

9

RELATIVITY





## STEP 9

# RELATIVITY

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The idea that an airplane spends 90% of its time off course might appear a bit odd, but in the world of wind, air currents, changing pressures and weather, a straight course is the stuff of fantasy. The job of the pilot, or the autopilot, is to keep correcting the position and direction of the plane to maintain the course so that it will eventually reach the required destination. The same is true for you and your goals. You set your destination, adjust your emotional compass and off you go.

Throughout your journey, you will be blown off course. Issues will develop. Problems will occur. There will be storms and crises. Sometimes, you will need to stop to be refuelled. The further you go, the more you will develop your self-understanding and the clearer your path will become.

At some point on your journey, you will come to a point of 'knowing'. This is a deep state of contented, though energised, intuitive understanding. It is knowing that you are making the right decisions, and knowing what you need to achieve.

It is the point in your self-development when you will know that you are on the right track. There is a still, quiet, inner feeling that tells you that you are doing the right things. The things, events and people that will take you naturally towards where you really want to be are naturally available to you when you need them.

This inner feeling is like an energised contentment and feeling of deep peace, not to be confused with the self-satisfied smugness of self-achievement or domination of events or others, which is an energised egotistical state, and is only ever short-lived.

The 'knowing silence' is a deeper, intuitive state where we are connected to the consciousness source. The train arrives on time; the right person appears at the right moment; the right opportunity is there when we need it. Magically, the more we are in tune with our self and our purpose, the quicker and more appropriate is the response to our needs, wishes and desires.

My life and my work is full of examples of people achieving what they want, often against the odds and as much to their surprise as to other people's. The important thing was the individual's commitment to their task.

Remember, this is not a passive process; you are an important ingredient in all that you do, or would wish to do. If you do nothing, you will get nothing. It is only when you actually experience the magic moment, when you know you are capable of doing 'it', so that you know you can do 'it' again and again. Then 'it' becomes a part of your everyday experience, your knowledge and your understanding.

At this point, you have become your version of success, whatever that is for you and, most importantly, your paradigm will have been reprogrammed and you will have let go of the past.

## **SO WHAT HAVE YOU DONE?**

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In this, the penultimate chapter, let us just take a minute to run over the book so far. If you have attended to the work of each chapter, you will have worked quite a lot on yourself, on your paradigm and you will be involved in the process of change and self-development.

However, this work, this process, is your life work, and your journey will not stop when you put this book down. It is really just beginning. The principles, laws and ideas in this book will be active in your life from now until the day that you die. Your daily meditation, quiet time and self-development is your daily workout that will keep you emotionally and psychologically fit. Just as when you fail to attend to a muscle, it becomes weak and flaccid, if you fail to attend to your psychological self, whether you want to see that as spirit or soul, you will become flaccid and weak as a person and you will fail or become stuck and stagnant.

## **SO WHAT HAVE WE BEEN UP TO?**

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In Step One: you began the process of letting go through the action of forgiving others. This really is a life task. At any point, in any day, someone or something can appear and knock you off course. As the pilot of your life and your journey, your task is to correct your direction using your emotional compass and to get back on course, and for always and forever being attentive to your journey.

In Step Two: you entered the world of self-forgiveness through the concept of self-love. Self-love is so easily confused with arrogance; it is not, it is the fundamental starting point of success. To retain your positive self-image, clear up your mess as you go. When you get things wrong, deal with them and make things as right as they can be.

In Step Three: you acknowledged the gratitude for all the good

that you have experienced through developing positive awareness. Good things are never just in the past, they are here and now and at every point of your future. Because our perception is directed by our thought, then when we focus on gratitude and good things and events, we will perceive more of them around us. This increases our positive energy to continue to move forward and succeed.

In Step Four: you used the tool of mindfulness to enter into, and focus upon, the 'now', and live in the present. Rumination on unhappy past events leads to depression. Focus on a negative future leads to anxiety. Sanity comes from living in the 'now' and being effective in the 'now'. Silent time and meditation can focus you in the 'now' and enable you to be, and remain, positive, because the past remains where it is and the future is allowed to be what it will become.

In Step Five: you began to visualise the perfect future that you wish for through deliberate intention. This takes the natural potential of the mind to create habits. The mind is neutral. It does not matter if the habits are positive or negative; to the mind, they are just simply habits. By using intent, you engaged in the process of deliberate creation and purposefully created new habits that will serve you well.

In Step Six: you looked at harnessing the power energy of love through allowing yourself and others to be what you/they are. This step seems to be such a challenge for so many people. Yet when you can allow people to be what they are, you also allow them to come to terms with their issues. When you can allow yourself to be who you are, then you can give yourself the value that enables you to be receptive to your success.

In Step Seven: you looked at the effects that the law of reversed effort can have on your plans to change. This is when your will and your imagination are squared against each other. It is when the negative monkey in your head, your negative mind, unconsciously sabotages

your best efforts to succeed. Overcoming the law of reversed effort requires levels of self-acceptance and love and also your ability to allow the best, or whatever will be, to happen. Taking to the stage with no preconception or success of failure, simply being in the now.

In Step Eight: you acknowledged your right to access the infinite power and resources of the universe. Though it is only through your ability to accept and receive all that is yours that all the resources of the universe become available to you.

## **CURRENT STEP**

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Up to this point you have been clearing away your negative past and ridding yourself of the inhibiting factors that have held you back, perhaps all of your life. Now it is time to really put all that you have learned into action and create the life that you really do want and desire.

So, here we are at Step Nine:

## **WHAT IS IT THAT YOU REALLY WANT?**

The question at this point of the journey is no different to the question that you asked when your journey began, though perhaps you are now better placed to answer it. Yet this question and the same process will never go away. As long as we are alive, we are in the game of growing and progressing. The idea of goals, targets, destinations and journeys is always the task of the awake and growing mind. Life is for learning and learning is a life-long task. At the point where we cease to learn, grow and develop, we have entered the phase of decline.

*“He who is not busy growing is busy dying.”*  
*Bob Dylan*

Hopefully, the clarity of what you want, and where you want to be, is growing and developing for you. Once you have decided on your goals and destinations, your plan and timeline will indicate areas of learning or areas of change and development that you will need to undertake.

## **ARE YOU PREPARED TO CHANGE THE WAY THAT YOU THINK, FEEL AND ACT TO ACHIEVE WHAT YOU REALLY WANT?**

Are you prepared to make new connections, develop relationships, and think and live outside of the box, outside of the limitations of your existing paradigm? To change your life on the outside, you will need to change your life on the inside.

## **SO WHAT IS YOUR PROJECT?**

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*“It benefits the man to have somewhere to go.”*

*Confucius*

Life is the journey from birth to death that only has meaning when we give it purpose. To have a goal, an idea, a project is a good thing. It does not matter whatever it is. Size does not matter. No project or goal is too big or too small. Whether your goal is to simply live each day in peace and contentment, or if you need several million pounds/dollars, or tens of thousands of employees, it is all the same: it is you manifesting what you want and what you need. Some projects take a short time to achieve, and some a long time. The important thing in life is that we enjoy the journey, and that it is fulfilling and fun.

Do not compare your dreams, desires and goals with other peoples’.

Your experience of life is different to everyone else. You need to appreciate who you are. Your dreams will reflect you as you are, and your need to become what you desire.

The limits that you place on yourself are the limits of your paradigm. As you grow and change, using the techniques and understanding learned from the work that you have been doing working through this book, your paradigm will change. It is changing right now, and if you keep on keeping on, it will continue to change until the day you decide to stop growing.

## **NO GOAL IS TOO SMALL**

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This is not a competition. Other people will have seemingly bigger or more important goals, but size is in the eye of the beholder. To the universal mind, there is no difference between one pound and a million pounds; it is only energy. The issue is never about the size of what you desire it is about your determination to achieve it. If your desire, is simply to be a good and fulfilled person and to have a wonderful relationship, then that is enough, and in universal terms such a goal is no bigger or smaller than the desire to be a millionaire or to become enlightened.

## **LIFE IS NOT A COMPETITION**

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We are told that life is competitive and that it is the survival of the fittest. There is growing evidence to replace this with an alternative idea that is evolution through co-operation. Through co-operation, everybody can win. When eight people set out on the one hundred metre dash, there are seven losers; this seems pretty bad odds. If you attempt to value yourself by comparing yourself to others, there will always be a bigger, richer, more skilled, cleverer, better-looking person than you. However, there will never be a better person at being you than you are. You are the expert, and the only expert, on you.



## **TO BE POSITIVE IS PERFECTION**

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Once you learn to live in the present, stop living in the past or projecting into the future, and enjoy your now, you can begin to manifest perfection. To do this, you know that you need to be positive in every aspect of your life. If you treat others with love and respect and allow them to be who, and what they are, you will attract the same to you. Just as if you treat others with negativity and seek to control or inhibit what they are, you will attract exactly the same to yourself.

Love and allowing is the key to becoming a human being and of valuing who you are, above what you do. At the same time, we should be valuing other people for who they are, and not just what they do.

### **YOU ARE NOT A HUMAN DOING, YOU ARE A HUMAN BEING**

Your real value is not in what you do, in the roles that you play, but in what you are, in who you are, and that is in simply being, and manifesting the energy that is your essence.

## **THE REALITY OF FULFILMENT**

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People often tell me that we are not supposed to be happy. Some will even tell me that it is a stupid idea. 'We can't all be happy', they tell me. As far as I am concerned, you have only one task in life and that is to be happy. There is no other reason to be alive. Once you realise this, you can begin to play. Life is a game and, like any game, for some it can be fun, for others it can be serious, sad or even nasty. When life ceases to be a joyful experience, it is because you choose it not to be, to not enjoy it. You choose to focus on bad and negative things and events. You choose to make negative relationships, and get involved

in negative experiences.

**NOW  
IS  
ALWAYS  
A  
BEGINNING**

It does not matter where you are now, whatever the state of your life, at whatever point you begin playing the game of life. Your life may be hard or horrible; you may not have any idea at all of how you could make it different. All you ever need is the desire, and with just a little willpower it will gradually begin to change.

## **CONSISTENCE AND PERSISTENCE**

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I hope you now realise that you have been consistently and persistently playing out your paradigm since the moment of your birth. You have done so for many years, all of your life in fact, and you are very good at it, you are a skilled practitioner. You are the expert at being you. Once you decide that your paradigm will change, you will need to develop consistent and persistent techniques to ensure that you don't slip back to those habits that you know oh so well.

## **WHAT DO YOU HAVE GOING FOR YOU?**

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For a start, you have knowledge. Through this book, you have looked at yourself, reviewed yourself and learned new techniques to change and maintain that change:

- » Focus meditation (morning and evening)
- » Forgiveness and letting go

- » Gratitude
- » Visualisation
- » Affirmation
- » Intentional writing (morning journal)
- » Gratitude writing (evening journal)
- » The laws of attraction, deliberate creation, intention, allowing, reversed effort

A collection of black abstract shapes, including circles, hexagons, and irregular polygons, scattered across the page. Some shapes are solid, while others are hollow. The shapes vary in size and are distributed from the top left to the bottom right, with a larger cluster of shapes in the bottom left corner.

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# CHAPTER 9 TASKS

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## *Daily Tasks*

INUNDATE YOURSELF WITH POSITIVE BOOKS,  
RECORDINGS, DVDS, TRAINING COURSES & BLOGS

VISIT OUR LIBRARY FOR RECOMMENDED READING  
AND AUTHOR REVIEWS, FILMS AND INSPIRATION

**O N L Y** | **LIVE YOUR LIFE**  
**ENTERTAIN** | **TO THE FULL**  
**T H E** | **BE HAPPY AND**  
**P O S I T I V E** | **F U L F I L L E D**

**STUDY YOU**

STUDY YOUR LIFE AND YOUR FUTURE

LIVE YOUR LIFE WITH POSITIVE ENERGY  
DISMISS ALL NEGATIVE THOUGHTS AND FEELINGS

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## *Thoughts*

Throughout your life you have inundated yourself with continual repetitions of your paradigm. This daily, minute-by-minute repetition has reinforced and maintained you and your self-image.

You now know that you learn from repetitions of what you see, what you hear and what you do. It is time to learn new skills, ideas, and reinforce all that you have learned.