the metaphor of how you create, edit, and constantly relive your experiences as stories in your life is a wonderfully creative, relatable approach that makes it easy for you to understand the concepts of the physical and spiritual worlds, belief systems, and the law of attraction. His use of story terminology such as genres, supporting characters, and plot twists gives you

familiar landmarks, and makes it easy for you to absorb the information he presents.

While you'll find a lot of great content in this book, think of it as the first step. Work with Shiraz and see the changes he can make in your life first-hand. You will not be disappointed. He is a powerful coach and an impressive speaker who is able to not only deliver an impactful message, but also change your stories in the moment.

**Raymond Aaron**  
**New York Times Bestselling Author**



## Acknowledgements

I'd like to send an incredible amount of love and gratitude to **my parents**, for raising me in an environment of both science and spirit, as well as love, and in always believing that I was capable of achieving all my goals and more.

A heartfelt thanks to **Dr. Ganashae**, who took me through the Combined Therapy program, which cured my arthritis and taught me how powerfully a single belief can affect your life. Your work was the catalyst for the creation of Energetic Magic.

Thank you to the late **Karl Wolfe**, who showed me how easy it is to step in and out of stories.

To my publisher, **Raymond Aaron**, thanks for believing in me and supporting me, not only through writing the book but my personal growth. I'm learning so much and enjoying every moment.

Lots of love to **Carina Reeves**, my first certified Energetic Magic facilitator, for your support and love. Seeing you grow and help others helped to validate my teachings and to inspire me to go further.

My siblings, **Riaz** and **Nadia**, my sister-in-law **Irene**, and my cousins, **Karen** and **Daryn**, for taking me in during the two transition years when I earned \$0. I appreciate that I have family that keeps me from living on the street in times of need.

Thanks to my other cousins, **Greg**, **Gaelynn**, and **Keith**, who I grew up with, and who always showed support for me.

To my nieces and nephews, **Talita**, **QuiQui**, **Tiana**, **Zoran**, **Maylana**, **Dorian**, **Ronan**, **Isaiah**, **Noah**, **Hannah**, **Kingsley**, and **Ellis**: Watching you grow up has been a joy. I wish for amazing adventures in your lives.

A special shout out to my nephew, **Jor-El**, who has learned Energetic Magic and made me so proud in his use of it. You're the closest thing I have to a son in this life.

Big hugs to **Justin Schmidt**, best friend and roommate, who also took me in, along with my dog. Actually, you took my dog in before me! Thanks for opening your home to me, and for all the support, through (oh, my god) three decades of friendship.

Lots of love to **Norina Jones** and **Valeria Matzner**, who let me coach them through our friendships, and who gave me so much love and fun times—and both chose me as **Maid of Honour** at their weddings.

**Jessica McCormick**, thank you for believing in me, and for being the one who encouraged me to start my business, with the phrase, "People will pay you for this," and for letting me know that while I thought I was playing big, I could play a lot bigger. I love you loads.

**Habib Ghouri**, you have brought much light and love to my life this year. Thank you for believing in me and for all the wonderful talks of spirituality, life, and learning.

**Roz, Mocha, and Maurie**, of the Roz and Mocha show, I schedule as few morning events in as I can, because I hate getting up early. When I do, the thing that makes me look forward to the rush hour commute is listening to you guys. I don't think there's been one time I haven't had a laugh out loud moment; usually there are several. So, thank you for your contribution to me, and all your listeners.

# Chapter 1

## Reality Is Just a Bunch of Stories

### We Run Many Stories

Throughout this book, I'm going to be talking about beliefs and stories, so let's get clear on what my definitions of these are.

**Belief:** an acceptance that a statement, object, or event is real and true.

**Story:** a repeated belief pattern, typically referring to your personal experiences.

Examples:

"I always find the best parking spots."

"Whenever I finally trust someone, they betray me."

"You never listen to me!"

From these examples, you may see that beliefs and stories form the basis of your life, but what if your beliefs don't just affect your life stories, but your entire reality as well? You believe that there is a fixed reality that you have to deal with. Certain things just are. That's how life works, right? But what if that's not what is happening?

I'm going to ask you to suspend your beliefs on what reality is and how it works, and look at it in a different way. What if reality itself is different for each and every person? Imagine that every person on the planet is living in their own unique reality, experiencing a given

situation. The person right next to you could experience this particular situation exactly the same as you, or it could be somewhat different, or it could be the exact opposite. And by experiencing, I mean the complete experience: all the five senses, the emotions, the thoughts, the conclusions, and the resulting memories.

What you call reality from a global perspective, then, isn't based on facts and observation, but what most people agree reality is. That is, the predominant "reality" is actually the majority vote on what is real and true. Picture each and every person having a reality. You discuss it with others. They agree with or contradict you, but with many people, common ground is found. The more people you find common ground with, the more secure you feel in your reality. They, in turn, feel more secure in their reality. When you get enough people around you agreeing, then you can say with surety what reality is.

If this is the case, however, then people who refuse to believe in the predominant reality can then do things that seem improbable or even impossible. And, when you accept this premise, you can start to manipulate reality, as I've taught many people like you to do. You can create whatever reality you like.

At this point, I'm either sounding crazy or something just clicked for you. IF the basic premise is correct, then there's the potential for magic and miracles here. So, let's look at this in more detail.

## **Everyone's Reality is Different**

This can seem impossible, given that you live and function in the same world with everyone else, and interact all the time, but the Universe is a beautiful, fluid, complex, yet elegant creation. Billions of people live on this planet, all in their own reality, running their stories, and interacting with exactly who they need to interact with. When you are happy with the story, you attract people into your life to create further evidence of that story. When you are ready to move on, you attract people who will challenge and change your story. The people you attract will share similar stories, but their reality will be different, and what exists for you may not exist for them.

## *Reality Is Just a Bunch of Stories*

For instance, if I'm looking at a car, and you're looking at the same car, how can one of us not see that a car is there? How can a car exist or not exist at the same time for two people? It depends on the beliefs you've been taught, and the stories you've created in your life.

Let me give you an example. I was out one evening at a singles event, sitting at a table with four guys and two girls. The other three guys got into a conversation about sports. I'm not a sports guy, and this was a singles event, so I chatted with the two girls at our table.

During this discussion, one of the girls (let's call her Julie) told me that the reason it's so hard for girls to find a guy is that "there are twice as many single girls out there as single guys, so the girls have to fight over the guys." I was amazed at this story because, unless girls were doubling up on boyfriends, this was highly improbable given that there are about an equal amount of men and women in our city.

I stated this, but Julie shook her head and pointed out that there were two of them and one of me—twice as many girls as guys. It was so obvious, I should have seen it!

I then pointed out that there were three other guys at our table, so there were twice as many guys as girls. She stared at me a moment. To me, it looked like I'd short-circuited something in her brain. The reality I pointed out went directly against the story she was living in. Julie's eyes darted to the guys as if seeing them for the first time. I assumed she was trying to make sense of what she was seeing, trying to fit it back into the story she lived in.

But here we were, where in one moment she couldn't see THREE human beings sitting within a few feet of her because it didn't match her reality, and in the next moment she couldn't deny their presence. Remember how I just talked about a car not being there?

When you think about how this works, you'll understand how ten people in the same room, having the supposed same experience, are actually in ten different stories. The realities they create result in different behaviours and conclusions about what is happening.

In one of my weekend workshops, Energetic Magic Level 1, I gave very concise instructions on an exercise, and then had people pair up and practice. Two of the guys did a different exercise from the rest of

the class. I didn't stop them, because recognizing the stories you're in is a big component of the class. I watched as a girl came up to tell them that they were doing the wrong exercise. They nodded, thanked her, and continued what they were doing.

After everyone finished, we shared our experiences. When I pointed out to them that they had ignored my instructions, they looked bewildered. They even pointed out that the woman had come up to them to compliment them on the good job they were doing.

They had heard her say something completely different from what she'd actually said—not one but both of them. This, again, shows that what you see and hear is processed through your beliefs to match your stories, and this can be extended to all the senses. Have you ever seen bugs on the floor and then felt them crawling up your leg? Your brain taps into the memory of a bug on your skin, and then plays it for you.

Everything you experience comes to you through the filters of your beliefs and stories.

## **How Stories Are Sustained**

Once you create a story, you do your best to make the world match it. This happens on several levels.

### **Subconsciously**

Ever think of buying a car and then notice how many of those types of cars are out on the road? Your attention shifts your reality, so that's what you see. There may be just as many of another type of car, or even more, but in your current story, they don't matter.

If you believe that there are twice as many single girls as guys, you will only notice conditions that match it, and you will ignore those that don't. You will plan your events so that you end up in situations where there are more girls than guys. You will happily recall every conversation where someone agreed with you, angrily recall the times when someone contradicted you (and was obviously wrong), and quickly forget the instances when there were more guys than girls.

## *Reality Is Just a Bunch of Stories*

Your dominant thoughts will shape your reality, and most of the time you will not see that your subconscious is causing you to make decisions and edit experiences to justify your story. You are creating evidence of your story as you go, so that you can look back and say, "See? It's true. It happened again."

### **Chemically**

You love to be right. Every time you get to be right about your story, you get a "fix" from your system. Dopamine and adrenaline flood into your brain. These hormones make you feel good, even if the situation you just went through felt horrible. Julie doesn't like that it's hard to find a man in her story, but every time she gets to show that her story is real and right, she gets her fix. Fixes feel great, and wanting more of them can result in an addiction. With people with alcohol and drug addiction, it's easy to see the problem. Story addiction can be harder to spot because it often looks like things are happening to you, so it seems like it's not your fault, but you attract the elements of your story to feed your addiction.

You can create a great many horrible things just so you can be right again and get your fix. To that end, many people prefer being right over being happy, healthy, wealthy, or successful. Keep in mind, though, that if you have a beneficial story, you can gain the rewards of that story and ALSO be right.

### **Energetically**

Keeping with my example of Julie, when dating, she will attract men in relationships more than other men. She will be drawn to them, and they will be drawn to her. This is basic law of attraction, that the things we think about are drawn into our lives. She has a story, and they match the criteria of that story, so they are pulled to each other. Whether she is romantically interested in them or not, she'll find herself surrounded by men in relationships. This is different from the subconscious affect because conditions are being drawn to her as a

result of her story. She doesn't have to take any action or make any decisions for this to happen. It just does.

## Neurologically

When you think thoughts and create beliefs, you form neural pathways to store those beliefs. The more often you think a thought or create a similar situation, the more those neural pathways are built so that things become automatic. Just like you no longer think about how to brush your teeth or put on pants, because the pathways are well formed, repetitive thoughts of a story form that get strengthened by all the evidence you accumulate for that story, and store as new pathways. These pathways merge with the existing ones, like streams becoming a river. This makes it easier to recall the story, which in turn causes us to think about the story more. Just like brushing your teeth and putting on pants, the story runs with you barely noticing you're in it, until you see the results, log the new evidence, and so on.

Given all these ways of locking in a story, it may seem almost impossible to operate outside of one once it's formed, but it can happen.

If Julie does end up in a situation that doesn't match her story—such as dating a single guy and not having to compete for his attention with other girls—then she'll feel uncomfortable. If she cannot adjust her story, she will eventually become so uncomfortable that she'll seek to correct the situation so that she can be at ease again. She's in story withdrawal. She may convince herself that he's cheating, thus getting her fix and ending the situation. She could sabotage the relationship so that he breaks up with her. However she does it, when she returns to her story, her subconscious slips back into ease, even though her conscious mind may exist in frustration.

What's the big lesson here? You are not a character in your life as you may have thought. Things are not happening to you. Your reality is being created based on your beliefs and stories. Although it may not be happening at a conscious level, you are the one writing the stories. You are the *author*.



## **You Are the Author**

That's it. That's the secret to creating the life you dream of ... once you learn how to rewrite your stories. Rewriting your stories, however, is often not easy. You may not even realize you're in stories, even though you express your stories daily.

"I hate living paycheque to paycheque."

"Nobody notices me."

"I hate my job."

"I get blamed for everything."

"I give and I give and I give, and what thanks do I get?"

Do any of these feel familiar?

You can start identifying your stories and changing them by looking at your life from the point of view of the author. When you look at your life as a book or movie, you will start to see the stories—the main plots, the subplots, the character arc, etc.

When you decide that life isn't happening to you but to your character, you can see the world you've created around your character. You can see his or her plight from other characters' points of view. This will have a profound effect on how you see and act in the world.

It all starts with beliefs though. You believe things happen to you as a result of reality. You examine reality and extract a belief from it, then confirm that belief as more and more things happen to you, as more and more evidence accumulates. But what usually happens is that you have an experience and create a belief from that experience. The belief is created from whom you are in that moment, and not from a full awareness of the facts of the experience and the motivations of those involved.

Imagine a little girl on the playground. A little boy comes up, smacks her, and then runs away giggling. There could be a number of reasons why this happened. The little boy liked her and was trying to get her attention. The boy's friends dared him to smack her, to see her reaction. Other children were trying to involve her in a game of tag.

Whatever the actual reason, the little girl interprets the experience as, “Boys don’t like me.” The belief is formed. Now, anytime a boy treats her in a way that could be interpreted as negative, whether it is or isn’t, she will perceive that as evidence of her belief. All the times that boys treat her nicely will become background noise to her belief, or she will create excuses such as, “They have to behave nicely now because grown-ups are watching.”

When a boy treats her especially nice, she will wonder, “What’s he up to? What does he want?” He couldn’t possibly really like her, because “*Boys don’t like me.*”

When she gets older and starts dating, she’ll be attracted to boys that are not attracted to her, or to ones that will treat her badly in a relationship.

When she starts working, she’ll choose jobs in which her bosses are chauvinists or misogynists. They will seem like the only opportunities or the best opportunities. It may even seem unexpected. She goes for interviews with wonderful, caring people, and gets placed in the department with a man that doesn’t like or respect her.

Note that this story can happen independently of other stories in life. She could be rich or poor, or anywhere in between. She could hate her job or love her job. She could be healthy or sick. Stories can overlap, or they can seem like anomalies.

All this time, her neurological pathways for that story are growing, the chemical addiction has set it, the subconscious controls her responses, and the law of attraction brings in the right players.

It’s a life written and directed for, and starring her. When she figures out that all she has to do is start writing a different story, then the reality she knows will cease to be. It may sound overly simple, but it isn’t. The secret to life is simple, but it’s not easy. If it were easy, then everyone would be living the life of their dreams.

You’ve created the world. You’ve created your role and meaning in the world. As much as you want to change your reality, there is familiarity and safety in the world you’ve constructed. Understanding it, however, can help you to break free of it. Your subconscious locks

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onto its perceived benefits of your current life. When I show you that those benefits are a lie, then your world shifts more easily. Neural pathways break down, oxytocin is released to counter your dopamine addiction, the subconscious becomes open to new possibilities, and the law of attraction kicks in to bring in new results.

So, let's start understanding the world you've created for yourself, how it came into being, and why you believe you need to maintain it, starting with your backstory.



## Chapter 2

### Your Backstory

#### Reality's Backstory

Since I'm talking about backstories, I'm going to start with the backstory of the universe as I see it. This will help you understand the concepts put forth in this book.

In the beginning, there was simply consciousness. This consciousness decided to examine itself. To do this, it created a physical universe energy. When it brought this universe into being, there was a Big Bang. In the Bible, God said, "Let there be light."

This universal consciousness, what I like to call Source, had created energy in the physical universe that spread out, first becoming different types of energy so that the Source could experience how those "felt." Eventually, it compressed some of that energy into matter, trying out subatomic particles, then atoms, then chemicals, then molecules, ever increasing the complexity of matter. Eventually, it created life and started to have experiences as life forms. Its goal was, and is, to have all experiences from all points of view. Once it has done this, it will completely know itself.

Source learns by perceiving itself from all these different points of view. Each person is one of these points of view. You may see yourself as separate, but you are part of Source. Now, when you look at it this way, there is no good or bad, right or wrong; there are only experiences. Many people are running around, unconscious, and just going through their experiences, and that's fine as far as the Source is concerned, because it is witnessing every one of them and learning.

But today, more and more people are becoming conscious and realizing that they are actually part of Source. They are not their bodies. Their bodies are vehicles for experience. The real you simply witnesses all the experiences that the physical you goes through.

Imagine signing up for a virtual-reality (VR) experience, and this one has a suit that lets you feel everything that goes on in the game. (Please forgive me as I switch from an author metaphor to a player metaphor for this explanation.) You select where you want your character to start, whether or not you have parents, what your parents are like (if you chose them), how much money you want to start with, and a few of the challenges you want your character deal with as it goes through life. Now, once you start playing the game, the only way to end it is for your character to die. Just like you watch TV shows and movies, and read books to enjoy the experience of them—even though the characters may go through tragedies, heartache, and struggles—you play the VR to enjoy similar experiences, only you become the main character. The whole time you're playing, however, you understand that what happens to the main character, no matter how real it feels in your VR suit, isn't really happening to you. It's just a game. This is what it's like to become conscious.

When you look at the world this way, as the person playing a VR game, sometimes you play the game as the hero and then want to do it again with slightly different parameters: being a girl instead of a boy; being black instead of white; having more or less money, a disability, horrible parents, etc. Sometimes you may want to replay the game, taking on the role of the villain. Sometimes you may want to be one of the supporting characters. Sometimes you may up the difficulty to see just how much you can take. Sometimes you may want everything to be simple and easy.

You play the game again and again—different locations, different times, different conditions, different characters—enjoying each new experience. I'm going to state this again so that it sinks in: Nothing that is happening to you, the character, is actually happening to you, the player. You see it and feel it; you believe that it's real and that certain aspects are crucial, but it's all a game. Now, you want your

## *Your Backstory*

character to do well in the game, but it's still a game.

When you start playing from this viewpoint, you'll do different things with your character. You'll also start having fun. When the game throws obstacles or challenges in your path, you start to think, "How am I going to get my character through this?" not "Why is this happening to me?" Notice how those two thoughts feel different. One is based in curiosity, the other in helplessness.

The game has a few quirks. Some would call them bugs; others would call them features. For one, the network you're on isn't completely secure, so experiences from one game can leak into experiences from another. These manifest in a variety of ways. Sometimes you get the audio from another character, or from a different location, playing in your ears. Sometimes you get the video. I call this cliraudience and clairvoyance. Sometimes you get various experiences from previous game sessions. I call this tapping into past lives. Sometimes you tap into experiences from future sessions. I call this precognition. Sometimes you can tap into the feed of someone you're talking to, and know what they're thinking, feeling, or about to do. Other times, you tap into not only a specific person but also everyone and everything around you. You get that information and have a sense of what the next best step would be for you. I call that intuition. There are many other ways you can tap into the experiences of all the other characters in your VR world. Some players fear this information; others take advantage of it.

Does this help or hinder the game? Is it cheating? It doesn't matter. It introduces new experiences, and all that matters to Source is new experiences.

Your problem is that when you started playing this round of the game, you volunteered for a temporary mind wipe, so that the experience would be more immersive. But that's okay, because there are cheat codes. Again, it doesn't matter if you use them or not, because Source just wants the experiences. The cheat codes are books and teachings like this one. They let you know that you are not actually the character in the game. You're the one playing the game, and you can access information from anywhere in the game, if you learn how

to focus and take advantage of how the system works. In this book, I'll show you how to do that.

## **Karma & Soul Contracts**

But let's add a twist. Time does not exist for Source. So when you play the game as the hero, and then as the villain, and then as the supporting characters, this is all actually going on at the same time. Source doesn't distinguish between past, present, and future—they exist all at once. We created time so that we can separate experiences (and not go insane).

Looking at this model of the universe, where Source is experiencing all of life from different perspectives at the same time, the way karma works changes greatly. Some believe that if you've wronged someone else, then karma demands that you have a negative experience to balance out what you did. However, you were the person that also received a negative experience, because you are Source seeing that experience from both points of view. So, having experienced both the positive and the negative sides, there's nothing to be balanced.

Some people believe that you have to make up for the karma of past lifetimes, in this lifetime. Again, since all karma is balanced out the moment it occurs, there is nothing to make up for. However, the belief that you need to make up for the karma of past lives, will cause you to create unfortunate circumstances to show the evidence of that belief.

Where karma does work is that when you are in a positive state, you attract more positive experiences, and when you are in a negative state, you attract more negative experiences. This can mean that you are doing good because you feel you have to, and not enjoying it, so you are technically in a negative state. You then attract negative results. This is the basic law of attraction. Some complications can occur when you account for supporting characters, and I'll go into that in Chapter 7, but otherwise, release yourself from the burden of



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having to balance out old karma. Start from where you are, and create a wonderful new story.

Get out of the belief that you have to fulfill any soul contracts, make up for karmic debt, or walk a specific spiritual path set out for you by your ancestors. You don't. Each life can be its own independent experience. However, If you like the idea of making up for karmic debt, then feel free to keep that story and work through it. It could be fun, and any experience is welcomed by the Source. But if you would like to make life easier and simpler for yourself, let it all go.

### **Your Backstory**

Knowing your backstory is important because many of the subconscious stories running in you right now are a result of it. You are exposed to the stories in your environment as you grow up and, whether you realize it or not, you begin to function based on them.

In a workshop I was giving, a woman asked me to help her with her financial problems. She described how she could make up to \$30,000 a year, but when she tried to make any more than that, her attempts would always fail.

As I listened to her while reading the energy of her story, I asked, "Are you proud of your poverty?"

She lost her mind on me, telling me I didn't know what I was talking about, and that she struggles really hard to make money, so why would she be proud to be poor?

I apologized and calmed her down, saying that I had obviously been wrong. And then I moved on to working with someone else. Now, one of the things I've learned from working with people is that when you get that big of a reaction out of someone, you've hit a belief. And, sure enough, about twenty minutes later, she interrupted me while I was talking, and she said, "You can be rich and miserable, or you can be poor and happy."

"Excuse me?" I said.

“That’s what my parents always used to say while I was growing up,” she told me.

I asked her, “Do you think that maybe because you heard that over and over, it might have sunk into your subconscious and may be affecting you to this day?”

She nodded, and then I was able to shift the belief.

The point here is that even though she was trying to live in a different story than her parents, their story was still running in the background, at the subconscious, chemical, energetic, and neurological levels, creating a reality she was used to, even though she hated it.

How many stories from your childhood are still running in the background, creating the reality you live, even though it’s not the one you want?

Think about the clichés your parents have said over the years, which you now repeat. Think about the environment in your home growing up. How much of that have you duplicated in your current life?

I remember visiting my cousin’s house and finding myself wearing sweaters. I checked the thermometer and found it set at 67°F. I asked her why she kept it so cold in the house, and she replied, “This is the normal temperature of a house.”

That made me remember visits to her mom’s house, where the temperature was also 67°F. I suggested that we try something and, if it was too expensive, I would pay her to compensate. Then I turned the temperature up to 72°F. Everything became comfortable for me, although I could see her feeling a bit too warm in her own house. But she humoured me.

I visited again, several months later, and noticed that the house still felt comfortable. I checked the thermometer and it was at 74°F. I laughed. Now that she’d stepped out of the story, she was able to create whatever story she wanted, and she enjoyed the warmth.

How you function in the world today has a lot to do with your backstory. It’s been shown that people who were abused as children, abuse their children. I’ve come to understand that when you are a

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child, you look for love. It's natural for you to want to be loved, and as a child, you don't know what love looks like, so you look to your environment to figure it out. Therefore, if you get abused as a child, you interpret that as what love looks like. You also develop stories on how to get love and get attention. Because this all happens from a child's point of view, what shows up, when you're an adult, can be anywhere from frustrating to debilitating if your parents had issues expressing love.

I was working with a girl, Kelly, who couldn't hold on to relationships. Every time she thought things were going well, her boyfriends would dump her. When I looked into her past, I found out that she was a foster child. Her mom had abandoned her. Not only that, but she had been through several foster parents, all who decided to give her up and put her back in the system. The story she created in order to feel that she was loved by everyone in her life was that love is abandonment.

Again, this story was running at a subconscious level; so, in her conscious reality, she wasn't happy, and she wasn't loved. But every time a boyfriend dumped her, her subconscious told her, "This is love." Her body secreted chemicals to give her her fix, and more neurons formed, showing her how to think and behave.

When I pointed out that this was her story, Kelly didn't believe me, but she had been working with me long enough to trust the process.

I asked her, "If the belief that love is abandonment is there, are you willing to destroy it?"

She nodded. "If it's there, I'll destroy it."

Then she threw up. It was such a powerful release that the physical effect was intense. After that, she was able to get into a relationship that stuck.

Now, the interesting thing about human beings is that two of them can be in the same circumstances and create completely different stories as a result. This is why siblings don't all act the same.

I was called by a family of three to work on them. The siblings were all in their late 30s to early 40s. It was particularly amusing to

me because I offered to do a group session, but they insisted that they all had separate issues. One sister couldn't find a partner, the other sister was on the verge of divorcing her husband, and the brother had fainting spells since he was little.

The issue with the first sister stemmed from the fact that their parents fought all the time, and she didn't want to be in a relationship, because then she'd be fighting with her partner all the time, because that's what relationships look like. Her subconscious wouldn't allow her to go through that, so every boy she met, either wasn't attractive to her or didn't find her attractive.

The second sister, as you may have guessed, always fought with her husband because that's what relationships look like. Of course, she believed that her husband was the problem. I had to get her to a place where she accepted that she was creating the story, so she could change it.

The brother hated seeing his parents fight, so he found a way to check out when it happened: fainting spells. Now, whenever he was stressed and didn't want to deal with a situation, he'd faint, because that's what he'd learned worked best, from living with his parents. To my knowledge, he hasn't fainted since that session.

We could have removed all the stories in one session, but they were sure that their situations were different, especially the brother.

## **Let It Go**

While it's important to know and understand your backstory, it's more important to detach from it. People can let their backstory define and limit their current circumstances. In the case of Kelly, she had continued to define herself as the abandoned child, well into adulthood. It can often be hard to let go of your backstory because your ego will create excuses as to why you should keep it.

In Kelly's case, her ego could tell her that if love wasn't abandonment, then that means that love doesn't exist. In the case of someone who was abused or molested, the ego could tell them that

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letting the experience go would mean letting the abusers off the hook. The truth is, for the most part, those involved in your backstory are no longer thinking about the instance that caused the trauma or drama for you. Some may even think about it while holding no remorse. Some may have even passed away. So, holding onto the experience isn't affecting anyone except you. When you get this, and you accept that holding onto this experience is only hurting you, and limiting you and no one else, then it becomes easier to let it go.

I worked with a man who could not hold onto money. As it turns out, his father was a gambler, and whenever the family made a certain threshold of money, his father would take it and gamble it away. He hadn't lived with his father for years, but he made sure that he kept his bank account low so that the money couldn't be taken away. He was still holding on to his childhood story. He wasn't even aware that he was the one causing the money to disappear. From his point of view, bills would just come up or money would not show up. I could easily tell that he was stuck in his backstory because, when he talked about his father, he stepped into anger and resentment. You know you've let go of a situation when there is no longer an emotional attachment to it.

When I made him aware of the intensity of emotion he still held, and the old habits he was still living by, he was able to step out of the backstory. In his case, another ego driven excuse had to be let go. He believed that if he let go of the backstory, he might open himself up to being in a relationship with someone else that could lose all his money. Again, the falsehood of this story becomes clear when you realize that detaching from the backstory doesn't mean letting go of the memories or the lessons learned from it—only the emotions and the limitations it creates. Acknowledge your backstory, but don't let it hold you prisoner.

If you are ready to break out of that prison, then let's move on to the genre you live in and how it affects your life.



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## Chapter 3

### Your Genre

Every story has a genre. Is your character struggling through trauma (Tragedy)? Does she live in fear (Horror)? Is he facing many struggles (Drama)? Is she bored with life or just going through the same daily activities with little to no change (Documentary)? Is he actively achieving goals (Action)? Is she having fun (Comedy)?

Now, every person has their ups and downs; they go through various genres throughout each day, but everyone has an overarching genre—their default. This is the genre in which they spend most of their days. When you think of a person, you can usually name that person's default genre, even if that person disagrees. Furthermore, each genre is related to energetic frequencies. The higher the frequency, the better the life of the character. Keep in mind that there is a range within each genre. For example, someone who is a victim in the tragedy genre is still operating at a higher frequency than someone who feels useless; and someone at the high end of the comedy genre is much more playful than someone is at the low end. Let's look at the genres from lowest to highest.

#### Tragedy

This is the lowest level genre. If you feel you are a victim, if you feel undeserving, hopeless, or useless, then you are creating a story to reflect these feelings. Now, an incident or incidents may have happened to start this story off, and these incidents may have been

quite traumatic. I don't want to diminish the experience you went through. But at some point, you decided to hold onto the story rather than move on from it. You are either replaying it or creating similar incidents to show that you are still living in Tragedy.

Let's say you are assaulted. The incident leaves you hospitalized for a while, but you recover physically. Mentally, however, since the time of the incident, you keep thinking about what happened. You replay the memory over and over. You try to imagine ways you could have avoided it. You imagine it resulting in better, or sometimes worse, outcomes. This is natural because the experience was unexpected and intense. So, although the incident is over, you're still in it.

When you remember or imagine something, your body doesn't know the difference between imagination and reality. Your brain releases the same chemicals, as if the incident was real. Your muscles fire as if you were really there. In other words, you recreate the experience every time you remember it. The more you recreate it, the more addicted to it you become. You hate it, but you still become addicted to it.

Then, subconsciously and energetically, you attract more tragedy. You research it, you watch shows on it, and you encounter people who have had similar tragedies. Now, this may seem normal and necessary, since a person who has been in a tragedy will want to find out more about how to deal with that tragedy, but if those new experiences aren't helping you to move out of the tragedy genre, then all you are doing is anchoring in this story, and reliving it over and over.

People stuck in Tragedy experience depression and anxiety attacks, and they tend to isolate themselves, or go through periods where they withdraw from others. Many try to create normal lives for themselves, only to have episodes that make them relive the tragedy again because of the subconscious, chemical, and neurological addictions.

It is difficult to get people out of Tragedy, because they have made the tragic incident so vital. They often create the false narrative that if they stopped focusing on the tragedy, they would open themselves up to it happening again; when in fact, it is happening over and over



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to them because they are thinking about it. Letting go of it feels to them like discarding a big part of who they are, and in a way, this is true. But to them, it is a bad thing, when it is actually freeing.

Those I've worked with, who have gotten out of Tragedy, often feel like they've come out a horrible nightmare.

### **Horror**

If you are in the horror genre, you live in daily fear and anxiety. This does not have to mean fear of danger. You can be in fear of becoming bankrupt or homeless, of being judged, or of new experiences. You have so many ways to live in fear. Still, this is better than Tragedy, as people in the horror genre are more functional. Many tend not to have big ambitions, or to have any ambitions, but continually come up with excuses as to why they can't achieve them. The world is a scary place, and when you are in Horror, you look for people, places, and things that feel safe. You like routine and, of course, act badly to surprises.

Picture a person in a 9-to-5 job, with a family, paying off a mortgage, and doing their best to live paycheque to paycheque. They listen to the news and worry about the economy and any war that is going on. This may seem like a normal person to you, and in many places, this is normal. Look at it a little closer though. A 9-to-5 job is safe. The person may want to run their own business, but that's too much risk. Having a family and a mortgage is safe. That's what most people are doing. Since most people are getting by, it must be safe. Living paycheque to paycheque is fear. It may not look like this on the surface, but you are wondering if you will use up all your money by the next paycheque. As for listening to the news, an entire country can live in the horror genre, thanks to the constant bombardment of fear by its media.

I'm not saying that having a 9-to-5 job, a family, and a mortgage means that you're living in fear, but if you have bigger dreams, and keep finding excuses not to go after those dreams, then you are

probably living in fear. As I stated, being in the horror genre is not just about big fear. There is also worry and anxiety, and if you were experiencing these regularly, then you are the horror genre.

Like Tragedy (or any genre), you can be addicted to the horror genre. The rush of chemicals through your body, whenever you think something bad is about to happen, becomes the normal and preferred state for you.

I've worked with many clients in the horror genre, and a very common occurrence for them is that when I get them out of fear, they enjoy it for a while but eventually start to worry if and when the next bad thing will happen. Instead of being in anxiety of the things they feared, they become anxious about when the good things they are experiencing will stop. This is their body's solution to the problem. And once something does happen, they actually experience a sense of relief.

Because of this, I've found that I need to work with people on a regular basis until the new genre becomes the default genre.

## **Drama**

Drama involves anger, resentment, and even open hostility. You typically believe that you have one or more antagonists, who may be people or organizations. People in Drama tend to have many ups and downs. You get out of one situation, only to fall into another. You attract partners with drama. While listening to someone in Tragedy can feel depressing, listening to someone in Drama is exhausting.

You probably know a drama king or queen. The one thing people in Drama enjoy more than their drama, is sharing their drama. They have a twofold addiction. The first comes from the actual drama and any emotions they experience when it occurs. The second comes when they tell others about the drama, and feed off the emotional reactions they get in the telling.

Julie's story of there being more single women than single men is a drama story. It's not Tragedy because it doesn't paralyze her. It's not

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fear, just frustration. And when she told me the story, I could see the gleam of happiness in her eyes as she waited for me to nod and agree with her story.

The wonderful benefit of being in Drama is that if people don't agree with your drama when you're speaking with them, you can argue with them about that drama, thus creating more drama and getting your fix.

People in Drama tend to be incredibly judgmental. They will tell you about how other people, including you, are doing things right or wrong. They know the right way to do things, the right way to act, the right way to feel. Of course, being *right*, for them, means copying how they behave.

They are easily offended, often wronged by people, and believe that they are better than most others are, even if they don't openly say it. They will find fault in those people who are more successful than they are. They see them as competitors. Criticize Drama people at your own peril. They will argue with anything you say, if it threatens their identity.

I was having a discussion with a friend, Val, who is a musician, and she was telling me about the cutthroat world of the music industry. This discussion stemmed from her recent experience where she got hired by a band to replace their lead singer for one week while she was away.

The feedback she got while singing with that band was amazing. Then the lead singer came back, and she hadn't heard from the band again. Her story was that the lead singer must've heard about the feedback, and cut off ties, so that Val couldn't replace her.

"This is how the industry is," she said. "They use you and let you go. They take advantage of you. They step over you. It's every man for himself."

Notice that she has antagonists in her stories: the music industry and the lead singer in the band, in this case. The drama unfolds because something good happens and then it gets taken away from her. It's not her fault. She's doing the best she can. It's the other people with their beliefs and attitudes and jealousy. They need to behave

better. They can all learn from her.

I smiled as I listened to her story, and then said, “Wow, you’re a real bitch.”

She looked like I’d slapped her. “What are you talking about?” she asked.

“You use people, take advantage of them, and step over them,” I told her. “You just said so.”

She shook her head. “Not me. Everyone else.”

“Oh,” I said. “So just your friends are jerks then.”

Again, that look as if she had just been attacked showed on her face.

“No, no, no,” she said. “My friends are great. They help me out all the time.”

“So, wait. In just a few seconds, we’ve gone from everyone in the music industry being a jerk, to just the people you don’t know.” I gave her a moment to take that in before I continued. “What if there are way more people in the industry that are willing to support you? And what if it’s just your belief, that these people won’t support you, that keeps you from finding the people and opportunities you need in order to move forward in your career?”

As a belief shifter, one of the things I enjoy most is watching those beliefs shift in the eyes of another person. We worked on that belief and a few others, and then an interesting thing happened. Val was used to getting one gig a week. Over the next month, she got over a dozen gigs. People had suddenly become willing to help and team up with her, including the band she had complained about. You can see how that drama story created one result, and shifting it created a completely different result. Val didn’t change what she was doing, but the people around her seemed to change.

Also, this didn’t get her out of her drama genre—just one particular story about drama. Remember that your genre can contain dozens, hundreds, or even thousands of stories. Every time you add a story to your genre, it helps to anchor yourself into it.

## **Documentary**

If you can get out of Drama, you reach what I call the documentary genre. I use this term only because most documentaries bore me, while some create mild interest, and a select few are engaging. Imagine a nature documentary where the narrator describes a day in the life of a cougar. Sure, there are some highlights, but a cougar essentially repeats her day over and over.

Moving from Drama to Documentary can be difficult because many people love drama. That's why TV dramas do so well. When you come out of Drama, to a situation that can be boring or just unchanging, you may be tempted to drop back to Drama.

I like to travel, and by travel I mean that I will go away and live in another country for six months to two years. When I get back, I like to get together with friends and catch up. There are those who will have interesting stories to tell me, and there are those who will tell me, "You know. Same ole, same ole."

The latter are in Documentary. There is little to no drama in their lives, but they're somewhere between bored and cheerful, in a repetitive, sometimes monotonous, life. Many are content to live this way. Most don't want to change it because it works for them. They are not in fear. They are making enough money to be comfortable. They enjoy the drama of other people's lives without getting involved in it. They probably vacation once or twice a year. They can live vicariously through other people while happily keeping their lives the same. Yes, they have ambitions, but they tend to keep them small; because, "Why rock the boat?"

In conversations with these people, I tend to get bored because I operate somewhere between the Comedy and Prophecy genres. Someone in Tragedy or Horror will likely be envious of these people while someone in Drama will judge them for not trying to do more with their lives. Remember, a Drama person will be trying to change their life, but other people and things keep stopping them. Notice that the judgement that Drama people have of Documentary people, will

keep them from easily moving up to Documentary. They can still make a leap straight to Action/Adventure though.

## **Action/Adventure**

In this genre, which I'll shorten to Action, your attitude becomes profoundly different. You have more enthusiasm for life. You create situations that exhilarate you, without the dramatic component. You take action. Adrenaline junkies and serial entrepreneurs live in this genre.

Successful people tend to live in the action genre. You don't react as negatively to failure as people in other genres, and are willing to fail multiple times in order to get that adrenaline rush of success.

Action people care less about what other people think of them. The thrill of the adventure is far more important. Sameness is torturous for Action people. You always need something new, something different. This becomes an issue if you do not have adventures or successes often enough. When you cannot feed your addiction, you act out in frustration.

Just like those in the horror genre are not necessarily in constant fear or terror, those in the action genre are not necessarily climbing mountains or closing million dollar deals. Your goal is to create an experience, whether it's a success or an adventure, and then create a better experience. Your joy in the completion of the experience is often short-lived, as the need to create a new experience manifests quickly.

When I was nineteen, I had a discussion with my friends about who had it right: the people who I now identify as being in Documentary, or the people in Action. My friends and I were all in Action.

Our argument was that the people in Documentary, while having what we considered boring lives, all seemed to be happy. We, on the other hand, were never content for long. In the end, we decided that

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even if being in Documentary created a more long- lasting happiness, we couldn't do it. We loved our adventure.

Now, as I look back, I see that our higher frequency genre resulted in higher frequency outcomes for us. Also, it has now been shown that sameness has a bad effect on the body neurochemically. It actually causes your body to deteriorate faster.

In the spiritual lessons that I've learned, a common theme is that we are natural creators. We want to learn, grow, and achieve higher levels of awareness. All these involve change. It appears that we have developed bodies that express our natural need for change and growth.

### Comedy

This genre could, more appropriately, be called the *Fun and Games genre*, but I'm working with a story metaphor, so give me some leeway. This is comedy where you are laughing with everyone, not where everyone is laughing at you. But those in this genre, who get laughed at, will often see the joke and laugh at themselves as well. Here, you enjoy being silly, playing games, and not taking life seriously.

In Comedy, you often get accused of not acting your age. Good for you. Your level of joy is so high that you attract people and things to you: supporters, fans, resources, money, even haters. You have moved past a level of "need."

Whereas when you're in Action, you see life as a series of challenges, in Comedy, you see life as a series of games. You can go on the same adventures as those in Action and achieve similar results. However, in Comedy, you stay in happiness more often along the journey, rather than just at each achievement of success.

In Comedy, you uplift others. You have little to no judgment, and because of this, you do not put people down. Because of the level and nature of this genre, bad things don't happen to you that often. When they do, you tend to shake it off much more easily than others and move on.

People in lower genres than Comedy will be either jealous or inspired by you. When they are jealous, it is because the level of happiness and joy they see in you goes against the reality of the genre they're trying to live in.

People in lower genres tend to look at happiness as an illness or anomaly. When around a person in Comedy, they will ask questions like, "What drugs are you on?" They have a hard time believing that this state of being can be normal, and they believe that it is definitely not sustainable. The truth is the exact opposite, however. When you achieve the comedy genre, the energy of happiness and playfulness sustains you through your life and adventures. You wake up each morning looking forward to the day ahead. You spend each day joyfully creating new adventures as you go, and you attract other people in the comedy genre to spend it with.

## Prophecy

At this level, you truly embrace being the *author*, and determine what's going to show up in your life. You live in a high level of joy, making life a complete game. Knowing that your character can get through any situation because everything is a game, you decide what new adventures to send him or her on, as well as what the results of the game will be. You are not controlling every aspect of the character's life. How things show up is still a mystery. That's part of the fun but the fact that things do show up is certainty as far as you're concerned. The stories you create are ones like: "My businesses always succeed"; "I have deep, loving relationships"; "Money just shows up when I ask for it." They are not always specific, but they always show up powerfully.

When you're in the prophecy genre, you have very few ups and downs in your life. You're mostly up. You accept total responsibility for the content of your life, never blaming people or circumstances for what happens. In your mind, you are creating everything: the good, the bad, the challenges, and the victories. You know the Universe has



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your back and will create whatever you intend. If something shows up that you didn't intend, you know that it's coming from a subconscious place, and that you just need to edit your beliefs. You exist in intention, and are willing to take any action to get to your goals.

Nelson Mandela, Alexander the Great, Catherine the Great, Steve Jobs, and Oprah Winfrey are examples of people who live or have lived in the prophecy genre.

Being in the prophecy genre puts you in a state of creating *miracle* healings, but you will know it is all just intention. People at lower genres will call you lucky. Many will use expressions like, "I don't believe it!" in the face of the reality you create; because, even in seeing it, they will cling to their current stories.

Steve Jobs attained a prophecy genre level, which people dubbed the "reality distortion field." He decided he wanted something, and it would be created. Notice that he was not in the belief that he had to create everything he wanted by himself. He just set the intention, and let others create it for him.

Your goal is to get from whatever genre you are in to Prophecy. You do not necessarily have to go genre by genre to get there, but notice and celebrate when you do. Going from feeling useless (Tragedy) to living in fear (Horror) may not seem like an improvement, but you are engaging in life more than you were. It can be hard to move up when you're in a lower genre, but I found that as I help people step out of the various stories that hold them in that genre, magical change occurs. My advice to you is to play as much as possible.

## Romance

While writing this book, a friend asked me where the romance genre was. Romance can occur in any of the genres, but notice the type of romance that gets created in a particular genre. Romance for a couple who are both in Horror, for instance, is co-dependent. Those in Drama are, of course, dramatic. Comedy romances are playful, light, adventurous, and evolving. When choosing a romantic partner, make

sure you see what genre they exist in. A Drama person could choose a Tragedy person because trying to save them can create drama. Do your best to choose people at Documentary or higher.

And speaking of saving people, let's look at the archetype you have created for yourself. How do you define yourself? What's your role in the world? You'll find out in the next chapter.

## Chapter 4

### Your Archetype

Are you the hero? The giver? The underdog? What archetype have you created for yourself? Some archetypes relate directly to the genre you're living in; others can exist in any genre. I'm going to show you some to see how being an archetype can lock you into a specific reality. You may have more than one archetype, and you may slip into an archetype for a specific environment such as work or family, but people tend to have one or two dominant archetypes. Notice which ones are yours.

#### The Hero

The Hero, or the Saviour, is a common archetype. The Hero's mission is to save the people around them. While this may seem like a great archetype to be, it comes with a large flaw. In order to be a Hero, there must always be people to save.

In relationships, Heroes tend to look for Victims. Their role and sense of value in a relationship comes from saving their partner. If a Hero gets into a relationship with a non-victim, they may feel useless or unappreciated simply because the partner is not giving them any reason to be saved. If a Hero is with the Victim and manages to save them, then the relationship is doomed.

I was the hero archetype for a great deal of my life, and I would find Victims, and date them. My success rate in saving them was quite high, which ultimately resulted in them dumping me.

In other areas of life, the Hero seeks opportunities to save others. Heroes will find themselves in dysfunctional jobs. They will surround themselves with friends who have problems. And they will be on the lookout for any people with problems when they're out socially.

Heroes will often see problems where they don't exist. Have you ever had someone insist on trying to help you when you didn't need help? That person was probably a Hero. Heroes need to be seen as heroes. It is not enough to just help others; they get their fix when that help is acknowledged.

Many Heroes did not feel needed in their childhood and are searching for that need now.

## **The Victim**

The Victim, strangely enough, does not want to be saved. When the Victim becomes saved, they lose their archetype, and thus, their identity. In relationships, Victims seek out Heroes, and try to create a symbiotic relationship where they keep finding situations to be saved from. If the Victim runs out of things to be saved from by that particular Hero, then the Victim will end the relationship, create more issues to be a victim of, and create another relationship with a different Hero, or possibly return to the old relationship to be saved again.

Victims never believe that they are the cause of their circumstances. It's their parents. It's the government. It's the economy. It's that guy at work. It's their car. It's the stupid shoes. It's always anything but the Victim.

While Victims will say that they want to be saved, many will actively resist being saved. When you present a solution to their problem, they will say it won't work, or they've already tried that, or the solution doesn't work for their particular problem.

Some will give the appearance that they are trying to better themselves. They will seek counselling, get coaches, or take courses, but they will ultimately complain that these did not work. They want

## *Your Archetype*

you to see that they're doing their best and that they're not sitting in victimhood, but life is still against them, so it's not their fault.

Victims were often blamed for things they didn't do in their childhood and are still stuck in that story.

### **The Giver**

"I give, and I give, and I give, and what thanks do I get?"

This is the Giver's motto. Please note that that I'm not saying that giving is a bad thing. Many coaches use the expression, "Givers get." However, when you identify yourself solely as the Giver, then you don't get. You only give.

I met a Giver at one of my workshops. She was tired, looked older than she was, got sick a lot, had no money, and had many friends that depended on her—mostly Victims.

When I asked her about her situation, she told me that she was taught to give. "It's better to put others before yourself." When people needed help, she would give it. When people were sick, she would take care of them. When people needed money, she would give hers.

She would help even though she was sick. She would help even though she was exhausted. She would give money even though she barely had any for herself. In her mind, this made her a good person. Ignoring anyone so that she could take care of herself was selfish. It was sinful. Now, she was an extreme case, but many Givers will complain about how much they give and how little they receive.

For them to receive a lot, though, would no longer make them Givers in their minds; so, even when opportunities come up to receive, Givers tend to let them go or not see them.

### **The Gainer**

On the other side of the spectrum from the Giver is the Gainer. Things just fall into the lap of the Gainer. Gainers cannot see how it

can be so hard for people to make money or find opportunities. It's so easy for them, yet they're not quite sure how they do it, so their "advice" falls on deaf ears of others.

Person: I don't have enough money.

Gainer: Why don't you just go make some?

Person: How?

Gainer: There are a lot of opportunities out there; just grab one.

This seems incredibly simplistic and unhelpful to someone who is not a Gainer, yet this is how Gainers function. If they need something, it just shows up.

## The Underdog

The Underdog is a romanticized archetype. Many people pride themselves in being an underdog. You see movies about underdogs; you watch their struggles, and you watch them overcome obstacles, and at the end, they defeat the overlord, they gain success, they win the romantic interest, and they live happily ever after.

It sounds amazing, but when you think about it, the character is only the underdog until the end of the movie. At that point, the character has become a success. So, in order to remain the Underdog, you cannot get to the end of the movie and become successful. You must remain in struggle, and any time you start to become successful, you have to sabotage it.

I have seen only one person remain an Underdog and make it work. That is JT Foxx, who brands himself as *The Underdog Millionaire*. Now, he has redefined what underdog means in his story. And while he was successful at this, I recommend simply not being in an Underdog story.

## **The Overlord**

The Overlord expects everything to be done for them. By being in this reality, this usually happens for them, but when it doesn't, they go into reaction. Overlords get small fixes every time their orders are obeyed. They go into withdrawal whenever this doesn't happen. In this state, they become angry, defiant, and complain a lot.

Overlords expect everyone to see the world the way they do. They also expect everyone to acknowledge their importance. Again, when this doesn't happen, they go into withdrawal in which they can throw a tantrum or do something to display their importance. Many Overlords don't realize that they're Overlords. They just can't fathom why other people don't see it their way, because they're obviously right.

Overlords are often the product of coddled children whose parents think they can do no wrong. By being the servants of the overlord during their formative years, the parents helped the Overlord create the belief that this is how the rest of the world will and must behave.

## **The Guru**

It's nice to be able to teach people, but the Guru needs to teach everyone. They have valuable wisdom, and they *must* share it. The Guru can sometimes be called the preacher, telling you what is right and what is wrong, and educating you on the ways of the world, whether you want to learn or not.

I was in a spiritual discussion once when a man arrived in flowing robes, deliberately late in order to make an entrance, with a beautiful woman on his arm, dotting over him to show his importance. In this particular group, we would bring up a topic, and people would share their points of view about the topic, so that we could all get different perspectives.

On this particular day, however, the Guru had much to teach us, speaking in a tone that was more announcing than discussing, and not coming from an "I believe" point of view, but from a "this is the way it is" point of view. Many of the things he said were quotes of famous gurus, spiritual leaders, and philosophers. I recognized them from my studies.

What he didn't seem to perceive, because he was in his own story, was that his presence was more annoying than inspiring. And, of course, he did most of the talking. My favourite part was when he quoted, "He who talks learns nothing. He who listens learns much." I couldn't help but laugh at the irony of the statement based on who was talking.

Many Gurus need Followers so that they can get their fix. The more often they are sharing their wisdom, the better they feel. When Gurus are unable to teach others, they become anxious and restless.

I have to admit, I was a Guru for a good part of my life.

## **The Follower**

The Follower lives in a place of low self-esteem, always looking for a Guru or Celebrity to guide them. While I ascribe to the philosophy of always having a coach, the follower depends upon his coaches, leaders, celebrities, or gurus, not only to learn from but also to make decisions for him. Followers don't like to make decisions on their own, and will seek advice before they take any action.

Followers can be highly intelligent and highly capable, but they don't believe so. Followers can pretend to be Gurus, parroting back to others what they have learned from their teachers, but I found that Followers seem to learn the lessons intellectually, but they don't embody them like the person they learn from.



## **The Celebrity**

The Celebrity loves to be the centre of attention and will do whatever it takes to get that attention. Celebrities require constant praise. When they feel they are not getting enough, they may say something negative about themselves so that the people around them will disagree and give them just what they need.

Celebrities often paint a better picture of their lives than they actually are, so that people will admire and look up to them. Celebrities will have large reactions to negative criticism. They don't like being alone, and they tend to surround themselves with givers, heroes, and followers.

Celebrities can have Celebrity friends, but there is often the power struggle, visible or not, as to who the top dog is.

It's easy to spot Celebrities in high school. I call them the popular kids, or the *in crowd*. After that, however, it can be harder. Just because someone is a famous celebrity, doesn't mean that they are the Celebrity archetype. Many famous people have reached that status from being the Comedy or Prophecy genres. In doing so, they have created fame and fortune for themselves, not out of ego, which is where the celebrity functions, but out of intention and connection to Source.

## **The Ghost**

Ghosts are the unseen and the unnoticed. Some enjoy this, while for others, it's incredibly frustrating. The Ghost can be the result of a child being constantly criticized or put down by their parents. They make themselves unseen for safety. If no one can see them, no one can criticize them or attack them.

On the other hand, children that felt ignored by parents can also become Ghosts, taking the story from their family life into the rest of their lives. These are the ones that hate being Ghosts, but they are stuck in that story and don't know how to get out of it. These Ghosts,

at some point, cross-wired being ignored with being loved. As much as they constantly want to have attention, they are only truly comfortable when they are unnoticed or ignored.

A variation of the Ghost is the Outsider. Outsiders can be seen but not accepted. They want to join groups but don't know how to approach them. They often feel like they aren't seen when, in fact, others are just waiting for them to engage. They cause others to buy their story so that they are marginalized in interactions. Even when accepted into a group, Outsiders feel that they don't fit in and are just being tolerated.

## **The Enforcer**

Knowing what is right and what is wrong is the job of the Enforcer. Unlike the Guru, who tries to teach you "for your own good," the Enforcer believes that they are serving the greater good by getting everyone to behave properly. They are addicted to control, and believe that they're morally right in every situation. Enforcers are incredibly judgmental of other people. They will always point out when people did something wrong, when they feel people are undeserving of what they have, and when people are not behaving the right way.

It's very difficult to change the mind of an Enforcer because they already have the world figured it out, and they hate to be wrong. Lacking an ability to learn, except from their gurus, Enforcers can only achieve limited success in their lives.

One of my best friends is an Enforcer. I refuse to get into a car with her because, in her opinion, no one else on the road knows how to drive properly, and she gets very angry with them. She will often criticize people in her profession. Those above her, that she doesn't like, should not be there because they were either just lucky, worked the system, or just knew the right people. It was never because of their talent, and she is quick to point out where they lack talent.

Some Enforcers were punished for breaking rules when they were children, and now seek to show that they can follow the rules and

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enforce them. Others saw siblings not get punished for breaking rules while they diligently followed them, and now seek to right those wrongs through other people. Still, others had right and wrong drilled into them by authority figures. All Enforcers were judged by authority figures, typically their parents, and now judge others in return. Judgement is the crux of their lives. They often cross-wire love with judgement, believing that getting the correct judgement from someone is the same thing as receiving love.

Enforcers at the highest level become Conquerors, attracting others to their beliefs of right and wrong, and starting movements or wars. These ultimately fail because they are based in judgement and cannot hold up under awareness.

### **The Rebel**

Rebels come from the same origin story as Enforcers. They reacted to their childhood in a different way though. Rebels reject authority, and when told one way to do something, they often seek a different way to do it, or a way to avoid doing it.

Rebels still seek love and tend to have the same cross-wiring of love and judgement. The good judgement they seek, however, is from those witnessing their rebellion.

### **The Loner**

Loners are much like Ghosts, except that they choose to be alone rather than just not be noticed. Loners may say things like, "I get to do what I want, when I want, without having to answer to anyone." While there is a physical truth to this, what they're really saying is, "I am avoiding the judgments of other people."

People in higher frequencies don't avoid judgments; they just don't let judgments affect them. There's nothing wrong with being alone, and those who can be alone for extended periods of time

demonstrate the love of themselves. However, being alone so that you can be free, implicitly says that you don't feel free and that you are trying to create conditions to achieve freedom.

## **The Problem Solver**

I've met a lot of people that are proud to be Problem Solvers. The big flaw for this archetype, like the hero, is that in order to have a sense of value, you have to continually create problems.

A Problem Solver who cannot find problems to solve, through work or other people, will generate problems in their lives in order to compensate. Extreme Problem Solvers create problems for themselves regardless of the problems they have to deal with in other situations.

## **The Gamer**

The Gamer loves to have fun. This can be expressed in many ways, but all Gamers are generally in a happy, playful state of being. They look at the tasks of life the same way they look at playing a game. They enjoy doing a task just like playing a game, so it's about the doing, not the completing.

Gamers go into less reaction when they are embarrassed or made fun of by others, and will often join in the joke. Many are perceived to be lucky because things tend to go their way a lot. This is from a combination of effects. When things don't go well for them, they don't complain about it as much as others do, which results in others thinking that bad things don't happen to them that often. Their positive energy causes positive things to be attracted to them, so successes are often greater than for someone doing the same thing at a lower frequency. And their perspective of life in the world allows them to see opportunities that others don't, and take chances that others won't, all of which gives the appearance of good luck.

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Remember that good luck is what people in lower frequencies say happens to people in higher frequencies, so that they can stay in their frequency and not have to change.

### **The Prophet**

The Prophet is beyond good and bad, right and wrong, and simply goes with the flow. Things show up for the Prophet. She sets an intention and then allows that intention to manifest into reality through her actions, the actions of others, or simply the magic of the Universe. She has few strong reactions to events, even unexpected ones. *A Prophet* looks at other people from a place of understanding, not judgment. She knows that when other people judge her, that judgment comes from what is going on inside that person, and has nothing to do with her personally. Prophets will receive criticism with little reaction; they'll see what's true for them in that criticism, and make adjustments if necessary. Being above the Gamer, the Prophet exists mostly in a state of joy. She still has her ups and downs, but they are nowhere near as great as those in lower levels.

### **Other Archetypes**

There are other archetypes, and you may identify them in yourself or those around you. Take a moment to understand what the benefits of living in the various archetypes are to those people. See how their actions and reactions make sense in the context of their stories, and understand that they are just trying to keep their realities safe and stable.

So, now that you've identified your archetype and are deciding whether or not you want to change it, let's look closer at what I've been alluding to in each archetype: your purpose.



## Chapter 5

### Your Purpose

You've established your backstory, picked a genre, and decided your archetype; now it's time to acknowledge what your purpose is. Some people have purposes in line with their archetype. The guru's purpose is to teach. Others have a purpose independent of the archetype, which can help or hinder them. An Underdog may seek to become a community leader, but he spends his life trying to fulfil that purpose, because he won't leave the underdog archetype. These are all explicit purposes. People also have purposes that they're not consciously aware of, but of which are vital to them. These are implicit purposes.

#### Explicit Purposes

"I heal people."

"I create visual art for business."

"I try to save species from going extinct."

"I protect others."

"I create new games for others' enjoyment."

"I'm saving the world."

#### Implicit Purposes

"I'm not going to end up like my mother."

"I'm going to be better than my parents."

"I'm never going to be hurt like that again."

“I’ll prove I’m not who they think I am.”

“Everyone will love and admire me.”

You may notice that most purposes have to do with your relationship to other people. When looking at your purpose, the first thing you want to ask is, “Am I coming from Ego?”

How do you see whether this is true? If you are comparing yourself to others, you are coming from Ego. If you want to be seen a certain way by others, you’re coming from Ego. If there is any judgment about yourself or others, you are coming from Ego.

The purpose I see for everyone is to observe your experiences. Period.

When you start to become conscious, instead of letting life happen to you, you start make choices about your experiences. You can choose perhaps Drama, Action, or Comedy, and Source will bring your choice of experience into reality.

Given all the choices for the purpose in my reality, I like to stick to one basic one: observing my experiences. With this purpose in mind, anything can happen, and I’m still in my purpose. You may say, but wouldn’t being happy be a good purpose?

Happiness has a polarity, which means it has an opposite: sadness. If I choose happiness, then when I’m not happy, I feel like I’m out of my purpose, which makes me more unhappy. You can see the problem that creates. Whenever you are not in your purpose, you feel like you are doing something wrong, which creates a negative experience, which often takes you further from your purpose.

Imagine someone who wants to be a singer, and they are happiest when they are singing. This person currently works a 9 to 5 job. Whenever they are at their job, they’re not happy, because they’re not out singing. They feel they are not fulfilling their purpose. Whether they chose singing as their life’s purpose or happiness, neither of those things are working.

I’m not saying you shouldn’t be happy. I’m saying, from the point of view of Source, that happiness is just one emotion, as valid as any other emotion. If you want to enjoy this life, you want to be happy as



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often as possible. It's just not wrong not to be happy. It's also not wrong to be sad or angry or scared, so there's no need to judge yourself when you feel these emotions. You just need to process them and let them go.

I've found that when I am in *observer mode*, it's easy to stay calm and in a feeling that I can only describe as serene.

In observer mode, all the emotions are valid. You don't want to stay in the negative emotions for long periods, but you don't feel any wrongness when they come up in you. This keeps you from ignoring or suppressing them, both of which don't allow the emotions to process. When you don't process your emotions, they will come back for you to deal with at some point.

I once got off the phone with customer support (I don't remember which company I was talking to), and I was angry. For a moment, I told myself to stop being angry, but then I stepped into observer mode and just let the anger come out. I went to see my friend and complained about the call. I walked around the house, replaying it in my mind, and feeling more and more anger come up. At the same time, however, I felt detached and could see myself being angry. This detached part of me, the *observer*, the real me connected to Source, was not angry—just observing. This observation in no way diminished the feeling of anger that my body was experiencing. And the observer could see that I wasn't only angry about the phone call. By allowing myself to be angry, with no sense of wrongness in it, and not going into an unconscious anger where anything could trigger me, I could see that anger from other times in my life was being released along with the anger from the phone call. In just under an hour, the anger dissipated. Not a trace of it was left.

This is what happens with emotions when you are willing to be with them. They will process through you and eventually dissipate or transmute into joy. Many people have been taught otherwise. Men, especially, have been taught to suppress their feelings and push them down. This creates emotional and physical problems. Emotions that you push down eventually have to come out. When you think about how your intentions create reality, then you will realize that a thought

of pushing an emotion down will cause you to take the energy of that emotion and push it down into your gut. As you continue to do this over and over, that energy builds up and it also stagnates. If it is not released in an emotional outburst, then it manifests physically. Suppressed emotions can lead to abdominal or digestive issues, problems with the bowels, hernias, or even cancer.

So now, when intense emotions come up, I find myself both experiencing them and observing them. The more I do this, the more I associate myself with the observer rather than with the experiencer, the *author* rather than the character. Again, this doesn't diminish the experience, but it removes the belief that those experiences can actually affect me, because it is so much easier to see that I am not my body. I am the observer, using my body as a vehicle to have experiences. Whenever I achieve this state of being both the observer and the experiencer, I am enveloped in a feeling of joy, even if the experiencer is experiencing negative emotions. It may be hard to understand if you haven't been through it, but I encourage you to try it.

Starting from this choice of purpose of being an observer of experiences, I pick priorities in my life that are important to me now. Priorities can change during my life, but my purpose doesn't. Many people confuse priorities with their life's purpose. Although a priority may last a lifetime, as it does for some, it often changes over time from person-to-person. People who make the mistake of thinking that once they've chosen their life's "purpose," they must stay in it, can find themselves becoming unhappy when their priorities change.

Most people choose a priority based on what makes them feel safe (and feeling valued by others makes us feel safe). Note that observing things doesn't involve safety, nor does it involve interaction or approval of anyone else. If you think back to my VR model where you're playing the game, knowing it's not really you, you will do things that are less safe. You will do things to get you to those next levels. You will interact with people in this virtual world, make friends, form alliances, help others, and discover who is against you, but you do not really care what they think of you, except for how it furthers the game.

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You don't take their opinions personally. You are too busy enjoying the game, and you know that you are the only real person in the game.

Now you gain points in this game by creating: creating wonderful experiences, creating meaningful friendships, creating value in the world. And how you play the game determines how much you create. The unfortunate thing for most people is that they try to make it to death by being as safe as possible. That's really not much of a journey, and not much of a fun game. They're so busy trying not to lose life that they're not enjoying playing with that life.

You see people all the time in jobs they hate, in an unsatisfying marriage, with a mortgage they're trying to pay. If they can make it to retirement, they feel they've won.

For many people who retire, however, their game is now over. When this happens, health, finances, and relationships can all start to deteriorate. The word, *retire*, has many meanings: to give up, to go away, to recede or disappear, to remove from circulation. Look at these definitions, and think about how that looks when you apply them not just to your life, but also to you in your life. In my VR model, you lose interest in the game, you don't really care what happens to your character at this point, and you really can't wait for it to be over.

If you want to create a magical life, you have to decide not just to exist, not just to get by, and not just to function until a certain age. You must decide to learn, grow, challenge yourself, and have fun until the day you die. That creates a fun game and an amazing story.

If you can agree with me that explicit purposes are really priorities, then we can look at implicit purposes in more detail. Many implicit purposes happen at a subconscious level, but you will find yourself stating your implicit purpose in conversation.

Let's look at the first example. "I'm not going to end up like my mother."

There are a few issues with this purpose when you look at how the subconscious works. The subconscious focuses on the general concept, without the conditions and positive or negative connotations. So, in this example, what the subconscious focuses on is "end up like my mother."

Furthermore, when you are focused on ending up like your mother, or not ending up like your mother, you are not focused on being you. You're so focussed on what your mother is, you barely consider who you are.

Finally, your subconscious doesn't separate the positive and negative traits of your mother, so by rejecting your mother, you can end up rejecting traits that will benefit you.

If you were to simply delete this purpose, then your life is no longer dependent on your mother in anyway, positive or negative. You become free to be you.

When you look at the last example, "Everyone will love and admire me," the first thing to note is that this is an impossibility. Not everyone will love you. Many people will not even know you. As such, you will always be out of harmony with this purpose and therefore unhappy.

You may get your fixes from people that do admire you, but it will never be enough, because it is not *everyone*.

You will also go into reaction whenever you encounter someone who doesn't love and admire you, and a huge reaction if someone hates you.

Again, this priority ties your happiness to other people, and the best way to deal with it is to just delete it.

Are these priorities easy to delete? It depends on the priority and how deeply it is ingrained in the person.

When you create a priority, you make it define who you are. You believe that deleting that priority means deleting part of you or, in some cases, your entire reason for being. This is why you need to see the world through my VR model. Changing the priority mid-game doesn't change the gamer, only the game. Deleting priorities doesn't delete any part of the real you. As for the character, yes, this will change the character, but what shows up in the character's world is based on who the character is. For different things to show up, the character has to become different. Your ego can tell you not to change because you may lose yourself. The truth is you lose the crap so you can rediscover yourself.

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I've been talking a lot about not caring about not creating priorities around other people, but dealing with other people is inevitable. They are the supporting characters in your stories. To see how they can enhance or detract from your stories, read on!



## Chapter 6

### Your Supporting Characters

#### The Dance of Stories

Stories are contagious. You can pick up someone's story through continued exposure to them, the same way you pick up stories from your parents. But you can also pick up stories just by hearing someone speak, or even being near that person.

I once attended a weekend workshop. At this workshop, a man from out of town attended. Let's call him Luke. I noticed him right away because he was the awkward Outsider. Having grown up in the story of being the awkward Outsider, I now lock on others that are still in that archetype. Usually, I make sure that they feel more at ease by talking to them, bringing them into conversations, and encouraging them to participate in activities. I did not do any of these things with Luke. I watched him being awkward. I watched him being ignored by others, cut off in conversations, and wanting to join groups but being too nervous to in many cases.

I didn't even notice that I was doing this until the end of the weekend, when I was standing next to Luke, packing our things up.

"I learned a lot this weekend," Luke said. "And I hope they do it again next year. That way I'll be part of the group, like you, and not an outsider."

"What are you talking about?" I asked.

"Well, you all knew each other," said Luke. "I could see that."

"I'd never met anyone here before this weekend."

Then it hit me. “Oh, my God. You had an outsider story,” I exclaimed. “And you made me buy it all weekend!”

By this point in my life, I had been doing a lot of energy work, and yet I had become completely overwhelmed during the weekend by his story, because he was so powerfully in it. The moment he felt he could step out of it, because the weekend was over, I stepped out of it as well.

Keep in mind that no one else that had attended the workshop that weekend tried to help Luke step out of his story. He had altered our thoughts with the skill of a Jedi.

You do this all the time. You buy other people’s stories, and they buy yours. And they do not even have to be in the same room. Your control of reality is not limited by time or space.

A decade ago, I was at my sister’s, and I could see that she was upset about something. I asked what was going on.

“I went for an audition for a TV commercial,” she said. “And I don’t know if I got the part.”

“If they haven’t called you back yet,” I told her, “then you didn’t get the part.”

“No,” she said. “I’ve talked to other people that were at the audition. Everyone has been called and told whether or not they got the part. Except me.”

I thought about the situation and then asked, “What’s the benefit in them not calling you?”

“There is no benefit,” she said.

“If there was no benefit,” I said, “then they would’ve called. Now, just ask the question to yourself again, and tell me the first thing that comes into your head.”

She thought about it for a while before replying, “Maybe I’m not ready.”

“What do you mean, you’re not ready?” I asked.

“I’ve just started my new business,” she said. “And what if they schedule the commercial when I have a client. I don’t have many clients yet, and I don’t want to have to cancel on them.”



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"If they schedule the commercial on a day when you have a client, can't you reschedule?" I asked.

She nodded, but I could see that she didn't want to do that. She was worried about looking unprofessional to her new clients.

"What do you do with your clients?" I asked.

"Many of them are looking to create a new image," she told me. "So I take them out and help them find outfits that match that image, and select colours that enhance their look."

(Shameless plug for my sister: If you're a woman over 40 and want to go from invisible to iconic, then google Nadia Baboo, and contact her.)

"So you take them shopping," I said.

"There's more to it than that," she said.

I nodded. I knew there was skill and science to what she did because I had her buy many of my clothes with me. "But fundamentally, you're taking them on a shopping trip, and then applying your skills to give them great value."

She nodded.

"Do you think your clients would be okay rescheduling the shopping trip?" I asked.

"I guess so," she replied.

"Okay," I said. "Anything else?"

"Well, what if I get more commercials?" she asked.

"What do you mean?" I asked

"My husband got a commercial," she told me. "And they liked him so much that they called him back for other commercials. If they want me to do more commercials, what do I do? It pays really well, but I want to get my business going. What if I can't decide which is better?"

And there was a problem. She didn't know if getting the commercial was the good thing or bad thing. And she didn't know what would happen once she got the commercial. So the best solution for her was to remain in limbo.

"It's your business," I told her. "If they offer you more commercials, you don't have to take them. If you take the commercials and they conflict with your clients, you can reschedule. You're in

control of the decisions, and you can build your business as quickly or as slowly as you want. There doesn't have to be a conflict. Okay?"

I watched her process the information for a little while before she nodded. I felt the shift occur.

"So, is it okay if they call you?" I asked.

"Yeah," she said. "It's okay."

And then the phone rang.

I smiled. "Pick it up. It's them."

She looked at me, disbelieving, as she answered the phone. When she finished, she told me, "I got the part."

Her belief blocked the agent from thinking about her. When she let it go, the agent suddenly remembered that she hadn't called my sister, and made that call.

You are a powerful being, and the stories you create are just as powerful. The only thing that restricts you from creating any reality you want, is the beliefs and stories you are holding onto that say you can't.

## **Co-Authoring**

It's been said that the best way to get what you want is to help other people get what they want. However, if you can create anything you want just by having the right stories, then why do you need other people?

Remember that stories are contagious. Stories also support each other. This can lead to great effects, whether they seem good or bad. For instance, a mob mentality can start from a single person acting from fear. The people around this person buy her story, the combination of their stories affects even more people, more intensely, and soon an uncontrollable mob acts out.

If you look at this from another angle, suppose you help someone. They appreciate your help, and want good things for you in return. They now have a story about good things happening to you emanating from them and affecting the people and things around them. You may

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give amazing service to someone or support their endeavours or go beyond what is required in a job or venture. All these things will create co-authors for you energetically and possibly physically. Now you help another person, and another. If you've helped a hundred people, that's a hundred stories people have that good things should happen to you with a portion of them physically helping you out. You can imagine the effect that will have on your life.

Conversely, the more people you treat badly or take advantage of, the more people there are creating stories that bad things should happen to you. Now, on the surface, this looks like bad people will get the justice they deserve, fairly quickly, but keep in mind that just because they are bad people, doesn't mean that they don't have co-authors. People in power can stay in power by having enough people below them believing and supporting them.

There is a caveat to this. Even with hundreds or thousands of people creating positive stories for you, if you have a belief that you can't achieve your goals because you're not deserving, or it will be too hard, or it will be dangerous, or you won't be able to trust people, or whatever belief your subconscious can come up with, then you can still refuse the reality people are trying to create for you. And if by chance it comes into being, you will find a way to get rid of it. Think about how over 90% of lottery winners end up back where they were or worse after a few years. They rejected the new reality, and stepped back into their old stories.

### **Authority Filter**

Something to watch out for when creating your reality is the stories of authorities. For my purposes, I'm defining authorities as people in power, people who you view as experts, people who you admire, and the majority.

When deciding whether or not to accept a belief or story, you put information through a filter of your own logic and experiences. However, in the presence of an authority, many people turn off that

filter and easily accept that belief or story, whether it is good for them or not. For instance, it's been shown that, for many people, what your doctors tell you about your health, you accept. Some people have been given placebos by doctors and have gotten better. Others have been given tragic diagnoses and have resisted treatments that may have helped them.

The authority filter does not exist during childhood, which is why it is important to create positive stories and non-limiting beliefs for your children.

My advice to you is to keep your authority filter on at all times, even when talking to me. I once turned off my filter when I worked in corporate.

When I graduated from college, I didn't know about industry standard raises. No one had taught me the rules or the reality. At my first job, I received annual raises at an average of 20% a year. As a result, I quickly rose to a six-figure salary. Then, one day, at a company event, I was talking with some colleagues, and I brought up how much I loved that we received 20% raises each year. They looked at me, stunned.

"What are you talking about?" one asked.

"Our raises," I replied. "I mean, yeah, sometimes it's as low as 15%, but other times it's as high as 25%, but it's 20% on average."

They looked at me like I had two heads.

"I don't know what company you work for," one said. "But industry standard for us is 4%. If you do really well, you can get as high as 6%."

"That's not right, is it?" I asked, looking to the others.

They all confirmed the 4% story, a few bragging about 6%. Now it was my turn to be stunned. I knew what I'd been getting, so how could I be the only one getting these kinds of raises?

The next time raises came around, I got 4%. I had bought their story because, at the time, I didn't know I didn't have to. They *had* to be right, because every one of them confirmed the "right" story. They were the majority. Who was I to question them?

This example illustrates an important point. People who don't know that a certain reality exists can function outside of it in their own

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reality. Furthermore, people who understand that those realities are just stories, don't have to live in the same stories as everyone else. This is how people thrive in a recession, defy odds, and break records.

### **Recognizing When You're in Someone Else's Story**

Have you ever done something completely out of character, and then later wondered why? Chances are that you stepped into someone else's story. Have you ever experienced a headache, or some other pain, for no reason you can think of? That may also be someone else's story.

As a rule of thumb, I always advise you to check if the issue you're dealing with is actually yours or someone else's, before you try to resolve it. Why take aspirin for a headache that isn't yours?

How do you do this? Simply ask, "Is this mine?" If the feeling changes in any way, or you feel the shift in energy, such as feeling a little bit lighter (or a lot), then the story isn't yours, and you can step out. This can be difficult for people, especially if you're not skilled in shifting energy. I help people step out of both recent and long lasting stories, often helping them to figure out who they bought the story from.

### **Fans, Critics, and Trolls**

When dealing with fans, critics, and trolls, the first thing you want to do is identify the difference between criticism and judgment as they're used in this book. Criticism may seem positive or negative to the person receiving it, but it is being presented to help the person improve their skills, happiness, and quality-of-life. There is no emotion in criticism, only facts and analyses from a certain perspective. Judgement is emotional and ego-based. Facts are usually not involved in judgement. Judgements arise when your story supports or defies someone else's story.

When dealing with people's opinions of you, first decide whether what you're hearing is criticism or judgment. If it is criticism, think about whether following that criticism will benefit you. Sometimes it will; sometimes it won't. Be appreciative of the criticism, be grateful for it, and then move on.

If it is judgment, treat it in a completely different way.

There are always going to be people who align with you, love you, and support you. And there will be people who are against you, hate you, and try to bring you down. As you continue to rewrite your life, moving up in genres and choosing a higher frequency archetype, the people in the lower genres will either dislike you more or become inspired by you. If you refuse to grow, so that fewer people will dislike you, then you also prevent other people from being inspired by you.

Many people look at the number of people who don't like them, and shut themselves down as that number goes up. But if you look at the percentage of people who don't like you, versus those who like you as your frequency goes up, you will see that there are many more people being inspired by you, and shutting down is a disservice to yourself and all those people.

There are three ways to deal with judgement. Most people use the first two ways. I'm going to ask you to use the third.

The first way people handle judgment is to reject it. Someone is saying bad things about you. Countering those things seems like the right thing to do. However, what is happening is that they are sending their stories, and therefore their energy, at you. You are then sending your stories, and your energy, back at them. This becomes a battle of egos, each trying to push harder to have their story win. It is draining, and it is often futile, especially when neither will give in.

Note that this doesn't have to apply to negative judgement. People with low self-esteem will reject positive judgements, i.e. compliments. You tell them that they did something wonderful, and they will argue that with phrases like, "It was nothing," or "Anyone could've done it." Again, this creates a push energy between you and the person refusing to receive the compliment.

The second way people handle judgment is to accept it. You do

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this more easily with compliments than with the insults. While taking on the story of someone who thinks you're wonderful may seem like a good thing on the surface, you need to understand that when you do this, you often don't take on the story that you are wonderful. You take on the story that *they* think you are wonderful. When you do this, you must then behave in ways that you believe will keep that person thinking you're wonderful. You are no longer being yourself; you are being what's wonderful to them. This is not sustainable.

If someone insults you, and you take on that story, then obviously, it will be damaging to your life. While it seems like most people will not take on insult stories, think back to the authority filter and how many people leave it off. Negative criticisms from authorities are often taken on because your filter is off.

In either case, positive or negative, you have just handed over control of your reality to the people judging you. That will not turn out well.

The final way to handle criticism and judgment is by doing nothing. Acknowledge the judgment, say "thank you," and then let the judgment go. This is polite to people who are complimenting you, but still leaves you in the story created by you. On the other hand, saying "thank you" to someone who just insulted you, not only keeps you out of their story, but it may also have the added effect of confusing them with your reply, which is always amusing.

## **Needing Other People's Stories**

This can be one of the most crippling things in your reality. When you need other people to have a certain story about you, then you have handed the power you have to create your life and your stories over to them. This is slightly different from managing criticism and judgment, because you are going to other people with a need for approval, rather than them coming to you with their judgments.

Read this quote over and over: "Don't give a crap what other people think of you."

Please note, I'm not saying, "Don't give a crap about other people." It's their judgments of you that you shouldn't worry about. Yes, if they don't like you, they are counter-creating reality with you. But if you need them to have the right judgment of you before you create the reality you want, then you may never create the reality you want.

## **Responsibility**

We are often taught to be responsible in this world. As a result of my experiences, I advocate for the opposite. To explain, I'm going to share my backstory, because it relates to supporting characters, responsibility, and the origin of Energetic Magic, the modality I've created.

When I was 22 years old, I developed rheumatoid arthritis. I spent the next couple of decades suffering from pain, inflammation, and deterioration of the joints. I would spend days or weeks in bed, lying in agony. I refused medication and painkillers because my mom, who also had rheumatoid arthritis, had suffered many side effects as a result of her medication, including becoming legally blind. There was also a period when she was addicted to the painkillers.

The arthritis would go into remission now and then; usually when I travelled overseas. People attributed that to the changing climate when I left Canada. As my mobility decreased and my body deformed, I eventually got to a place where I had had enough.

I asked my father if he knew of any therapies using Eastern medicine that could help me. He suggested a program called Combined Therapy. It was being practiced in a hospital in India, and it had results in multiple chronic illnesses.

So I booked a five-month stay at that hospital and flew to India. The program was not what I expected. I thought a healer would be doing energy work on my body, but this man simply talked to me for two weeks. He also taught me meditation exercises, and how to eat



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and breathe properly, but it was the talking that made the big difference.

We went through my entire life history, and I had to be as honest as I could with him, which meant being as honest as I could with myself. When we were done, he told me what had happened.

When I was eight years old, my mom was very sick, and as this little boy who loved his mom, I decided I needed to help take care of her. I created the belief that I needed to be responsible for my mom. There's only so much that an eight-year-old child can do to care for an adult, but in my naïve little mind, I felt I was doing more, and that I had to do more. Now, since my mom was sick, she couldn't be responsible for my brother and sister, so I had to be responsible for them too. From there, as I grew up, I added my dad, my cousins, and my friends, and anyone else that came into my life. Until I had the belief that I was responsible for them all.

As the man told me this, I knew that I was a responsible person, but I did not believe that I was responsible for everyone in my life. When I told him this, he smiled and said, "You don't believe that at a conscious level. The subconscious believes something else."

"Okay," I said. "Let's suppose that it's true. What does this have to do with my arthritis?"

"You feel you have to be responsible," he said. "But you don't want to be responsible. And when you're lying in bed in pain, you don't have to be responsible. It's your way out. It's a solution for a problem you don't even know you have."

The concept seemed far-fetched to me. It seemed insane that I would create such pain and suffering in my life to avoid responsibility.

"If that's why I have the arthritis," I said, "then from this day forward, I'm not going to be responsible for anyone else except me."

"Do you really mean that?" he asked.

"Yes," I said firmly.

The next morning, I woke up without any pain. All the inflammation had subsided, and I even felt like I could breathe deeper and more easily. The arthritis was gone. Now, the damage was still there, but the disease itself seemed to have left my body.

This is the kind of affect responsibility can have on your body or in your life. Responsibility removes choice. I teach people to create more choice.

You may be saying, “But there are certain things you have to be responsible for: your job, your kids, your health.”

You have to do a good job because otherwise you might get fired. You have to show others you’re a hard worker.

You have to take care of your kids. It’s your responsibility as a parent. They’ll suffer and possibly die if you don’t. Someone who doesn’t take care of their kids is a bad person, and you have to show others that you’re not a bad person.

You have to be responsible for your health. If you just eat junk all the time, you’ll get sick and maybe die.

Now, I ask you, have you ever seen someone goof off at their job? Have you ever seen or heard of anyone that abandoned their kids? Have you ever heard of someone that ignored their doctor’s advice to eat healthy, and ate junk?

These people were not in responsibility—they were in *choice*. You may have judgments about their choices, but they were still in choice. Responsibility has a heavy energy to it. You can feel it. “I have no choice. I *have* to do this.”

Look at what happens when you come at the above situations from choice rather than responsibility.

“I don’t have to do a good job, but it feels good when I do, and I do enjoy getting a paycheck, so I’m going to choose to do this. I know there may be days in there where I can’t give it my all, but there’ll be others where I’m so in the zone that I don’t mind doing extra work. And I’m happy to choose both situations, but generally, I’m going to do a good job at work.”

“I don’t have to take care of my kids, but I love them, and I want the best for them, so I’m going to choose to care for, educate, and guide them. Yes, there are going to be days when I need a break, and I’ll choose to let the babysitter or relatives take care of them on those days, without feeling guilty about it. But overall, I’m choosing my kids.”

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“I don’t have to eat healthy, but I always feel sluggish and tired when I don’t. I’d rather eat things that make me feel good and give me energy. I may choose to cheat once in a while, but overall, I want to take care of my body, and if eating healthy will help with that, then that’s what I choose to do.”

Do these choices feel heavy or light to you? I’m betting they feel light. To the rest of the world, people making these choices look like they’re in responsibility, but they’re actually in choice. The lighter, more positive energy gives better results.

Imagine not getting a babysitter when you were stressed and needed a break, because you felt that you must be responsible for your kids, and you have to act like the responsible parent. There are many people that do this, who have trapped themselves in responsibility. Think about how it will affect your relationship with your kids if you come from a place of, “I really don’t want to be with them right now, but I have to.”

Think about what happens as the amount of times you think that grows and grows, because you refuse to give yourself enough breaks, or any breaks, because you need to be a responsible parent.

The interesting thing about how being in the story of choice works, is that since you’re choosing a thing, you want to choose it more. You enjoy your job and the feeling you get from it, and feel the need to goof off much less. You enjoy the time with your kids and the fun you have with them, and miss them when you take breaks. You can actually enjoy the taste of the healthy food more, because you know what it’s doing to your body. Furthermore, being in choice of healthy food will cause you to discover recipes and dishes that you love, possibly even more than the unhealthy choices.

Being in choice, rather than responsibility, can look the same to other people, but it does not feel the same to you. And not being responsible for others will enhance your relationships with them. Now, to be clear, you need to be responsible for your actions and your decisions, and we’ll talk about that in future chapters.

## **Trust**

One last thing to look at when dealing with supporting characters, is the idea of trust. The way trust works for most people is that you say, "I'm trusting you to do this."

What you are actually saying is, "I'm hoping you will behave in the way that I have decided is right and appropriate, regardless of who you really are and how you show up in this world."

You would not trust a gambling addict to deposit \$10,000 in the bank for you. But you would trust him to gamble it. That is real trust. You trust that the gambler would act based on who you know him to be, not who you want him to be. What if you interacted with everyone the same way?

If you meet someone, and they cheat on their partner to be with you, eventually dumping that partner and dating you, then trusting them not to cheat on you is illogical, because they've already shown who they are. Yet this happens in relationships.

If your friend asks you to lie to someone so that they don't get in trouble, then believing that they have never lied to you is naivety.

Are you starting to see how this works?

Trust people to be who you see them to be. You may see the potential in them to be more than they are. But make your decisions, and see your reality, based on who they actually are.

I have seen many people in relationships become frustrated because, "if my partner could only change a little bit, they'd be wonderful." These people are attempting to have a relationship with someone who doesn't exist, and are wondering why they aren't happy.

Recognize the stories that the people around you are in. Realize the stories that you are trying to create aren't working. Then you will be able to live in greater harmony with the supporting characters in your reality. And yes, you may believe that you know someone, and they surprise you and seem to break your trust. But what that actually means is that you didn't know them as well as you thought, and now you know them better.

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As you can see, your supporting characters can greatly impact your stories, but you're able to screw up your reality all on your own by jumping through time. Time travel, you say? Yes, you do it all the time, and it's the topic of the next chapter.



## Chapter 7

### Past, Present, and Future Tense

How often are you tense because you're stuck in the past, the future, or an alternate version of the present? Let's look at how not being fully present keeps you from writing the reality you'd love to have. We'll start with a trip to the past.

#### Flashbacks

Just like you need to let go of your backstory, there are other stories you need to separate yourself from so that you stop taking journeys into the past. We'll call these journeys *flashbacks*.

#### The Good Ole Days

Some people have amazing experiences in high school, and then go on to live ordinary lives. Groups of these people like to get together and reminisce about "the good ole days." The phrase implies that the current days aren't good, only the old ones. As long as your happiness exists in the past, you cannot create it in the present. When you find yourself wishing that you could go back to the past, then it's time to change your present.

I had a friend who I used to get together with every few months after college, and each time, he would steer the conversation to our high school or his college days. At first, it was amusing, especially

hearing about his college adventures, because I wasn't there for those, so it was new information. It wasn't long before those stories started to get repeated, and I found myself dreading our meetings while feeling an obligation to see him because we had been friends for so long. Eventually, we spent less time together, and now it has been decades since I've seen him.

When you are stuck in the good ole days, and those around you are not, you will soon find yourself alone in those good ole days, or with the select few who have also chosen not to move on in life. You will continue to try to recreate and relive what you have decided were the best moments of your life, rather than create better moments.

The good ole days do not just have to be in high school or college. They could be the ideal job you had, the wonderful relationship, that perfect summer, or another ideal period you've attached yourself to.

## **If Only**

Another way you get stuck in the past is by remembering those points in your life where if you had made a different choice, then your current life would be completely different. You return back to that point in time over and over, imagining what you could've done differently and how things would've proceeded from there. Of course, creating that change is not possible, so all you are doing is creating suffering in the present.

It is also important to understand that you made whatever choices you did because of the story you were operating in at the time. Had you made a different choice, it would've been incongruent with the story you were running. As such, you would've found a way to course correct. So, while your story would have been slightly different, you would still have ended up where you are today.

The solution to avoiding "if only"s is to stay present and appreciate what you have in life now. It may not be as good as things were in the past, in your opinion, but continually flashing back to the past prevents you from changing the present to something better than what existed



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in the past. Also, keep in mind that many memories from childhood are, of course, from the point of view of a child. If you were to experience them now, from your adult perspective, you would have a very different opinion about what happened.

Even adult experiences change as you gain wisdom. For instance, the first time I fell in love, I was nineteen. Her name was Shelly, and she was beautiful, sweet, intelligent, and innocent. She dumped me for another guy, crushing my heart, and sending me into depression for months. At the time, and for years after, I couldn't figure out why she would've chosen the other guy over me. I blamed the difference in religion. I imagined him seducing her against her will. I tried to come up with reason after reason that would help me make sense of the situation. If only I'd been a better boyfriend. If only I'd seen the signs. If only she hadn't met that guy. If only...

Now, however, I can look back and clearly see her reason for dumping me. I was an ass. I made the relationship about me, and about my needs and my ambitions. We spent most of our time hanging out with my friends, not hers. We mostly did what I wanted. And I would often get dismissive or angry if I didn't get my way.

I do not feel bad about this now, because that's not who I am; that's who I was. I was nineteen, arrogant, and naïve. I got what I deserved; but for years, I kept trying to go back to the point where she dumped me, and change that reality. I could not see that no act would have changed the situation because the problem wasn't a specific thing I'd done—it was who I was. I am grateful to her for dumping me, because if she had put up with who I was, I would've learned that being that person was acceptable, and she would've continued to suffer. And now, when I look back at that time, I can look at the good times with happiness, and at the bad times with acceptance.

## **Drama Triggers**

Flashbacks don't have to go back years or decades. You can be driving to work and get cut off by someone, and be stuck in that moment for the rest of the day. You will keep driving, remaining angry at the person, possibly imagining going around his car and cutting him off. You'll arrive at work and tell the first person you meet about what happened, and perhaps the second, and the third. But being angry at the person is doing nothing but causing suffering for you. That guy is not thinking about what happened, and may not have even realized he cut you off. He is happily going about his day, while you are suffering through yours. And think about the duration of the incident: It was probably one or two seconds maximum, yet you are spending hours or even days in it.

Drama triggers often get set off by past experiences or a feeling of losing control. When you find yourself triggered, you want to eliminate the core belief causing the trigger. I help people with that every day.

## **Ever Since**

"Ever since" is an anchor to the past that many people use to get out of responsibility for the life they're creating now. It is the go-to excuse for people in the tragedy genre.

"Ever since the accident..."

"Ever since I got pregnant..."

"Ever since my mom died..."

You may use a significant or tragic event as the starting point and the reason for all your current troubles. Of course, when you blame someone or something for the current condition of your life, you are saying that you have no control over the current condition of your life.

Using one of the above examples, I had a friend whose life had

gone fairly well, and then, suddenly, she lost her high-paying job, had to sell her house, and eventually was living in a shelter. When she told stories of her misfortunes, and even current struggles, she would always begin with, “Ever since I got pregnant with my daughter...”

She was unaware she was doing this, until I pointed it out. She would also fight with her daughter a lot, which I later realized was because she was stuck in the story that her daughter was the cause of the problems. To her, it wasn’t her decision to have unprotected sex that was the cause. It wasn’t her attitude at work that made her lose the job. It wasn’t anything else in her past that created her current situation. It was her daughter.

Another one of my friends complains about her body pains, starting with, “Ever since I fell off that chair...” I’m sure she was injured when she fell off the chair, but now the chair is the cause of her troubles. That fall can’t be erased; so, to her, any subsequent pains, weaknesses, or restrictions are a direct result of the fall from that chair.

## **Past Trauma**

Sometimes a traumatic incident leaves a fear scar, and it becomes your mission make sure that incident never happens again. You look for any signs of that incident appearing in your life wherever you go. You act from a place of fear and safety. You refuse to go places or do things that look like they might match the conditions of the incident. Your life becomes limited and small.

Law of attraction causes whatever you focus on to be pulled to you or created. So, looking for evidence of that incident you are trying to avoid will create the evidence you are looking for.

If you were assaulted and it hurt badly, you would try to make sure you were never assaulted again. The best way to actually avoid further assault is to move past the assault. This is not often easy. Your mind tends to take you back to the assault. You may look for ways to change the past, just like in the “if only” scenarios. But often, people get stuck

in a replay loop of the experience. Remember that this builds chemical and neurological addiction to the experience.

A physical cue in your reality—a sound, a phrase, seeing someone similar to your assailant—can trigger your mind to return back to the experience. Remember, once the addiction is formed, your subconscious wants to go back to the experience, even though your conscious mind wants to move on. This can even result in a spontaneous return to the experience, simply because your body is in withdrawal.

The hardest part for people is the worry that if they let go of the trauma, they let go of their identity. But that's the point. Your current identity revolves around the trauma, so you want to let go of it. Your subconscious may tell you that if you do, then the person who caused the trauma gets away with it, or you have to wait until justice has been dealt, or that you holding onto the trauma is somehow punishing the person—but is your trauma really having an effect on that person?

For many people, it can feel like there's no way out of the situation or you're not allowed to get out of the situation, but I've helped many people start functioning in much bigger, happier ways in their lives by disconnecting them from the past trauma.

## **Being Pseudo-Present**

Sometimes when you're being present, you aren't being present in this reality.

One day I was walking my dog, and he decided he needed to do his business. As I was waiting for him to finish, a lady was walking by us. She gave me a glance and then gave my dog a glance as she walked by. She didn't say anything, nor did she give any expression of approval or disapproval. Yet the incident created a drama trigger in my mind. I played out a scenario in which she told me, "Make sure you pick that up."

Now, I don't like being told to do something that I was already going to do, especially when it's obvious I'm going to do it. So I

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imagined my response to her even as I was picking up my dog's poop. It wasn't until five minutes later that I realized I had spent the entire time arguing with that woman in my mind.

Several factors led to the argument. First, the one I just mentioned, my dislike of being told to do what I'm doing. Second, there are people in my neighbourhood who don't pick up their dog's poop, and I didn't want to be seen as one of them. Third, I love a good argument.

I didn't flash back to the past, nor did I foreshadow a future outcome. I lost myself in my imagination, in a present that didn't actually exist. My body still went through the feelings and emotions as if the argument were real. I was annoyed, and my heart was beating faster. I even clenched my fists. People do this though. Instead of staying present and enjoying reality as it presents itself to you, you skip away to imaginary adventures, even if they are detrimental to you.

I'm not advocating against using your imagination, but you can use it to create drama out of nothing, or you can use it to come up with ways to create the life of your dreams.

## **Foreshadowing**

### **What If**

Let's say it's the first of the month, and you have bills due at the end of the month, and you don't know if you'll be able to pay all those bills. What many people tend to do is spend every day worrying about whether or not they'll have the money in time. It seems natural to do so; however, by doing this, you are not being present. You are projecting into the future about that outcome of not being able to pay the bills.

Just like I put my body into the feelings of argument when I was actually arguing with no one, you put your body into the fear and panic of not being able to pay all your bills. Meanwhile, in the current

moment, everything is probably just fine. You have stopped yourself from enjoying the present because you have brought the worry of the future into your mind instead. What if, at the end of the month, you are able to pay all those bills? Then you have just spent an entire month worrying for nothing.

If you are unable to pay those bills at the end of the month, then yes, you have spent an entire month worrying about something that actually happened. But if you hadn't spent the month worrying, does that make the outcome any better? No, it doesn't. So, given the choice, wouldn't you rather spend the month being happy, whether or not you were able to pay the bills in the end? And I'm not saying that you should do nothing to pay your bills. I'm saying that you shouldn't worry about the future when the present is great.

Furthermore, according to the law of attraction, positive thoughts and vibrations attract positive outcomes. Therefore, it is actually better to not worry about your bills until the actual date of payment.

Besides bills, you can dread conversations that are coming up, going to jobs you hate or job interviews you're nervous about, visits from people you don't like, and much more. Think about how often you are residing in possible bad situations of the future, instead of staying present and happy.

If you are going to take a mental journey to the future, make it a good one. Make it fun and light, with the outcome you desire. When you do this, you increase chances of creating a good outcome by putting positive energy out into the Universe.

## **This Always Happens**

I was chatting with a client who had the "this always happens" story running. Whenever she got some money saved, something would happen to make it go away. The car would break down. The phone bill would be too high. This stopped her from trying to make more money because there seemed to be no point.

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When you become convinced that an event will happen in the future, then that event will happen. Furthermore, your body will go into a state of anxiety in anticipation of the event. But you're the one creating the event. Now, some of you may be saying, "I don't create whether or not my car breaks down."

It may seem that way, but if you go from my basic premise that you're creating everything in your reality, then your car is included in that reality.

Let me give you an example. I have a story about how, whenever I'm late for an event, something will happen, and then it doesn't matter. If I'm late to meet friends, then something will happen to make them late as well. As a result, they call me up and apologize for being late, because they missed their bus, the kids wouldn't settle down, they fell asleep, or some other random reason. I'll tell them that it's okay and arrive around the same time as them, but now I'm not late from their perspective. When I'm late for a big event, they have technical difficulties or an issue with the headliner, or <insert reason for lateness here>, so I just take my seat, and the show starts shortly. Now, this doesn't work if I'm deliberately late; just when something comes up, but it always works out. Great story, huh?

I think I need to add a note, though: Since I've been telling my story in my speaking engagements, several of my friends have found this out, and now I sometimes get phone calls when I'm late where someone says, "You're late, aren't you? Because... <insert reason for lateness here>."

The point is that I fully exist in a reality where I know I create everything—past, present, and future. You need to believe the same for yourself.

### **Some Day**

The other thing you can do with the future is to get stuck in the "someday" fantasy. While it's important to have goals, goals are things you're actively working toward. "Someday" fantasies are just how you

wish things could be but deep down don't believe they will be. When you do this, you are escaping from the present that you've decided is unacceptable. This keeps you from changing the present because you need to be focused in the present to change it.

We'll talk about creating the perfect future in Chapter 10: Happily Ever After, but before you can do that, you need to learn to be in the present. Being present is the foundation of the dream house you'll start building. You don't want to build that house on a weak foundation.

Let's look at how you can start taking control of your present in the next chapter: Driving the Narrative.



## Chapter 8

### Driving the Narrative

#### Duality Is an Illusion

You live in a world of duality (hot/cold; good/bad; light/dark), but the Universe doesn't look at things that way. To it, things just are; all things are experiences, not comparisons. An amazing experience doesn't hold any more meaning or priority to an awful one. All that matters is experience and resistance to that.

This is important because when you try to create something in your life, the less resistance you have to it showing up, the bigger and faster it shows up. You may ask, "Why would I have resistance to the thing that I want showing up?"

The Universe works on resistance. The more resistance you create, the harder things become and the slower they manifest, if at all. While this seems obvious on the surface, there are two components that most people don't realize.

#### Conditions are Resistance

Resistance is created when you put conditions on what shows up, how it shows up, and what happens after it shows up. Let's look at the biggest thing people try to create: money.

At a recent speaking engagement, I was talking to a lady who was having financial problems. She lived paycheck-to-paycheck and was always struggling to find new ways to make money. As we talked, she brought up a story about how she thought she had won the lottery.

She had told her daughter, and unbeknownst to her, her daughter had told her ex. She then found out that on that particular lottery, you needed all six numbers to win, and she had only gotten five out of six. There was no five out of six prize like she thought.

Her husband called her up and demanded half of the money she had won. When he found out that she didn't actually have any money, he yelled at her and called her names.

So I asked her, "If you were to win the jackpot of \$60 million, would you be okay giving your husband \$30 million?"

"Oh, God no!" She exclaimed.

"Why not?" I asked.

"I hate him," she said. "I don't want him to just get money because I have it."

"So you would refuse \$60 million because you don't want him to get \$30 million of that?" I asked.

She nodded.

"And now we see why you have no money," I said.

Her resistance to her husband having any money prevented her from having any money. It may seem like an outrageous case to you, but think about how many people don't want to pay a lot of taxes. Not wanting to pay a lot of taxes means not wanting to make the amount of money that requires you to pay a lot of taxes.

The woman in the example put a big condition on receiving money: Her husband couldn't receive money. She linked his life to hers. So, whenever the possibility existed where she could have some money and he would find out, she would cut off that money. People tend to put conditions on what they're trying to achieve, without realizing that those conditions are the reason they're not achieving.

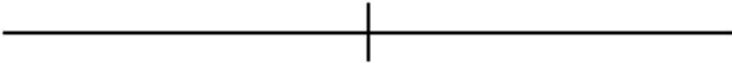
If you believe that when you have a lot of money, people will constantly be asking you for some of it, and you don't want to have that experience, then the simplest solution is to not have a lot of money. If you are worried that if you have a lot of money, you won't be able to tell if people want to be around you because of the money or because they actually like you, then the simplest solution is to not have a lot of money. If you look at rich people and decide that they're

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all greedy jerks, then by definition, if you become rich, you'll become a greedy jerk. So, the simplest solution is to not become rich. Are you seeing the pattern here?

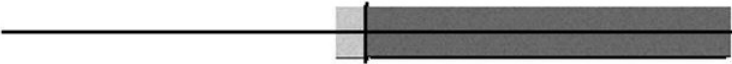
Now let's look at how the Universe sees things, and apply it to this.

What you hate                      Where you are                      What you love



How most people function is that they try to get from where they are to what they love, while resisting what they hate. So you have a willingness to go all the way to the right on the line, but only a bit to the left, because that's what you hate. Makes sense, right?

What you hate                      Where you are                      What you love



But remember, resistance makes things harder and slows things down, and duality doesn't exist, so when you look at where the most resistance is, and apply it to both sides of the line, you see how resistant you are to getting to what you love.

What you hate                      Where you are                      What you love



So, now you're thinking, "I have to go to what I hate in order to get to what I love?" Maybe. Resistance is all about willingness. If you're *willing* to experience things closer to what you hate in order to get what you love, then there's no resistance. When you're not willing, then there's resistance.

For example, if you want to be loved, then you have to be willing to have your heart broken. Why? Because being loved means opening your heart to someone, and if your heart is open, then someone can hurt it. If you're afraid of being hurt, then you don't open your heart. If you don't open your heart, then you'll keep yourself at a distance, never having the relationship you want consciously, while having the protection you want subconsciously.

Now, the wonderful thing about the way the Universe works is that if you're willing to go to either side of the line, it *tends* to give you what's on the right side.

Being out of resistance means accepting experiences as they happen to you and still moving forward toward your goals. It does not mean being a pushover. When you move through life with a knowing that things will work out, you will move into a place of inspired action regardless of circumstances. Yes, being human, you will have moments of *negative* emotion: disappointment, anger, sadness, etc. But when you embrace those emotions and let them pass, you will quickly move back into joy, action, and deliberate creation.

Resisting emotions creates resistance in your life. Allowing yourself to experience all emotions will create the underlying feeling of joy beneath the emotion, as I described earlier. It comes from knowing that you are processing it and that it will soon pass.

Conversely, dwelling in an emotion can also create resistance. In this case, you have beliefs around why you cannot get out of the emotion. You may believe that you must be forever sad for your lost love. You can get cut off by a driver in the morning and hold onto it for the day. You can vow never to forgive a friend who has wronged you. In these cases, you are resisting letting go of what is holding you back or keeping you stuck, and using emotions as the tool.

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*Energy moves easiest when you don't give a crap.*

Look at everything in reality you just accept and let happen. There's no resisting energy in that.

The more importance you put on creating a result, the more resistance to creating that result you create. The more joy you put into the creation of a result, the more powerful the result.

### **Attributes**

On the other side of resistance is attributes. These are traits of the thing you want to create from a positive standpoint. With conditions, you think, "It can't have..." "It better not mean that..." "As long as..."

With attributes, you think, "I'd like it to have..."

You can create as many attributes as you like, as long as you come from a positive place and non-attachment. You are defining the reality you want without trying to control everything. Have fun with the attributes. Just remember that you may get what you want but not in the way you expect.

My friend, Jessica, wanted an apartment and created her attributes: It had to be near a subway; she had to have a view of the lake; it had to have open space and lots of light; it should be near all the shops she liked; and she had to be friends with the person she lived with. She drew a picture of it because that helps her.

She eventually found a place that had all the traits except the view of the lake. She decided to take it. After she moved in, she was looking out the window and noticed some blue in the distance, between the gap of two apartment buildings, barely noticeable. It was tiny, but she had a view of the lake. She got every trait. Source can be playful like that.

## **How to Grow**

As you drive your narrative, you will experience growth of character. There are three main elements to growth: challenges, blocks, and distractions.

### **Challenges**

Moving up in genres requires growth, and to attain that growth, you create challenges in your life. People in the documentary genre create very small challenges, if any, so that they can stay where they are and repeat their days over and over again. People in the action genre (and above) love to create challenges, continually making them bigger and bigger.

The key is to make a challenge big enough to create growth but not so big that you are overwhelmed. Most people are creating small challenges, thinking they are big, when they could be creating a lot more growth in their lives.

Trying to ten times your income may be too big a challenge for you to start with, but trying to two times your income is probably doable—most people hope for a 2% raise each year. Furthermore, once you know you can two times your income, then you can go for five times or ten times, upping the challenge with each success.

Now, you may be reading this and thinking, “But that means my life just keeps getting harder and harder.”

Then you’re in the story that the more money you make, the harder you have to work. That’s just a story, and I’ve gotten many people out of that story, so that it actually gets easier to make money as the amounts increase.

## **Blocks**

Blocks are things you can't overcome. Most blocks are illusions that you create to keep yourself small. People in Tragedy and Horror create a lot of blocks, thinking many are challenges. These blocks justify their story that they need to play small, be fearful, or feel helpless. When you encounter a block, you need to ask if you really need to get through this block or if there's another way around.

Think of yourself as a fly trapped inside a house, trying to get through a closed window. You can put more and more effort into trying to get through that window, and nothing you do will make any difference. It will feel so frustrating, because you can see your goal right in front of you, but you can't get there. Now, if you stopped trying to get through the window and flew back into the centre of the room, and then looked around and took in all your options, you would find that there was a door wide open, just a metre away from the window, and that taking a different path through that door would offer you no resistance whatsoever.

Stepping back and looking around is stepping into awareness. You will realize that some blocks are created from a lack of awareness, and others are created so that you can be guided to the correct path.

## **Distractions**

Distractions are things that keep you from your goals and often keep you from growing. However, they are not things you should eliminate entirely. Distractions give you downtime and a way to reset your mind. Sometimes a distraction is only necessary for a minute or two to get you back on track.

One day at my parents' home, my brother was studying with his friends. My father called me over and said, "Watch this. Your brother is about to go to the bathroom."

"Why do you want me to watch my brother going to the bathroom?" I asked.

My father smiled. “He and his friends have been stuck on a problem for almost an hour. Whenever this happens, at some point, your brother takes a break and goes to the bathroom. When he comes out, he has the answer.”

Sure enough, my brother announced that he was going to the bathroom, and when he emerged, he yelled out, “Guys, I got it!”

My father had noticed the pattern. Neither my brother nor his friends had. And my father couldn’t tell my brother what was happening because that would probably stop the distraction from helping. But he needed to share it with someone.

Television, video games, and socializing are all distractions among many others. Again, don’t eliminate them from your life, but if you’re watching television for 4 or 6 or 8 hours a day, then don’t complain that your life isn’t moving quickly enough in the direction you want. You’re spending all that time out of growth, out of creation, and typically in an alternate “now.”

People in Comedy and Prophecy have very few distractions.

## **Breaking Your Addiction**

There are many ways to break your addiction to your stories. Becoming aware of them and then stepping out of them is one. Changing your environment to make it conducive to new stories is another. A negative environment creates negative stories.

### **Environment**

Just as the brain produces dopamine, it can also produce oxytocin. Oxytocin is a hormone that gets produced as a result of human connection. When you do something good for someone else, you produce oxytocin. When someone else does something good for you, you produce oxytocin. And when you witness someone doing a good deed to someone else, you produce oxytocin. The interesting thing is that studies have shown that the amount of oxytocin produced in each



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of these three cases is exactly the same in a given situation. It doesn't matter if you're the giver, the receiver, or the witness. All that matters is the magnitude of the good deed.

By putting yourself in an environment of support, you can use the oxytocin to break the dopamine addiction. When you decide you are going to remain in that environment, the law of attraction will bring similar circumstances into the rest of your life. That is, you hang out with supportive friends, and then you find people becoming more supportive at work.

### **Being Present**

In the last chapter, I told you about the consequences of not being present. Let me explain the benefits of being fully present. In the present moment, everything is wonderful. And by the present moment, I mean this moment right now. You may have bills due, but they're not due right now. You may have people to deal with, but you don't have to deal with them right now. Someone may have wronged you, but that wrong exists in the past. It does not exist right now.

When you really start to notice the *right now* moments, you will start to get that there are far more *right now* moments, where everything is wonderful, than moments when things are bad. The more you exist right now, the better your life becomes. The more you exist right now, the harder it is for your addictions to set in. The more you enjoy right now, the more you send out that energy of joy and attract joyful things into your life.

Please note that I am not telling you to ignore everything that is going on in life, and just sit being present (although sitting and being present is a wonderful exercise to practice each day). You still want to take action, but being present, even during that action, will keep you out of past stories that can affect that action.

Imagine that you are about to give a presentation. As you walk out onto the stage, you could slip into the past and remember a past presentation that went horribly wrong. You could project into the future and imagine the audience not enjoying your talk. You could

alter the present and believe that every person looking at you is wondering why you deserve to be standing in front of them. Or, you could be present, take in the room, and know that in this moment everything is fine. I've done all three ways of not being present in one presentation. It wasn't fun. Being present helps me to deliver more powerful, effective presentations.

Of course, when dealing with being present, the question inevitably comes up: But what if I'm in pain?

I lived in pain for a couple decades, and I can tell you that it's not fun. However, I noticed that I could be in pain or I could suffer. In pain, I just notice that the pain is present. In suffering, I ask, "Why is this happening to me?" "When will this stop?"

Notice that those questions come from the Tragedy point of view. You can try to escape the pain, but that's impossible because you can't escape yourself. Going to a place of blame, shame, or victimhood keeps you in Tragedy. I've been through it all. Change occurred when I simply surrendered to the reality of pain. I acknowledged that the pain was there, and that for the moment, I had to live with it. That took me out of suffering. Next, I put my attention on something other than the pain; a movie, a great conversation, an activity. It's amazing how, when you get highly focused on one thing, everything else falls into the background. There were times where I would forget I was in pain, and then suddenly remember. And in that moment, the awareness of the pain would come flooding back. Those moments taught me how focus can change everything.

While dealing with pain by being present can help, the best way to deal with pain is to determine your unconscious belief or story as to why you need the pain. When I accepted that my sense of responsibility was what caused my pain, it went away overnight. In my practice, I have helped many people get out of pain; some by getting to the unconscious belief, and others by simply giving them my story that things can change.

After one of my speaking engagements, I got an email from a woman who had attended. I had not spoken to her during the evening, except to greet her. When I give a talk, however, my story of

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possibilities permeates the room. People who are ready to step out of their stories will buy mine. This woman had endured chronic pain in her arm for seven years. The next day, her pain was gone.

### **Being Visible**

If you want to make a big impact, if you want to get lots of co-authors then you need to be visible. Many people I've worked with had their lives change when I helped them remove their beliefs on why they should not be seen and their stories about what would happen when more and more people could see them and judge them.

One of the biggest fears of being seen is all the judgement that comes at you as you become more well known. Ten years after I got rid of my arthritis it started coming back. I worked with a coach to find out what was going on because I now knew that this was belief based. After a few sessions he told me I had a fear of being killed when I became too visible. This surprised me because I'd always enjoyed the spotlight, but he pointed out that my audience had always been relatively small. Now that my business was taking off, my body was trying to keep me safe by putting me back in bed and away from the possibility of death.

Having the tools of Energetic Magic I was able to step out of that story and now I feel amazing while my business continues to grow. If you are not visible to thousands or millions or billions then you probably have a story about what will happen if you are. Ask yourself, "What's the benefit of me not being seen by too many people?"

You may be surprised by what pops in your head. Think of anyone that's successful that you admire and ask if they are trying to stay invisible.

### **Coaching**

The most powerful way to break your addiction is to work with a coach. The hardest thing about changing your own stories is that your

subconscious is actively working against you to hold onto those stories; so it will distract you and hide things from you. When I work with you, I see past what your subconscious is throwing at you. I can see the distractions at work. I can tell if your subconscious beliefs match your conscious beliefs. When they don't, I know you're lying. I don't care if you're lying to me; I care if you're lying to yourself. Often times, you don't even realize that you're lying to yourself, and those lies are the bread crumbs on the trail to the underlying stories. Once I identify those stories, and make you aware of them, you have the power to change them, and I work with you to make sure they stay changed.

I recommend a coach in whatever areas in life you are trying to improve. If you are a speaker, get a speaking coach. If you want to improve your finances, get a financial coach. And if you want to shift your beliefs, get a belief coach. Working on your own can create steady change. Working with the right coach will create leaps of change. You not only learn to step out of your stories, you can buy the success stories of your coach. You are also pulled up toward the genre of your coach. Notice what genre your coach is in before working with them.

Now you've got the basics to rewrite your reality, but there are still some things to be aware of. They are the result of your ego, and the ego not only creates the bad stories and the limitations, but also the *plot holes* in your life, as you'll see in the next chapter.

## Chapter 9

### Plot Holes

As you try to drive your narrative, your stories will try to assert themselves so that they can remain in place. You use a lot of techniques to stay in the same stories you've been running—the familiar stories; the safe stories. Let's look at some of the ways you tell yourself that you can't change.

#### **But My Story Is Different**

This is a common yet amusing belief people have. You want to get out of your current story, but at the same time, you want to make it difficult. Other people have similar stories to you, and it's obvious to you how they can get out of their stories. But your story is different. If it were the same as everyone else's, then you would be as stupid or as incompetent or <insert what adjectives you use for them here>. Your ego tells you not to admit that you can easily step out of the story, because whatever adjective you are applying to them, you would have to apply to yourself. You can make your story so different and powerful that you can never get out of it. This will leave you frustrated consciously, but subconsciously feeling like the most powerful person you know.

You will even create blocks whenever you start to shift out of your story, just to show yourself that your story is different, harder to deal with, and impossible to escape.

Are you willing to step out of the ego-driven need for your story to be different, harder, and special?

## **The Unknown**

Another thing to be aware of when rewriting your reality is to have a destination, an ideal life, not just how things are going to look when you complete your goal, but what your life will look like far into the future.

The subconscious hates the unknown. If you are trying to achieve a goal, and your subconscious doesn't know what happens after you achieve that goal, then in order to stay safe, it will keep you from achieving that goal. Now, you may think, "But I know what's going to happen after that goal. It'll all be butterflies and rainbows." That's not a concrete enough reality for your subconscious. If you don't know what's going to happen, and that scares you deep down, you will introduce a plot twist when it looks like you are about to achieve your goal.

Your subconscious likes to stay safe. This presents two problems. First, needing to be safe implicitly means that there must be something to be safe from. When you create this belief, you must create those dangers in your life to justify your belief. Second, being safe, for the subconscious, often means keeping things the same. So when you try to change your life to a situation that is different and has unknown factors in it, your subconscious will kick in and create a block or distraction to make you slip back into safety.

## **Attachment**

"I will change as long as this doesn't."

The "this" is whatever you've decided you absolutely cannot live without in your life. This is attachment and will keep you from creating the reality of your dreams. Remember what I told you about

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resistance. If you decide that there are things that absolutely cannot change, then you are in resistance.

If you want to create a new life, by definition, you have to give up the old life. This means giving up things you may love, and most people don't want to do that. I mean, it seems obvious. If you love it, why would you want to give it up?

Imagine you have a relationship, and you consider that relationship as being 10 out of 10; so there's no way you want to change that. But what is a 10 out of 10 to you is based on your current life experiences. What if what you consider a 10 is actually a 2 from the perspective of Source? By not being willing to let go of that current relationship, you will not discover what a 10 out of 10 actually feels like. And keep in mind that letting go of a relationship does not necessarily mean letting go of the person, just the dynamic that you have had with that person up until now.

All good things must come to an end. What if they have to end so you can create something better?

Often times, people also have attachment to bad situations. This may come from fear of the unknown and from worry that things could get worse. If your situation is a 2 out of 10, you may fear that it will become a 1, so you attach yourself to the 2. Be willing to let go of what your current reality is so you can create something better.

## **Binary Thinking**

Things often get presented to you as a choice of two possibilities. You can rich and miserable or poor and happy. It's a good thing or it's a bad thing. If you don't agree with me then you must be against me.

Binary thinking feels safe because all possibilities seem laid out to you, but we live in a world of infinite possibilities. When you step out of binary thinking and ask what other choices exist then they start to show up.

Be aware of people who try to force binary thinking on you. These choices are often framed so that the choices are the one they want

you to make but that you don't agree with, and a horrible alternative. As a result you feel like you must choose the one they want you to make.

"If you don't want to donate to my animal charity then you must hate animals."

Sometimes you are given restrictive choices without even the speaker realising it.

"Would you like coffee or tea?"

I enjoy hot chocolate, so I ask for it or what the other options are.

Notice when you are creating your own binary choices and look for other possibilities. We can often create one that seems reasonable but is restrictive.

"Should I watch TV or play a video game?"

What about reading or exercising or going for a walk? What if you asked, "What would be really fun to do now?"

Getting out of binary thinking may feel uncomfortable because you are leaving a close, safe world where choices are simple and obvious. However, the rewards are great, and the feelings of freedom and possibility it creates enhance your life.

## **Plot Twists**

Plot twists can be good or bad. They occur to keep you in stories, or show up to get you out of them. You could be about to start a new business and then have an investor pull out. You could be training as a world-class athlete and then injure your knee. Or you could be about to give up on your career and then get your big break. How you react to a plot twist will determine the level of happiness as the new story shows up.

Let me give you an example. I had been coaching a woman for about a year, and we had seen improvements in her life, but nothing major. During one session, she got very frustrated and asked, "When are the big changes coming?"

"You don't want big changes," I said.



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"Yes I do," she insisted.

I shook my head. "No, you don't. Whenever I bring up a topic that could create big change in your life, you change the subject or tell me that's not something you want to talk about. If you want big change, you will have to deal with those issues."

"I want a big change," she stated.

"Are you sure?" I asked. "Because if we do this, there's no turning back."

"I'm sure," she said.

I could feel the energy shift in that moment. We didn't even have to address the issues, because she was ready to have a big change in her life.

I got a call the next week. "What the hell did you do to me?" she exclaimed.

"What do you mean?" I asked, although I had a good idea of what was going on.

"I got fired from my job, I'm being evicted from my apartment, and I broke up with my boyfriend."

"Well, you wanted big change," I said playfully.

"This is not what I meant!" she exclaimed.

"But this is the change you asked for," I said. "Did you love your job?"

"No, you know I hated my job."

"That's not an issue anymore, is it? Did you like your apartment?"

"My landlord wasn't fixing things."

"Now you don't have to worry about that. How was your relationship with your boyfriend?"

"We were always fighting."

"And now you're not."

I should also tell you that later that year, she filed for bankruptcy. I mention this because if you just thought, "That's too much," then go back and reread the section on resistance.

Fast forward to today, five years later: She owns her own business, making many times what she was making when we started, while having time to vacation twice a year, and is living in a place she actually

likes. Her business also won two awards recently.

If you're paying attention, you will realize that the job, the apartment, and the boyfriend were all attachments. The new life was an unknown. Big change was scary to her, which is why she was happy with small changes for quite a while. During the first year, as we changed her beliefs, her genre changed from Tragedy to Horror. Evidence of this didn't show up in big ways in the physical world, although there were big changes going on under the surface. Once she hit the drama genre, she was ready to see big change, and asked for it, but notice how she created all that change as drama. She could have decided to quit her job instead of being fired, or looked for a new place rather than being evicted. The plot twist was necessary to make the changes that her conscious mind was unwilling to make, even though her subconscious was ready.

It's the fear of the big upheaval of change that can keep you from creating the change you need. Even though your life will be much better after the change, you don't want to have to go through the process. You want to skip to the end result. The unwillingness to go through the process keeps you stuck in your current reality.

When a plot twist occurs you need to ask if it's to keep you in a story you were trying to change or to change a story you are ready to step out of. Keep in mind that having something unexpected come up to sabotage your plans for the fifth time is no longer a plot twist but a story you're locked in. If you want to change your life, then you need to embrace the good plot twists. After all, if your life continues on the same plot, it's not going to change, and that makes a boring story. 'Plot twists can keep you trapped or take you to your Happily Ever After, which I'll explain in the next chapter.

## Chapter 10

### Happily Ever After

The title of this chapter is a bit misleading because you're not going to be happy all the time. But if you follow the lessons presented in this book, you can be happy a lot more, and you can achieve a state of joy even when you're not happy.

What are the lessons you've learned?

Live your life as though you are the *author*—because you are. You are creating what shows up, although how it shows up can surprise you. Let's go over the ways in which you can create the reality you desire.

Accept responsibility for everything that shows up in your life. Don't blame others. Don't make excuses. If you do, either you are no longer the *author* and become just another character. This is vital if you want to create big changes in your life. If everything that's bad that has shown up in your life is your fault, then you can change it and create something good. If it's not, then you can't. When something shows up that you consciously don't like, then ask, "Why did I create this?" or "How does this benefit me?"

Get out of resistance. Be willing to do whatever it takes to create the life you want. Work as hard as you need to in order to push forward. Be vulnerable even if you may get hurt. Be willing to let go of anyone or anything holding you back even if they're close. Do the things others are unwilling to do to get the results others wish they could get. Be willing to lose the life you have to create the life you desire.

Don't believe that it *has* to be. You don't *have* to work hard to succeed, though you should be willing to. You don't *have* to be responsible, although your choices will make it look like you are.

Be present. Spend less time dwelling on the past or worrying about the future, and create your now.

Raise your frequency, moving up genre by genre, until you exist in Prophecy. You can do this through courses, coaching, reading, and hangout with high frequency people. Don't be discouraged if it takes a while to get there. If you live in the action or comedy genres, you will still create a great life.

Notice when you've stepped into someone else's story, and step back out. Become aware when you are functioning in an old story, and step out.

Accept that there are going to be times when you are not happy, and allow yourself to feel the other emotions as they come up. Let them process so that you can shift back into happiness and remain in joy overall.

I have spent years helping people change their stories. Every week, someone I work with discovers a story that they would never have thought was there. This is why it is so important for you to work with someone to change your stories. Your ego will tell you that you don't need anyone else to make the changes you want to see, while hiding important beliefs from you, so you can't change them yourself. Your ego is sneaky, and it will do whatever it takes to keep you "safe."

Working with clients from all walks of life, I've noticed that changes I've created in one session sometimes last and sometimes change back. When they change back, it is because of two reasons. First, the people around you are uncomfortable with the changes. Whether they openly express it to you or not, you feel it and, in order to make everyone else comfortable, you undo the work even if great things are happening. The second is that you go into withdrawal from the old stories, and you decide to give in and step back into them. The solution to both problems is consistent coaching until the new stories are firmly in place. This is why my transformational programs last several months, even though your stories start to change within the

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first session. Just like getting over drug addiction, I need to make sure your system is clean. When working on your own, this can be very difficult, especially if your life is in an environment that prefers that you remain unchanged.

Remember that visualization is not enough. People can get what they want through visualization, but this typically happens when they are ready to receive or are close to receiving already. Many other people visualize for hours, weeks, and months, with no results. Changing your stories requires action as well. I take action every day, and I make sure that my clients do the same.

Here's an exercise you can start with. Decide what your ideal reality will look like. Think about where you'll be living, what you'll be doing, who you'll be with, etc. Add the attributes as I told you.

Now, every day, do the one thing that will have the greatest impact to move you toward that reality. Note that the greatest impact does not mean the most time consuming task or the one involving the hardest work. You could be spending eight hours in a class, or making a two-minute phone call. Most people do something impactful once a year, if that. Imagine the changes you'll see in your life if you do at least one impactful thing every day. When I complete an impactful thing and still have lots of time I do the next most impactful thing I can and so on.

Again, it's better to work with someone who keeps you accountable, as I do with my clients. Going down this path is like making New Year's resolutions: Without a partner or coach leading you along, you tend to stall after a few weeks. Many of my clients enjoy, not only the benefit of stepping out of stories with me, but also with other people when they join my focussed group programs. Here everyone is focussed on a particular issue such as money, relationship, health, etc. so you have a group of people you can relate to you and support you while you do the same. It's powerful.

Get a coach and/or a mentor. Use them to take leaps forward in your life. Ego can tell you that asking for help makes you look weak. Don't listen to it. The most successful people all have coaches. Besides coaching others, I have coaches of my own. It will open possibilities

and opportunities in a much bigger way than what you can accomplish on your own.

I want you to create the reality you truly desire. I want you to get out of struggle and into flow. Remember that once you make that firm decision on how your reality is going to look, Source has no choice but to reflect that decision back and change the world around you. I've done this for myself, and I have helped thousands do it for themselves, so I know it works. Now it's your turn. Step out of your old stories, let go of your limiting beliefs, and rewrite your reality.

## **About the Author**

Shiraz was born in Durban, South Africa, before emigrating to Canada at the age of three. His work, using Energetic Magic, has helped thousands of people rewrite their reality. He has used it to overcome illness and poverty in his own life, and teaches others how to do the same.

His transformational coaching programs for both individuals and groups, will change the way you function in the world. And his workshops and classes will help you overcome issues with money, success, health, and relationships.

He is a powerful public speaker whose talks not only inspire, but also help you shift your beliefs and stories in the moment.

If you would like to attend one of Shiraz's classes, host one in your city, or hire him as a speaker at your next event, feel free to contact him at [rewriteme@howtorewritereality.com](mailto:rewriteme@howtorewritereality.com).

