



LIFE'S A JOURNEY. . .SO SIT BACK AND ENJOY THE RIDE!

Why do so many of us fail to grab the brass ring? Is it because to grab the brass ring you have to grab a lot of iron rings first, and sooner or later you just give up, believing that you'll never reach that coveted ring? Or, do you believe that you don't deserve to have the brass ring, because someone, at some time, convinced you that people like you never get the brass ring, so they tell you to settle for what you do have? Iron rings. Or, do you not even try, because your fear of falling off the wooden horse is greater than your desire for the brass ring?

Life is the carousel and the brass ring represents your full enjoyment of that life. But yet, how many of us live our lives to the fullest, by enjoying every single minute of it? For some people, life is always in the past. They're either reliving their glory days, or recounting their past mistakes and the guilt that always accompanies them. Others believe the future is the time when everything will be exactly as they want it. You know them well because they punctuate their conversations with the word "someday." Someday I'm going to do this and someday I'm going to have that. Often forgetting that yesterday's someday, is today.

The past is gone. You've lived it and you cannot change it. If it's your past mistakes that haunt you, then you must understand that all

of us are human. But, you must do what is divine: forgive yourself. Mistakes are for learning and not meant to condemn you to a lifetime of guilt and regrets. You've lived the past and now it's time to let it go.

The future isn't here yet. When it comes it will certainly take care of itself. And yet, so many of us fear tomorrow. We live in hope that tomorrow will be better than today, but secretly we fear that it won't be.

The tree outside your window does not fear the fall when it is going to lose its leaves and face a barren winter. Instead it transitions to the future in a burst of glory. I'm sure the squirrel living within that tree doesn't look to its future with dread. Instead the squirrel lives each day, doing the things it loves to do, without a mere thought to its future. Only man squanders his "now" either reliving yesterday or worrying about tomorrow and things that may never come to pass.

Life is not lived in the past and it's not lived in the future. It is always lived in the moment. Only this moment is important. Only this moment counts. Only in this moment can you create the future that you want and deserve. This moment is called the present. And that is exactly what it is; it is a present from God, Jesus, Infinite Spirit, Universe, Universal Subconscious Mind, or from whichever higher power you believe in. In this book I will use all of the above at various times. To me they are just different names to describe God. The present is given to you with absolutely no strings attached. What you do with it is simply up to you. You can use it to dwell upon what happened in the past or what could have been. Or, you can use it to worry about what may happen in the future. Or you can use it as the magnificent gift that it is, to create the most perfect life for yourself, where everything comes your way and where everything goes your way.

Most religions tell us God created us in his image and then blessed us with his gift of free choice. But what exactly is free choice? If you believe in a chaotic universe where random things just seem to happen, where does free choice come in? It doesn't seem like you have a choice because if you did, bad things wouldn't happen. But they do. If

you believe in an orderly universe where you can create exactly what you want in your life, then free choice has a far greater meaning than good or bad. Every day you make thousands of choices, most of them are decisions. From the very mundane, “What should I have for lunch today?” to some of the most important decisions of your life, “Is this the person I want to spend the rest of my life with?”

Each decision you make in a day typically begins with multiple choices. You get to choose the option you believe is the most suitable one. But yet, you don’t always make the most appropriate choice. In fact, in many, many instances, you choose the exact opposite of what you really want. You do this by making choices based upon what’s the most expeditious. What’s the easiest? Or, what’s the least you can do and get by? For example, you might be an individual who is chronically late for work. When your morning alarm goes off you’re faced with two choices, 1) get out of bed or, 2) press the snooze alarm for 10 more minutes. You rationalize in your mind that you were up late last night so you deserve a few more minutes of sleep. And so, you choose to press the snooze alarm. Then 10 minutes later you press it again, until finally you do get out of bed and then rush to get to work, only to walk in late. When your boss finally has had enough of your tardiness you get fired. Now who do you blame? Certainly not yourself. You might choose to believe that you live in a chaotic world, what with traffic and accidents or mishaps creating delays that chronically impact you.

Take a look around you. Are you living the life you dreamed about as a child? Is your life easy or is every day a difficult battle? Does money flow effortlessly to you or is it a struggle just to make ends meet? Are your days filled with love and contentment or anger and strife? Is your outlook one of unlimited opportunities or one of lack and limitations? If your life is not what you want, then change it! You may not believe what I’m going to tell you next, but it is the truth. You have, and always have had, the ability to create the life you want. A life that is filled with all the joy, all the happiness, all the good health and all the abundance you could possibly want. The sad part

is that no one has ever told you or me this truth. No one ever showed us how to create this life. And so we live the lives that we do, always hoping, always wishing, always dreaming.

I want you to make note of the date and time that you are reading these words. For this is the day and time of your rebirth. At this exact moment in time you are nothing more nor less than the choices you made in the past. Every choice you have ever made brought you to this point. But here is the good news. And good news it is. If you don't like the life you are currently living, you can change it, and create the life that you really, really want. You and I can always create the life of our dreams. Everyone can. And it doesn't matter if you are male or female, rich or poor, young or old, black, white or brown, you can have, be and do whatever you desire. And you do it simply by changing the things you think about. Change your thoughts and you change your life.

Instead of thinking thousands of random thoughts every day, most of which are negative, you can learn to choose which thoughts you desire to allow into your mind to take root, and which thoughts you choose to discard. It's as easy and as hard as that! But please don't worry. I promise to show you how to do it.

One thing you must do is to live your life now, in the present. Do I always live my life in the present? I'd like to believe that I do, now. But it wasn't always that way for me. In fact the things I am going to teach you I didn't begin learning until I was into my forties. But it doesn't matter at what age you start. Because the life you have been seeking has always been seeking you in return. It's out there, with your name on it, just waiting for the two of you to meet up.

But before I begin to tell you my story let me first tell you of the amazing things that happened to me when I started to live and create my life in the present. Life becomes easier. Why? Because I no longer rail against life. Instead of forcefully swimming upstream, I now find myself going with the flow instead of against it. For so many years, instead of turning my life over to God, I believed that I knew best what God's plan was for me. So when my life was not going the way

I wanted it, I became angry. The angrier I got the harder it was for me to create the life that I really wanted.

What I want you to do now and always, is: ask your higher power to always place you in the right place at the right time, saying and doing the right thing at the right time. And then know that wherever you are, whatever you are doing, this is where God wants you to be. Then accept it. Life is like a river. It often takes the path of least resistance. When you're standing on the river's edge the river looks like it is straight as an arrow. But look at it from the air and you'll see that it meanders left, then right, and at times it even reverses itself. When these reversals happen they are often just detours along the path. Accept them as exactly that, detours. The Universe knows where you're going and will always provide you the perfect path for getting there.

Since life is always in the moment, why would you not want to use this moment to create what you want to come into your life in the next moment and the moment after that? I call this the Luckman's Law of Deliberate Manifestation. Jesus knew how to do this. He could turn water into wine, feed the multitudes with only several loaves of bread and take a sick and dying person and restore them to perfect wellness, and do it all in an instant. We all have the power to evoke miracles, just not always on demand.

So how do you manifest the things you want in your life? First you need to know what you want. Often we are so caught up in the moment we forget to define exactly what we want that moment to be like. In *A Course in Miracles* it is said that God wants his children to have everything, and that it is not that we ask God for too much, but that we ask him for too little. So know exactly what you want God to bring you and then ask him for it. I ask God for the big things, but I also ask him to guide me in all my daily activities. It is here that you are reminded that God is the Universe, is Infinite Spirit, and that God is all around you.

- When I get up in the morning I ask Infinite Spirit for a perfect day. A day where everything comes my way and a day where everything goes my way. I definitely have many more good days than bad days.

- When I sit down at my computer I ask God to guide me in all my work and that whatever my output, it be perfect. When I sit down to write I ask of God, that the words I write be his, written through me. I know when the words are coming from God and not me. Writing is a whole lot easier.
- Before I step into a meeting I ask Infinite Spirit for the exact meeting I would like to have. Then I just relax and let the meeting take place. And it typically happens exactly as I envision it. With the outcome I had asked for.
- When I am training I begin by asking God to help me achieve a perfect workshop, where I have imparted real knowledge to all my students. I'll often ask that in that training the words that I speak be God's words spoken through my lips.
- When I make a phone call I ask God for a perfect conversation. If the call is going to be more important than a simple conversation I discuss it with God and let him run the call.
- Whenever I buckle myself in, and before I put my car in drive, I always ask Infinite Spirit for a safe and enjoyable drive to wherever I am going. Often I'll look at my clock to see how much time I've given myself to get to my destination, and if I didn't allow myself enough time I'll ask Spirit to get me to my destination at a certain time. Nine times out of ten I'll look again at the clock upon my arrival and see that Infinite Spirit brought me safely to my destination exactly to the minute I asked to arrive. I call this bending time – and believe me it works. In fact, let me tell you a story.

This took place in 1992 shortly after I had separated from my second wife Susan and I was still living in our home in Danville, California, about 40 miles east of San Francisco. I was invited to a singles dinner in San Francisco on a Friday night that was called for 6:30 PM. Depending upon the time of day it could take anywhere from 45 minutes to 90 minutes to get into the city. I wanted to leave home at 5:00 PM, just to give myself enough time because Friday night traffic could be horrendous. Unfortunately, I couldn't get out of the house until 5:30. Once in my car I asked Infinite Spirit to provide me with

a safe and enjoyable drive into San Francisco and I asked that I get to my destination no later than 6:30 PM. Traffic was a breeze. An obstacle like going through the Caldecott Tunnel when only one bore was available in my direction was a snap. Traffic on the Bay Bridge reminded me of Sunday morning. Everything flowed exactly the way I wanted it to. I arrived at the restaurant at 6:20. 50 minutes door-to-door. An hour later a friend of mine arrived. Carol lived about a half mile from me, and if I had known she was coming, I would have invited her to ride with me. She arrived frazzled. Complaining bitterly how bad traffic was. The tunnel took forever to get through and the Bay Bridge was packed. When I asked her when she left her house she responded, "5:30." Exactly when I left my house. Ask for what you want and it shall be given.

Going to the mall and finding a place to park can be pure hell. Wouldn't it be nice to find a spot within seconds after entering the lot? I usually do. In fact I have actually amazed friends when I've asked the Universe to provide me a parking space right away, and then almost miraculously, someone is backing out as I enter the lot. In fact I do more than just ask for a space, I ask for one close up so I don't have to do much walking.

When I go out to any social function I always ask Infinite Spirit for a perfect event. I ask that I have fun and that I meet really interesting people. And guess what, I typically have a great time and I do meet some wonderful people.

If you're traveling I'm the one you want to travel with. Before each leg of a trip I ask Infinite Spirit for exactly what I want. On the drive to the airport I ask Spirit for a safe drive and to get me to the long term parking lot at the time I choose. Before I arrive, I ask Spirit for a parking space right away, and for it to be near where the shuttle bus picks us up. Next it's asking for a safe ride to the terminal. Once inside I ask that the check-in line move quickly. Next I want to get through security without long lines and a lot of hassle, so I ask Spirit for a quick screening. Then it's off to the gate. Once our plane has pushed back from the gate I ask for a safe and uneventful flight. Before landing I ask for a safe and uneventful landing. Then to find my bag quickly.

Then a safe and quick ride to the car rental where I ask for a quick check-in and the perfect car. Finally, I ask Spirit for a safe drive to my destination. This is Luckman's Law of Deliberate Manifestation, and you can make the same powerful law for yourself.

I don't leave anything to chance when I travel. Is every trip I take perfect? Of course not. But most are relaxing and enjoyable. A far cry from what they used to be.

How would you like to live your life without fear, uncertainty and doubt? The dreaded threesome that I call the FUD Brothers. What would your life be like if you were totally fearless? Would you change jobs or career? Would you ask the person you've been admiring from afar out on a date? Would you stand up for what you believe in? Would you get up in front of a group of strangers and advocate for your position? Would you change the way you approach risks? Would you have the courage to say no to people? Would you do things to build your business like make 50+ cold calls a day? Would you invest your money differently?

If you would love to love your life, this book was written for you. It is a guide to living the life you have only dreamed of. It is also the story of my life, the challenges that I've faced and what I ultimately did to overpower my own fears, doubts and uncertainties. I'm sorry it took so long to get it into your hands, but I couldn't write it until I had actually lived it.

It is my fervent hope that what I've done to change my life will help you to change yours. After all, you and I aren't so different.