

# METAMORPHOSIS



A Beginners Guide  
To Transformation

by  
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Published in the United States

ISBN No.

This book is dedicated to  
All of the friends that I left behind,  
In my quest to rise above  
My own Ego.  
May they find themselves at Peace,  
With the world and all that lies in it.

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## INTRODUCTION



I have chosen to use the picture of a sunset to signify my transformation, and transformation in general. I used this because the setting sun represents so much to me. It represents the possibility of something better, the end of one way of being, and the birth of another.

For the longest time, I used to watch the sunset every night, in order to see the elusive, 'green flash'. The green flash occurs when you are near an ocean environment, the salt in the water refracts only the green light in the color spectrum, unlike fresh water, which creates a rainbow. And the combination of the sun and water creates a sliver of green on days with the right conditions.



So I would look. But what I wasn't present to, was as I was watching the sunsets, I was also watching the end of a way of living. And in those brief glimpses of green, I was given a peek at a possibility that I could only just begin to imagine.

That possibility was, transformation.



So it was definitely in a round about fashion that I found my way to transformation. Many years and many poor choices paved my path, and though neither right nor wrong, it had to be the way it was, in order for me to get what I got.

As I was writing my series of books on Transformation and Spirituality, I started with a basic assumption that my target audience was already awakened. What I didn't realize was what a small target audience that is! And therefore it occurred to me that a basic knowledge was required to understand my other books. So much like my own transformation, it would follow that it was a round about way in which this book was created.



After I wrote my sixth book on transformation, Yin and Yang, I realized that I didn't have a book designed for the true beginner. Someone who hasn't even recognized that they have an ego, or negative self-talk, that is holding them back from the extraordinary results that are possible in life.



And I realized, looking around the meditation and transformational rooms that I have been around for the last 8 years, that there wasn't a huge population of people that are even ON the path to enlightenment, much less progressing at any pace.

So with that in mind, I decided to create a book of discovery.

My subject was the only person I knew, myself. So I will come from my own experience as much as possible in telling the story of basic awakening.



Because that is what discovery really is, a form of awakening.

What I found, in spite of all the work that I had done on myself, was that I was asleep. And therefore, I was sleepwalking in the world, maybe not like a true zombie, but not awakened to the possibilities that exist in this life.

And do you know the funny part, I wasn't even conscious to what was next. You know, after this life. I mean I had thought about it, but not to any degree, it was almost as if I was

*“Pretending Not To Know” that this was the only life that I had.*



Actually, truthfully, I was avoiding my life like a real professional. I was an irresponsible, immature, self destructive, selfish so and so, completely oblivious to the pain that I was causing to myself, and unconcerned about the pain that I was causing to others.

Now, don't get me wrong, I had glimpses of brilliance along the way, which I immediately either squandered or discounted,

because it would appear, that I wasn't ready to become who I was always meant to be. *Now what does that mean exactly, if I wasn't ready to become who I was always meant to be, then who was I?*



I mean, I had a pretty good idea of who I was, or at least so I thought.

But one thing was certain, the way I was going about things wasn't effective. And it took me creating some pretty good-sized breakdowns before my Ego allowed me the space to try another way of doing things.



So I would ask you, do you feel sometimes as if there is something else, as if something is missing from your life? You might be creating some amazing results at work, with a successful balance sheet, but your relationships aren't very deep. Or maybe you have deep intimate relationships but your career is a series of missteps. Or it might be something as simple as a sense of numbness, a dulling out or graying of the scenery.

If that were the case, then I would invite you into the possibilities that this book and the rest of the series present. For we are about to embark on an adventure, the only real adventure that exists on this earth anymore, the voyage of self-discovery.

## CHAPTER ONE

Why?



Why, isn't that the first thing a two year old learns to ask? And it can become a maddening request when it is asked every waking second for 4 years, as any parent knows.

And because this is the very first question that we ask, the context is already being built for a life of answers. If this, then that, right? And initially, because we are curious, we ask why, after all we are trying to make sense out of this crazy world. I mean really, we are all of 3 feet tall, and everything is new and most likely a little scary for most of us.



And the things that we don't quite figure out, we make up a story about it.

Or, we inherit the story, and the fear that story entails. We inherit it from our parents, or society, or school, or friends..... You get the picture.



My favorite story is, don't leave home with torn underwear, in case you get in an accident. Well, that has everyone always imagining the worst, like I am going to get in an accident every day! And thanks to the Law of Attraction, some of us actually do. And who knows, maybe this conditioning is to blame?

I could literally write a book about all of the programming that our parents and society have laid on us since we were born, and the associated fears that were created by them, but it suffices to say that there are a LOT! And most of the time, THEY ARE ALL MADE UP!



Because that is what FEAR is. False Expectations

Appearing Real.

That's all. Now sure, are there some things to be respected, absolutely. But with a little common sense there is no reason to be afraid. Here is some good advice, 'don't go swimming in shark infested waters'! Now it didn't take a genius to come up with that one, right?



So when we were little, and we asked why, did we get the straight skinny, or someone else's programmed fears mixed in with the answer? I would bet heavily on the latter, which can't serve us in creating our personality, can it?

So let's take a look at what we create when we program the conditioning of a child. For our test subject, I will take the one child that I know really well, myself.



At a very early age, my dad would leave my mother my sister and I to commute to the United States for work. Now, for most of

you, that might have occurred on a daily basis. However, we were immigrants from Scotland who lived in Canada, and my dad worked in TEXAS!

So you can pretty much count on him being gone for more than just a couple of days!

That created an abandonment complex in me with relationship to my dad. So needless to say, I was desperate for his attention, any attention. That, combined with the fact that he is a work-o-holic that doesn't know how to show his feelings, was a recipe for disaster. And as a result, I found myself getting in more and more trouble, just to get his or someone's attention.



But wait, it gets better! Because we moved around a lot in the process of 'Coming to America', I constantly had to fit in with a new peer group. That created a 'needing to be liked' issue that is still apparent in me today, but really ran how I functioned for a long time.

But that isn't the end of it either! When I was in the third grade,

I was diagnosed as borderline genius on an IQ test, and I started getting outrageous results in school. So much so, that I felt that I wasn't being accepted by the people that I liked, so..... What did I do, I didn't study! That way I wouldn't get good grades, and I would fit in with my peer group of athletes. Brilliant, Huh! The things we do in order to be liked!



But, because I made up that I was a genius, I figured that I could do anything. *It didn't matter if I wasn't doing it, because I wasn't really trying anyway, in order to be cool.* As a result, a level of arrogance started to be created in me.

Then we moved again. This time I was old enough to be exposed to drugs. And of course, once again I had the struggle of trying to fit in. As I didn't want to fit in with the geeks, and the athlete's didn't accept me, my only other option was to hang out with the partiers, also known as the 'druggies'.



Here is where the real danger lay. In order to fit in and be liked, I was selling out my integrity, and started doing drugs to be accepted. And in the process, I actually got addicted to the

drugs, and to the feeling that they created. I was addicted to the feeling of numbing out, or medicating myself to avoid the pain. *I was avoiding the pain of being out of integrity with who I really was*; and so I took more drugs in order to cope.

Cope with the Ego that I had created, because I wasn't the know-it-all, self-righteous, drug addicted asshole. I was the little boy who desperately wanted attention from his father, and was just doing whatever he could to survive.

The problem was, I built an incredible belief system around these conversations, and it caused others and myself a lot of pain, I can assure you.



So now that we have constructed the Ego conversations that had a choke hold on my possibilities, let's get back to WHY.

WHY was important when we were 2 or 3 years old. But it really doesn't matter anymore, does it?

As a matter of fact, why actually can allow for you to start feeling as if it's someone else's fault that things are the way they

are. That someone else is responsible for your happiness. As a matter of fact, there has been a HUGE culture built around this context in our country. In fact, our entire legal system is built around this context.



This mess that I'm in is someone else's fault, and **THEY ARE GOING TO PAY!!** So, what is this syndrome called, that has everyone in the country reacting to things like a flag blowing in the wind, and allowing themselves to become bitter, frustrated and angry!!

*This syndrome is called the 'Victim Syndrome', and it is built around the question 'Why?'*

So the next time you catch yourself asking 'Why', just notice if you are choosing to be a victim to something or someone; *that is, if you are willing to create something different in your life.*

## CHAPTER TWO

Who Knew?



What if the key to life wasn't in the answer to the question 'Why', but in asking yourself 'better questions'? And, if this is the key to life, then how do we find these 'better questions' anyway?

Well, we have ruled out 'Why', because that allows us to be a victim to someone else. So what are the other questions? That is the first one of the set of questions that I am going to call '*clarifying questions*'.



A *'clarifying question'* is a question that will allow us to discover something about ourselves that we were here-to-fore ignorant about. Remember I told you in the introduction that we were going to go on a voyage of discovery, right? So the whole point of these *'clarifying questions'* is to uncover our *'secret programming'* that was created when we were very young to protect us from the world, and a variety of other things.



So, what exactly is this *'secret programming'* that I am referring to? Well, some people call it, 'their little voice', and still others call it, 'negative self talk', and it is also known as your 'subconscious mind'. The first person to put a name on it in the twentieth century was a man named Sigmund Freud, and he called it, your *'Ego'*.

So if your Ego is the result of 'secret programming' then it is not real, Right? And if it isn't real, then continuing to identify yourself with the conversations that the Ego is generating would, most likely; not serve you.

So the first step in the process would be to start asking a series

of clarifying questions to uncover your belief systems, in order to start undoing the 'brainwashing' that has already taken place. That's right; I said 'brain washing'.

*You have been 'brainwashed' or domesticated by your parents, by the education system and by society.*



What remains of the perfect little being that burst onto the scene when you were born is almost non-existent. You have become almost a robot, you have become, *Homo Mechanicus*. A human robot, 'brain washed' into being the perfect little boy or girl, or worse, brainwashed into whatever you have become.

And here is the bad news, guess who did the 'brainwashing'? *You did!* That's right, you did! I am the one who created my ego of needing to be liked, addicted and self-destructive. No one else, so running around looking for someone else to blame, is just going to get you more of the same. You get to keep being a victim; *because you are either a victim or you are being responsible!*



And if you are ready to take control of your life back from your Ego, and not let that little voice in your head run you any longer, then start by taking responsibility for uncovering what created it in the first place.

Start asking questions like, *'what kind of prices am I paying for being the way that I am'*. I mean taking a good hard look at the prices you are paying. How are your relationships, I mean really? And when did you start to create the belief system that runs you today.

What do you believe? What don't you believe? Who do you trust? Who don't you trust? What have you made up about the world and all of the people in it?



You can't trust women, or you can't trust men. Or for some of you, you can't trust people that don't look you in the eye, or you can't trust black men. Or if you are black, you can't trust white people at all. As a matter of fact, I bet deep down, you don't trust anyone at all, really. *Because, as a result of all of the fears that are embedded in our programming, we aren't that trusting of a society anymore.*

And all of this came out of a neutral event that happened in your past somewhere. No, you say, it wasn't a neutral event, it really happened, and the way it went was such and such. Really, go back and examine what happened. It was just an event; it was your perspective on the event that gave it the charge that you have been carrying around with you your whole life.



As a matter of fact, all of your beliefs are like a matching set of luggage that you have been carrying around with you wherever you go, and because you believe the 'secret programming' that you did to yourself; you are so attached to that luggage that you won't let go.

*Even if it costs you your life! As a matter of fact, you are so convinced that you are right about your luggage, that you actually live into a future, based on the baggage of your past!*



That's right, it's as if you are taking all of your baggage and throwing it into your way, in order for you to live into this future so that you can be **RIGHT ABOUT YOUR STORY!!!!**

So what are the prices that you are paying in your life for the beliefs that you are currently holding?



*And what is the pay-offs that you are getting for continuing to believe what you believe.* Oh, and trust me, you are getting pay-offs for being a huge victim to the world. Pay-offs like, everyone feeling sorry for poor little old you, or pay-offs like being able to sit around and complain about how life is going, and how hard it is and blah, blah, blah.

*So what makes you think that things are ever going to change? If you keep doing what you keep doing, you are going to keep getting what you keep getting!!* Not to mention that negativity and victimization LOVE company, so if you are in a space of that kind of energy, LEAVE!! Or enroll them into shifting into positivity and responsibility.



Because ultimately it is a choice, that's right a choice. You are the one choosing to be a victim, it is not being done TO you,

and you are doing it TO yourself.

Another '*clarifying question*' is '*where else is this way of being showing up in your life?*'

*And who else is paying prices for being in a relationship with you?*

When are you going to wake up to the chaos that you are causing by refusing to take responsibility for your own life?



And lastly, '*how does this show up in your life?*' I am willing to bet Everywhere, because instead of the malarkey that you tell yourself about how you are responsible here and trusting there and in integrity here, that is a bunch of bull! *The way you do one thing is the way you do everything, when the chips are down.*



It is easy to be peace, love and puka shells when the world is going your way, but at the first sign of pressure, is when the real

you comes to the surface. Off comes the mask and out comes the Ego!

I'm sure that in relationships, you have all experienced that wake up to reality, when you realize that the person you are with is completely different than the person you started seeing.



Because we are all wearing masks, everyday, and with everyone we meet we are putting on some kind of disguise. At work, with friends, at home, you name it.

And for those of you who are saying 'what masks', that is the little voice in your head that has you convinced that you don't have a little voice and that's a problem that someone else has.

## CHAPTER THREE

### Masks



What's the first mask that we learned to put on? For me it was the brave 'game face'. Even though I was dying inside, 'boys don't cry'. And let me tell you, I am a big crybaby, so I had to have that mask.

And the mask of pretending to know what I am doing, after all, I'm a genius and I should know everything! That mask has gotten me into a lot of tight spaces, let me tell you!!



And the mask of pretending I wasn't an alcoholic, addict, good-

time-aholic. That one cost me the most in my life, as I just covered up one pain with another. That was the pain of numbing out and avoiding, which ultimately cost me even more in the long run.

Because, trust me, whatever it is that you are running away from, hasn't actually gone anywhere. *In fact, usually, it just keeps getting bigger and bigger, like a rat in your kitchen, eating you out of house and home.*



As a matter of fact, that is exactly what the Ego is; it's like an eight hundred pound rat, eating you out of house and home, which has you convinced that it is just a little mouse. Nothing to worry about, it's just a little mouse.

And everyone is aware of the mask they show to the world whenever they are getting photos taken. *How many pictures of yourself do you have with that same goofy expression on your face? And how about your friend's faces? I'd be willing to bet that your long time friends all have the same fake picture mask.* Go ahead, check your photos and see for yourself. And that is

just one of the masks that you are wearing.



How about the masks that you wear for your family, when you go home for the holidays or over for the weekend? *'Hi, how are you'*, while maybe biting your upper lip hoping that they won't notice whatever it is that you are holding inside.

Or the mask that you have worn because of a grudge you have been holding against a loved one for ages. And over what? Some perceived fault over some insignificant nothing years ago. How much does that mask cost you?

And the masks that you are wearing with the relationships that you are in now.



How about the mask that you wear for your not so close friends, versus the way you are being with your 'true friends'. How are you in your relationships, both primary and work? What kind of

mask do you wear at home? When you come home from a hard day at work, what kind of a mask do you wear then?

When things aren't going well at work or at home, and you are putting the brave face on, especially as you go out in the world, because you don't want anyone to know how terrible you feel, what kind of a mask do you wear then?



So you can see that these masks that we are constantly wearing, always carrying with us, take so much of our energy. Constantly remembering which mask to use with whom, how to be here, how to act there, is so energy and time consuming. *When is it going to be ok just to be real!!*

As a matter of fact, we have been wearing these masks, partly as a result of our belief systems, all of our life. *In actuality, we have been wearing our masks for so long, that we have actually become our masks.* We have become these paper Mache versions of who we really are.



If I was to ask you who you really are, I can almost guarantee, that you would automatically go to Ego identification and a mask, to describe who you are to me, and to the world.

And that is not who you are, it's just something that you made up. *And seeing as how you made it up in response to belief systems that were a result of someone else's fears, your masks aren't even really your own.* You are just borrowing them from the person who originally taught you to use them. And as they are borrowing the mask from someone else as well, ***you are actually carrying hand-me-down masks that aren't even yours.***



Talk about feeling hollow and empty. The thought that you were born a pure and magnificent being, with dignity grace and purpose, and instead of realizing your birthright, you adopted a borrowed, hand-me-down mask to define your behavior, which has got to sting.

Another word for these masks and this 'secret programming' is called a self-limiting belief. **That's right, self-limiting!**



Notice the word isn't limiting beliefs, its self-limiting beliefs. Why are they called that? Because we are doing this to ourselves! *Crazy, huh, that all of this was done by you, to you and repeatedly reconfirmed every day by you!*

All of this in order to be right. Because, if you could see the way that you were operating, and if you weren't in defense of your Ego with the need to be right about who you are and the self-identity that you have created for yourself, *you would drop these self-limiting beliefs, and your 'secret programming' like the garbage that it is.*



The funny thing is, as we get older, and we either become conscious of our diets, or we were 'programmed well' at an early age, we start to look at all of the things that we are putting into our mouths. We read the labels on the packages, we become intelligent consumers, and we eat right and exercise in order to become better human beings. *And yet, we are letting poison into our minds.*

That's right; we are putting poison into our minds. And we are doing it to ourselves every day. Those beliefs aren't coming out

of nowhere, they are coming out of our minds, and then we are choosing to agree with them and hold onto them as if our life depends on it.



*Because we would rather be right about our beliefs; than to have an authentic life!* We would rather be right about our story, than have a life of no regrets. We would rather hold onto our tired old **'secret programming'** that let go and live a life of full enriching relationships.

That almost sounds like the actions of someone that should be in an insane asylum. Someone that should be committed to protect them from themselves. Is that what we have become, as (dis)functioning adults, borderline patients in an asylum?



And here is the best part, guess where these beliefs are coming from?

Do you get that your belief system was put into place when you were around 4 years old? And that this same belief system, which may or may not have served you then, is running you

today? Doesn't that sound like a recipe for disaster?

With that information in hand, wouldn't you be interested in forming a different belief system so that you can get extraordinary results and live a life of no regrets? I don't know about you, but once I became aware of how out of control my Ego and self-limiting beliefs had become, I was determined to do whatever it took to create a different set of beliefs with which to operate from.

## CHAPTER FOUR

### Responsibility & Integrity



It really boils down to a simple truth, and doesn't it always. I mean, we humans want to complicate the hell out of things in this age of modern marvels. With all of our advanced technology, that can put a man on the moon, and send space ships so regularly into space that it isn't even a newsworthy event anymore. We have desensitized ourselves to the fact that power is in the simplicity of life.

There is no one else that is going to assume responsibility for me.

*If it's to be, it's up to me!*



That's it in a nutshell. I am responsible for the food I put in my mouth, and for the water or liquids I drink. I am responsible for where I hang out, who I associate with and the results that I have at the end of the day.

*No one else, in spite of what stories I have been telling myself all these years.*



So, if I don't like the results that I am getting, all I have to do is look in the mirror to see who is responsible for them.

Now that is going to take some getting used to. Most of the talk show hosts and daytime TV dramas, have gotten people in this country and around the world, addicted to the idea of irresponsibility or at best, shared responsibility. Even shared responsibility leads to breakdown, because someone else is responsible for YOUR results. That sounds like it could be ineffective, especially if your life depended on it...

WHICH IT DOES!



*An authentic life, a life worth living, depends on your taking responsibility for your life.*

And responsibility is a simple equation. It always is. **You are either responsible, or your not!**

Period.

There is not in between, kind of like being pregnant. You either are or your not.



So, for those of you who are telling yourself that you are responsible, but you are always ten minutes late for dates or work or anything. Then you are full of it!

*You are either responsible or you are **NOT!***

There is no middle ground.



Now, because we are still human, there are going to be times when we break our word, and are out of integrity.

That is a real quandary, what to do then?



Well first of all, if at all possible, do whatever you can do, **NOT TO BREAK YOU'RE COMMITMENTS!**

And that will alleviate the problem. For instance, if you know that you are going to be late for a meeting, call the person and let them know, or re-negotiate your meeting time.



In this moment, how do you think that person would be holding you, responsible or irresponsible?

And, when a breakdown occurs, as sometimes they will, especially when you are just getting used to this whole idea of responsibility and integrity, *just acknowledge that you broke your word to the person affected and commit to being*

*responsible or in integrity from that point forward!*



That would be an act known as 'cleaning up your mess'.  
Because that is what life is a series of creations, messes and  
clean-up sessions, followed by more creations, messes and  
clean-up sessions. *And the only way to insulate you from this  
process is not to live. Which, based on results, is the way that  
most of you are living anyway.*



Integrity



Now, I touched on something in this chapter called Integrity.

Integrity is a funny subject, you ask 100 people what integrity means and you will probably get a lot of different answers.

But, to be in integrity means to be whole and complete. Simply put, it has nothing to do with honor or character, or any of the other things that we have assigned to mean integrity for that matter. But what is interesting is that when we are in integrity with our word, and our responsibilities, the other things just seem to fall into place.



So, with that in mind, are responsibility and integrity the same or are they different? That is an interesting question. Because when you give your word to something, and then you break it, you have broken your personal integrity. Your word is no longer whole and complete. So then, the answer is indeed, that they are different.



Something as simple as a New Year's Resolution. When you make a New Year's Resolution, do you follow through with them, or do you break them? And if so, how soon do you break them? Because that is a measure of how little your word means

to you. And if your word means so very little to you, what makes you think that your word means anything more to anyone else?

So therefore, you have no Integrity either. *For Integrity is a funny thing, you either have it or you don't. Just like responsibility.*



And if some of you are arguing that you have integrity in some areas but that you are selective with your word, then once again, *that is your Ego feeding you a line of bull!* You either have your integrity or you don't!

And if you don't, then you really have to ask yourself what you do have! *Because your integrity is all you came into this world with, and it is all you will take with you when you leave, so I would definitely take stock of your Integrity while you still have the chance.*

So now, what is there to do? After all, we have been being so casual with our word, not only with ourselves, but also with others.



How many of you have used the word TRY today?

Come on, I challenge you to go the whole day without saying the word TRY!

*To TRY is to fail with honor!* That's right, you are already setting yourself up for failure, in advance, but you want to look good while doing it!!



How many times have you invited someone to a dinner party and had them say they were going to TRY and make it, and then showed up! I mean come on; it's the world's biggest back door to NOT do something.

How refreshing would it be to have that person just be honest and tell you they can't make it!

So, leaky language starts to erode the power of our word.



And then, giving our word to things that we have no intention of doing, like, “You can absolutely count on me to do that!”, when you have no intention of carrying it out.

Even if you think that no one is watching, *actually, especially if you think that no one is watching!* That is where you can really get a good ‘tell’ of a persons Integrity!

If you have Integrity even when no one is watching, then you know that you have Integrity, or at least you are striving for it! Without Integrity, do you think that anyone is even listening to you when you talk?



And maybe the fact that you are constantly repeating yourself to be heard is because deep down inside, you know that you have no integrity as well, and you are doing your best to convince yourself as well as everyone within earshot, that you are a person of your word!



Now for some of you, this is going to be a bit of a challenge, and for some of you, the challenge is going to be too much to bear.

**Because there are prices to pay for Leadership.**

And those prices can be too much for a lot of people who are all *'Pretending Not to Know'*. But if you are open to the conversation, an extraordinary life awaits you.

## CHAPTER FIVE

### Being Open



For most of you right now, your Ego is telling you that you are already Responsible, and in Integrity with your word, and rationalizing the little areas of your life that you aren't.

And trust me, your Ego has been running you your whole life, at least except for that time from birth until about 4 years old. And if your Ego conversations are strong enough, I will bet you that you can't even remember what you were like before your Ego took over.



And your Ego will tell you not to listen to all of that transformational stuff, because your life is perfect exactly the way that it is. Maybe so, but if you have generated the results that you have in your life now, *just think what would be possible if you were to uncover the areas of your life that aren't working and get them in order.*



The areas of your life that aren't working would start working, and the areas of your life that are, would take off.

And all of this starts with subtle shifts in Being. There is a simple equation in the world, and it goes something like this.  
BE, DO, HAVE!



Not what Madison Avenue would have you believe, but the truth none-the-less. If you are being happy, you will do happy things, and have rewards that a happy person has.

How many times have you seen someone with a fake smile on their face but they were dying on the inside.



One analogy that I like to use is the one of the Titanic. When the Titanic set sail from London to New York on its fateful maiden voyage, if it had made a minor course correction right out of Ireland, it would have missed the ice field and made it to New York.

At the last minute when the ice was spotted, they tried a severe course correction, but due to the size of the ship and the speed at which it was traveling, it couldn't change course quick enough to avoid the iceberg.



So if you keep doing what you keep doing, you are going to hit the ice. *And no amount of changing simple routines is going to generate any significant results for any length of time.* It will be like rearranging the deck chairs on the Titanic while the band is playing, no major shift in results.

So the bottom line is, are you open?

I mean really open to the possibility of an extraordinary life?

*Because the only person standing between an extraordinary life, and the life that you have right now, is you!*



All the courage, self confidence and knowledge that everything is exactly as it should be, can and will be yours if you are open to surrendering control of the Ego just long enough to try on something different.

All of the results that come from traveling down the 'Road Less Traveled', that lead to a life of 'No Regrets' come from surrendering control of the Ego just long enough to get a glimpse of what is possible when love takes over.



Because that is what you are really saying yes to.

That is what you are really being open to.

That is what is waiting for you when you surrender the Ego.

Because remember, the Ego is a construct of being afraid.  
Remember Fear? False expectations appearing real? That is  
what the Ego feeds off of.



So surrendering control of the Ego, means allowing the natural  
Universal energy of Love to enter into you and set you free  
from all of the stories that you have made up about yourself and  
*to be the magnificent being of light that you came into this world  
to be!*

But first you have to be open.

If you are open, I invite you into a life of leadership, results, deep  
connected relationships and ultimately freedom and peace.

And who wouldn't want these things in their lives?

I mean seriously.

## IN CONCLUSION



So ultimately it is a choice, and the experience that awaits you is beyond description. All I know is that there are many vehicles available within which to experience all of the things that I have talked about in this book, and in the other books that I have written about Transformation.



If you are open to continuing in the journey, I recommend that you read 'Electricity and Resistance, A Practical Guide to Transformation and Understanding Universal Law', and 'All of the Universal Laws and Principles Regarding Life'. Though these are both by me, I have incorporated the works of many

masters into these concise and easy to use guides for advanced living.

Other books that I would recommend for the aspirant on the path to overcoming the Ego would be, 'The Four Agreements' by Don Miguel Ruiz, 'The Seven Spiritual Laws of Success' by Deepak Chopra, and 'The Power of Intention' by Dr. Wayne Dyer.



There are also many volumes too numerous to list right now that will come into your life at exactly the right time to forward your personal growth, when you are ready.

So remain open to possibilities, and let the natural awe and wonder of life grab your attention like it did once, a long time ago, in distant memory.

Be open to what you can create in **THAT SPACE!**

## **Additional Books by Niall Nicholson**

### *All of the Universal Laws and Principles Governing Life*

Designed as a handbook for Electricity and Resistance, this book is a stand-alone publication in its own right. A concise compilation of all of the Universal Laws governing life as we know it. A must have reference material for any avid seeker of truth.

### *Electricity and Resistance, A Practical Guide to Transformation and Understanding Universal Law*

This book takes up where the movie 'The Secret' leaves off. For everyone that has desired an understanding of ALL of the Universal Laws governing life, this book is a **MUST READ!**

### *Lightning: An Examination of Energy Fields*

As one of the founding principles of the Universe is energy, understanding how it is applied to our everyday lives is a requirement. This book takes the reader on an in-depth analysis

of the inner workings of electricity, energy and the affect that it has on the human body.

*Yin & Yang, A Study of Universal Energy When Applied to the Law of Gender.*

This book explores the higher and lower self and its outward manifestation in both the female and the male. As well as the possibilities that exist when we transcend the physical realm.

*Time, Space & Now; A Journey Down The Rabbit Hole*

If you liked the movie, "What The Bleep Do We Know?" you will love Niall's book. This is a deep introspective book on the concept of Time and Space as they relate to the power of Now.

This book goes into the very foundations of Time and Space and comes out the other side with some ground breaking theories about the very fabric of existence.

*Buddhism and God*

An examination of the Non-theistic teachings of Buddhism, the dharma and the possibilities of the existence of a creator within those teachings.

For individuals that are interested in the possibility of coaching from Niall directly, contact him at [www.rlifecoach.com](http://www.rlifecoach.com) or through his myspace page at [www.myspace.com/nialln](http://www.myspace.com/nialln)

