



Change *from Within*

JUMPSTART CHANGE

Think you can't change? Read this...

Introduction: You have reason to be hopeful

I guess you're reading this because you'd like to be different. There's something in your life that's holding you back, getting in your way, causing you unhappiness, pain or suffering in your life. And the very fact that you're reading this means that you are ready to change.

I know, you might be sceptical and even cynical after all the different ways and ideas and techniques you've already explored, because none of them have led you to the lasting peace of mind you're looking for. But hang in there...you have reason to be hopeful.

But this is just who I am...

"I feel anxious all the time - I can't shift it. That's just who I am." "I'm constantly wondering what other people think. That's just the way I am." Well I have some good news for you. It's not who you are. It may seem pretty much like it, because it's so familiar that you can't actually remember who you really are. But I can assure you that you are not a being who has anxiety or insecurity through you like a stick of rock. You are, as Marianne Williamson says, "Powerful beyond measure", hiding behind all that mass of thought that's constantly been telling you otherwise!

I know this because I've experienced it myself. I spent years, decades in fact, experiencing low level anxiety - rising to higher levels when I was faced with certain situations. I knew not everyone felt that way, but I thought it was just how I was, and that I'd always be that way.

Until suddenly one day I wasn't - and I'm not like that any more - Boom! And life is so much more fun, so much more enjoyable - there are so many more possibilities out there to explore than I ever knew before.

But I'm the only one...

Maybe you think that the difficulties which you experience are so specific to you, that no one else could possibly be suffering in the same way, and you're stuck with them. It's very isolating to feel that you are totally unique, and no one else can understand what you're going through. Except that you're not alone. Hundreds and thousands and even millions of people are struggling in just the same way as you - perhaps the focus of their difficulties is different, but all coming down to the same thing in the end - believing our thoughts are real.

We spend so much time arguing for our own limitations. What if we let go of all of that, and used that energy to fulfil our potential?

You have reason to be hopeful - who you really are is so much more than you have ever believed!

The power of insight - a rise in consciousness

Einstein said 'A problem can never be solved from the same level of consciousness that created it' - and looking around in the world today, that has never looked more true.

Your experience of life is not an objective one of what's 'out there'. Your experience of life is simply a thought-created illusion. You decide how the world works - and then behave as if it's real.

So the change I'm talking about is NOT:

- A bunch of techniques or cognitive exercises to learn and master (putting more on your mind!)
- A magic wand - which means you'll just overnight become a different person

Although...what I am offering has had a life-changing effect on the lives of lots of people - and often very suddenly.

What I am talking about:

- an entirely new way of looking at life and seeing the world around you, which results in effortless change and the falling away of life-long habits and difficulties
- a perspective which will help you realise that you have been looking in the wrong direction - i.e. to the outside - to find happiness, satisfaction, peace of mind, etc.

- the chance to take back control of your life - because you are creating your experience
- to guide you on a journey which will bring back the excitement, zest, joy and fun to your life (and enable you to handle life's inevitable lows with grace and equanimity)

How to jumpstart change

Change starts with Noticing

- How everyone's living in a separate reality - no one can ever see the world quite as you do, however much you'd like them to!
- How your thought is creating your reality - there are so many different ways of experiencing the same person, situation or object, and yours is unique to you.
- How much of the time you spend in the future and the past - not the present moment. You might be wondering or worrying about the future, or regretting or missing the past.
- How much of the time you are actually not dealing with the things that matter to you, but scrabbling after things which you don't think are your priorities.
- That you are not actually afraid of what you think you are afraid of - you are afraid of what you feel.

How will noticing help me?

In a world of quick fixes, six point plans etc., we don't believe something as simple as noticing can really make a difference.

But noticing leads to insight, and insight leads to change. It's as simple as that.

Change Happens by Realising

- How much of the time you're caught up in thoughts that have nothing to do with now
- That a lot of the thought patterns that we've always thought were helpful and useful, are actually really damaging, or at least unhelpful. For example, telling yourself off or beating yourself up because you think it will make you do better next time might seem like a good idea, but honestly, how often does it help, and how often does it just make you feel bad? Feelings such as guilt, or concern can leave us avoiding things so as not to hurt other people's feelings, and actually complicating the situation.

A Life-long journey

The jump into change is a really exciting start to what promises to be a life-long journey. There is always more to see on this adventure into discovering who you really are. Keep looking in the direction of the inside, rather than the outside, because that's the only place you'll find the answers you're looking for. Intellectual understanding and learning can get us so far in life - but this is different. Change comes from Insight, and insight comes from quieting down habitual thinking, and looking for something new.

*If you'd like to continue the journey, join the [Life-Changing Book Club](#) or go to the **BOOK** tab to schedule your free 30 minute Jumpstart Change Call*



Photo: Spirituality and Health Magazine