

**10**

# **THE WORK**



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## **STEP 10**

# **THE WORK**

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So, where are you up to? We have come on a long journey together in these past ten chapters. For reasons that may not be clear to you at present, you were attracted to being here reading this book, at this time. The fact that you are here absorbing these words is an inspirational act and is the law of attraction in action. It also tells you that you are now ready to change your paradigm.

Bob Proctor says there are two important days in your life. The first is the day you are born and the second is the day that you realise why you were born. From the point of view of this book, this is when you realise that you are the author of your life and that you can become, with a bit of effort, whatever you desire.

### **WHAT WILL YOU DO WITH THE THINGS THAT YOU HAVE LEARNED?**

### **WELCOME TO THE WORK**

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On the day I made the decision to leave the communities that I had

been living and studying in for nearly ten years, I arrived back into the world. I was faced with a dilemma: what was I going to do with this gift of life? Well I considered the idea of making money and, attractive though it seemed, it did not make me feel excited. I decided to approach it from the point of view of what was it that I really enjoyed doing. After all, on the basis that life is about fulfilment, it seemed a good point from which to begin.

My decision was that the only thing that really made sense was the idea that if we all worked together and supported each other, that in the end we could create heaven on earth. So, my work has been and is just that. I have come to see my life as 'the work'. It seems to me that the natural flow in the energy of evolution is that which brings things and people together. It is the communication, or common-union, of all things. To promote that evolution of human consciousness and human experience, or do 'the work', is in all and every walk of life.

The teacher, doctor, mother, father, sister, brother, butcher, baker, mechanic, engineer, builder, farmer, tailor and even a soldier, can all be 'workers' promoting well-being and happiness, enabling those around them to grow and develop and find their fulfilment. There are many words used to describe the energy involved in such a task; for me it is simply the manifestation of love. In that sense, love is the energy that can solve any problem in the world with anyone at any time.

## **HAPPINESS AND LOVE GO TOGETHER**

When we live by example, we show love and offer support to all that we meet and all situations that we become involved in. To create heaven on earth involves the sharing of positive energy. The most important thing that you can do for human evolution and for the good of the whole is to be happy and successful

## **BEING HAPPY IS THE BEST TOOL THAT YOU HAVE**

To be happy is to be successful. To become successful, you need to be fulfilled, and to become fulfilled, you need to realise your dreams. It does not matter what they are. The more you live your dreams, the more you will help and inspire others to do the same, and encourage others to fulfill their own dreams and, in their turn, they will find their own happiness, and then encourage others to do the same.

If your dreams include creating wealth, you will be in a powerful position to help others. For example, if you want to stop starvation, create some wealth and buy some food. If you want to help the homeless, create wealth and build houses. If you want to heal the sick, create wealth and develop health services.

## **YOU CANNOT CHANGE THE WORLD**

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All you can change is yourself. You cannot, and never will be able to, change another person. You may encourage, support or inspire change, but each person will change from within, just like you and me. The quickest way to change another person's behaviour is to change your responses to their behaviour. When you change your response, they will change their behaviour.

Remember, everyone has a paradigm and whatever their behaviour, it is simply them playing out that programming. Until they realise that it needs changing, they will stay the same. This is why the law of allowing is so important. If you seek to change others because you think that they should change, all you will do is evoke the law of reversed effort. Then you will have a negative effect on the situation and create more of the behaviour you seek to change.

When you understand and live by the laws of attraction and allowing,

you do live in a safe world that can be as abundant and fulfilling as you allow it to be. It is important to realise that the darkest personalities will only wake up at a time that is appropriate for them, not at a time that is right for you.

## **WHERE DO YOU GO FROM HERE?**

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With this work, in many ways, you now have the chance of a new beginning. You may not have changed your life yet, you may be struggling with ideas and feel stuck in your old paradigm. But if you listen to and read the teachers of the good arts, and allow yourself to be inundated with new and positive ideas, your paradigm will change.

### **LIFE IS ONLY EVER A RESPONSE TO THE THINGS THAT YOU HAVE DONE**

The more that you do and act, especially when the actions are inspired, the quicker will be your rate of change and your development towards your dreams. If those people around you do not support your development, or seek to belittle it, or even sabotage it, you may have to make some tough decisions about what you do next. These may include decisions about how you live your life or who you live it with.

### **AVOID THE NEGATIVE AND SEEK OUT THE POSITIVE**

Most of what is presented to us on a daily basis is negative. Most popular television programmes are designed to tranquilise the masses. Most TV programmes, soaps and dramas are about people having negative lives or being badly done to. Programmes where panels of people share their views on the world are rarely positive because the things they discuss are normally negative.

So it is with the news broadcasts, bad news is good news; it sells papers and raises viewing figures.

Good news is hard to come by unless you seek it out. Exposure to too much media feeds your negative paradigm and dampens your dreams. It saps your energy and takes away your motivation. Gather together with those of like mind. There are many people out there who are doing their bit to raise awareness and to create positive and supportive environments. Our site [liveinthepresent.co.uk](http://liveinthepresent.co.uk) will always be a positive source of energy and information.

## **CAN YOU DO THE WORK?**

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I leave you with a choice. You can continue as before or you can begin to engage in change; you can commit yourself to your own fulfilment, or you can go the whole hog and become a worker.

Your summary of tasks for Step Ten is that you will *always* have work to do. On our website we state: 'This site is under construction and always will be'. This is because each of us, and the site, will continue to grow forever. This is also true for you. You will always be a work in progress, developing and growing through learning and challenging yourself, until you get to the point where you stop growing, then you will be in decline.

## **THIS IS LIFE-LONG LEARNING**

Whatever you decide to do with your wonderful gift of life, try to wake with a smile, go to sleep with a smile, forgive those that trespass against you, live with gratitude for all that comes your way, be mindful of your present, and positively embrace your future. Spend some time each day in silence, meditate, contemplate, visualise and be as positive as you can.

All it takes is consistent and persistent determination and in the end,  
you will find all that you need to move forward to your dreams.

Take care. I am always here.

With Love,  
Sean x



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# WHERE NEXT?







*The Journey Continues...*

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**2**

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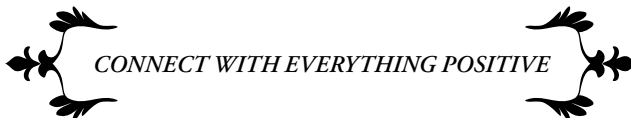
**3**

Delve deeper into each chapter in our constantly updated 'Resources' section with links to relevant books, films, lectures and more.



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