

The Simple Way

The Science & Magic of Having it all



by dw reading

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Dedication



Are you willing to walk off the edge of the known into the unknown?

Are you ready to let go of the beliefs that complicate your life?

Are you ready to Celebrate Your Power?

Are you ready to Live Your Perfect Life?

This Book I Lovingly Dedicate to you.

Authors Note

My goal in writing this book was to put down, as simply as I possibly could, everything that you need to know to Be Your Best Self and Live Your Perfect Life. No philosophy, no hype and not a lot of repetition.

In most works of this type repeating the same thing over and over in different ways is the most popular method used to implant, what may be very new, ideas into your head. I have refrained from doing that. Instead I have tried to keep everything as simple and straightforward as I possibly can. The repetition part is up to you. You are the main ingredient here. This book is nothing if you don't DO something with it besides read it and then set it aside to collect dust.

This is not philosophy. Philosophy itself is only discussion/talk/argument. This is not about religion, although, the laws stated here are in the foundation of every one of the many religions I have had the pleasure to study.

This is science but not science divorced from spirit. This is the science of the spirit, the science of $E=MC^2$

This is a book for those that need no filler and would rather be living their magical life than talking about how they might.

In the words of Marcus Aurelius, "Waste no more time arguing what a good man should be. Be one!"



Let *Your* Magic Begin

I am asking you to join me and ***Dance with Dragons.***

To live fully you need to be willing to step into the unknown every day and not with trepidation or hesitation but with faith and joy. This attitude is mirrored in the vision of *Dancing with Dragons* that comes from two memories of things read.

The first is the statement *Here There Be Dragons* that was found on nearly every map that was created more than 500 years ago. These words were placed at the edge of the known to let you know that you were about to enter the un-known.

The second one comes from something I was told a long time ago:, “When you step off the edge of what you know into the unknown you will either find a firm place to stand or you will learn how to fly.” and since Dance is freedom and openness and joy and exuberance and fun to me...

Dancing with Dragons means to completely abandon yourself to the light, to completely trust in the magic of ‘all-that is’ aka The Divine Creative Force aka God, to be a joyful and happy light unto the universe.

Dancing with Dragons means to let go of worry and all other constricting thoughts, to fill your entire self with light and Walk in Beauty every Moment of every day.



If you keep doing what you have been doing you will only get what you’ve got. So, unless you think the way things are in the world are just peachy, you need to do something differently than you are now.

There is a Hawaiian word that means rightness and balance. That word is **Pono**. When a person is ‘Pono’ they have that feeling of contentment when all is good and all is right in their life. Pono is more than just being positive, Pono is being positive *and* full of faith. Life itself excites you. This is also what is meant by the Navaho way of Walking in Beauty.

Pono also means ‘what works’ & ‘the proof of the pudding is in the eating’. ~ If it works for you than keep right on doing it...If it doesn’t work for you than go find something that does. ~

Jai is a Sanskrit word that is used as an exclamation of wonderment, admiration, and deep respect. It could be translated as “WOW!” “Awesome!” or “Many Glories!” It is a simple word that describes how hugely excited you should be about life!

~You will know that what you are doing is “working” for you when your life is a never ending Jai-Pono experience.

This is Jai-Pono: When you breathe deep, laugh often and when you are like a child and everything that you do is play ...you know that you are on the right path because joy and happiness are no longer a quest but a lifestyle.

I do make certain assumptions; I assume that you are ready to DO and not just read and think and talk about doing, I assume that you don’t need convincing that you need to pay

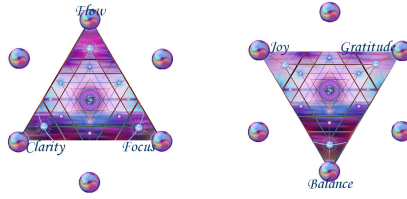
attention to Who You Are and I assume that you want vibrant health, abundant material wealth and a life that is filled with joy and happiness not just for yourself but also for the world.

I don't care how you got to where you are. Contrary to popular opinion it is not necessary to figure out how and doesn't help you live Jai-Pono. Worse than not helping - if you spend time looking back (or forward) you might just make it harder and slower.

This is Science and it is Magic and it is TRUTH...

“The Simple Way” was originally written for my clients/workshop participants in the 70' and 80's as “The Simple Way”. There have been a few small changes over the years but not many.

Nameste',
dw reading
dwreading.com



Introduction

If people understood what they are really capable of,

We would transform our societies almost overnight.

Celebrate Your Power

You have tremendous power and you are using your power every moment of every day whether you realize it or not. Consciously or unconsciously you are choosing to create the life you are living ~ every moment of every day. I invite you to Celebrate that power and become the person you were meant to be.

You were born with gifts to give, with a place to fill, with things to do, with your own special life to be lived. There is no one else like you. No one else has your talent, your desire, your wisdom, your perspective, your passion. No one else can fill shoes. No one can give to this world the gifts that you are meant to give, the gift that you are meant to be to your family, your friends and your community.

There is a place in this world reserved for you alone, there is a Joy only you can express a light only you can shine. Something powerful is trying to be born into this world through you. If you are ready to fully embrace your true self and give your best and wildest Joy to the world, know that the world is waiting for your Joyful Noise and without the full expression of your Joy the world is less than it can be.

So shine brightly ~ as only you can.

My Basic Assumption

I have no intention of getting into a lengthy and tiresome scientific or spiritual discussion to try to figure out how what I tell you works. Each of you will do this in his or her own way. My only wish is to show you, the way it all works in the easiest way that I can.

I feel sure you will conclude as I have, that the only mystery is the mystery of life itself taking form, governed by unchangeable and easily understood laws.

The basic assumption that I make in writing this book is that you either know that these things that I say are true and are just looking for a way to live your life aligned with them - or you are willing to take my word for it until you have had the chance to do what I suggest and are then able to see the truth for yourself.

As you grow in understanding you will realize that there can be but one creative process filling all space, which is the same in its potential whether cosmic or individual. You will know that you are a spiritual being having a human experience and Divine creative action is taking place through you.

Once you understand how it works you will never feel that it is necessary to take anything from anybody else. The idea of competition and small thinking will be gone from your experience.

You will have learned that asking and seeking have receiving and finding as their correlatives. You will know that following your Joy and living a life of gratitude is the source, the means, of living abundantly for all of us and the entire world will be a place filled with Love.

You will know that all you have to do is to direct the creative power of the Universe that is always flowing through you in the direction that your vision provides.

We all possess more power and greater possibilities than we realize

Health, Wealth & Happiness are all yours for the asking if you know how.

You may not always fully realize that you have within you the ability to co-create your life with the universe. Many of us are taught to accept what is and not even to dream of anything more. But our hopes and dreams are the universe whispering to us, planting an idea of what's possible while directing us toward the best use of our gifts. The universe truly wants to give you your hearts' desires, but you need to be clear about what you are asking for.

Once you have a clear understanding of what is wanted...Just Ask.

To ask for something does not mean to beg or plead from a place of lack or unworthiness. It's like placing an order...we don't need to beg the salesperson for what we want or prove to them that we deserve to have it. It is their job to give us what we ask for; we only have to tell them what we want.

Once we have a clear vision of what we desire, we simply accept it as done. Always remembering that what you want is just *already-existent* energy vibrating at a slow frequency

rate. So, all you're really doing is working with the Creative Force that *is* the Universe to *shift energy* from one form to another

If ***The Simple Way*** does not work for you...try something else. The Hawaiian culture has a word for this...Pono: "*Effectiveness is the measure of truth*" Pono is what works, If one technique doesn't work - try another. Give this a try but, if it doesn't resonate with you, rest assured that there is a way that suits you, a way to have a joy filled and balanced life that is part of the grid of Love that is beginning to envelope our world, a way that fills your life with abundance and touches your heart with grace every day.

The Simple Way is built on two simple triads.

The first triad is Love in three parts: Giving, Receiving & Balance.

The second and equal triad is Creative Energy in three parts: Clarity, Focus & Flow.

The Simple Way expects you to be fearless and step off the edge of the known into the unknown.

The Simple Way expects you to Walk in Beauty and Dance with Dragons every day...

The Simple Way expects you to be conscious and alive to who you are every moment of every day.

The Simple Way is simply the way it is.

So let's begin with how you can manifest whatever you desire. I suggest that you read the entire book before you start changing things.

Caution! You need to do the work yourself.

I assume that you already know you need to "take care of business" to take action. You won't get anywhere if you just sit contemplating your navel. Like the Quakers say, "Pray and move your feet"...

In all of my years of teaching "Goal Setting" and "Mind Mapping" and "Values Clarification" and "Achieve Your Dreams" and "Awaken The Artist Within" and "Creating Joy" and "You are Your Beliefs" to name a few, I found that what this book contains is the "missing link" for most seekers.

Most people can follow the steps of a program and realize some results...maybe even spectacular results, but then they end up 'back to square one'. Maybe it is a better 'square

one' then they were at before learning the program but they still are not living their best life and they know it.

This holds true for the clients I had as a Personal Trainer as well. It doesn't matter if your goal is physical, mental, spiritual or financial you need more than the steps for your life to truly be as magical as it can be.

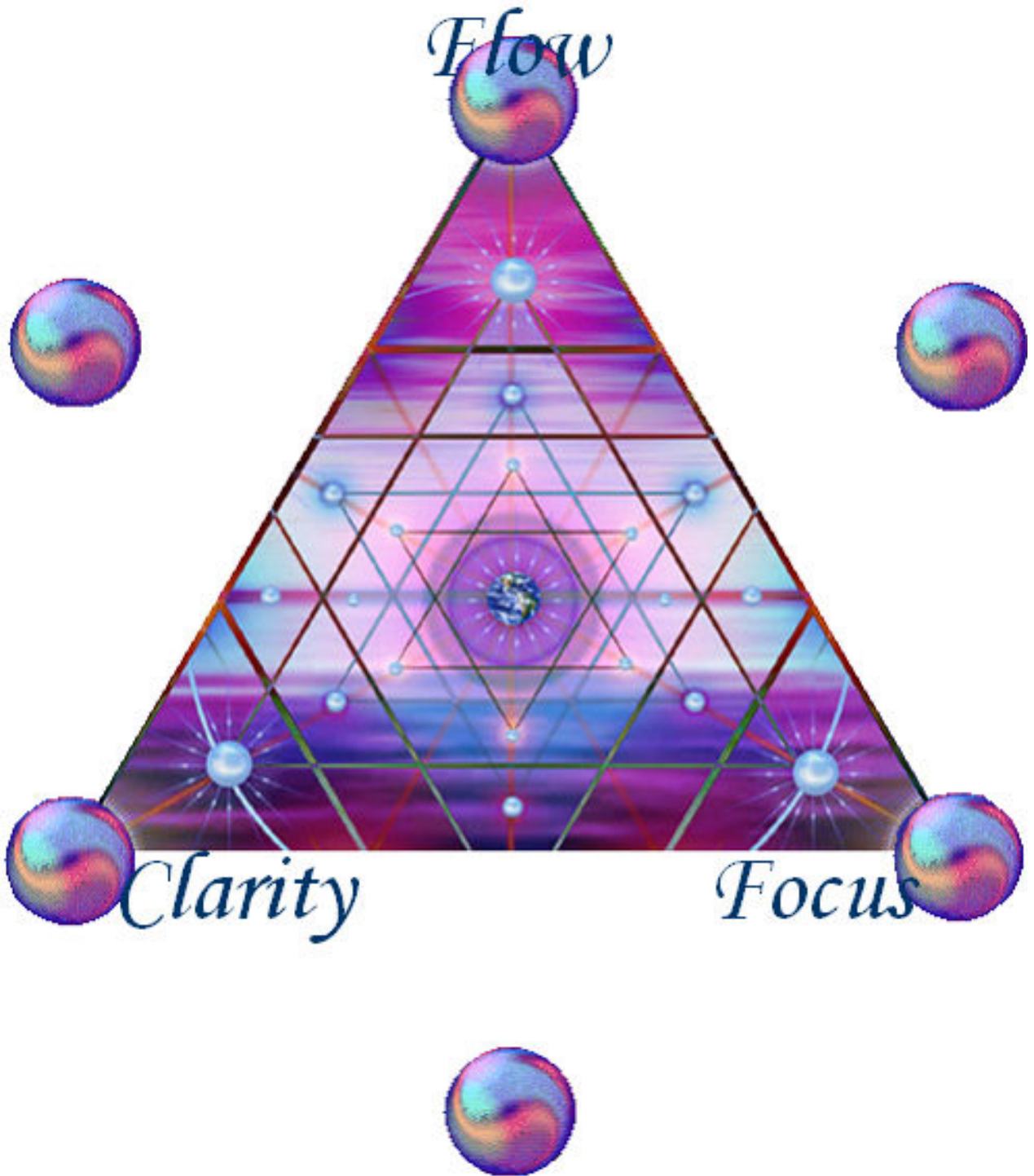
The Simple Way is the core that turns all of the work that you do into Your Magical Life.

I have met people that were living a magical life because they understood the message in The Simple Way (whatever they called it) and they had none of the goal setting or life management 'skills' that we think we need.

I have not met anyone that 'had it all' (in every area of their life) that didn't understand.

Although you may understand the explanations, if you are still suffering because of problems, you clearly do not understand the true nature of your mind, your body, and your senses. -Lama Zopa Rinpoche, "Transforming Problems Into Happiness"

So Believe and move your feet...



What to Think

Clarity



Clarity is the first part of getting what you want. Your thoughts and, even more importantly, your emotions & thought pictures are what create what your life is like. From the things you have to the people that you are surrounded by and even your health and happiness. “Your magical life is God’s gift to you. What you make of it is your gift to God.” is a simple quote that says it all. If you need convincing of this you will not find that here. This is not a philosophy it as a way to act. If you need some help clarifying what you really want stop by Joyvolution.com.

It’s time for you to just *do* it.

Spend some time day-dreaming about what you want. Once you have a clear idea of what you really want in your life you will need to really make the picture crystal clear. The Universe is just waiting to do your bidding just remember;

...and God said, “Tell me what you want and I will give it to you. But one word of warning, I *will* give you exactly what you ask for, as long as you understand that we’re ok.”

So make your picture very clear and unambiguous. If it’s a house spend time seeing yourself **IN** the house. Re-arrange the furniture. Hang a few paintings. Paint the walls. Redecorate the bedroom. Make it live. Remember, what you desire is just already-existent energy vibrating at a slow frequency rate and you are just making it solid.

It’s really easy to know if what you want is ‘right’ for you; when you focus on the vision of what you want to have or do and you feel joy, enthusiasm, happiness and excitement, that means that the vision is in line with your true/higher self.

Let me repeat that: when you focus on the vision of what you want to have or do and you feel joy, enthusiasm, happiness and excitement, that means that the vision is in line with your true/higher self.

You are creating your life every moment of every day and if your life is not exactly as you would like it to be all you need to do is change the pictures you are giving the Divine Creative Spirit. You will ALWAYS get what you ask for.

You always get what you ask for. Whatever you have is what you have asked for.

If you don't know what you want, start with what you don't want. By deciding what you have now that you don't want you will get a clearer picture of what you really do want in your life and once you know, the rest is really easy.

When you are clear, what you want will show up in your life, but only to the extent you are clear. When your thoughts, your focus and your intent are exclusively on what is wanted, you feel relaxed, joyful and lighthearted about your goal. Paradoxically, the more joyful you are, the less hard you have to work, and the more powerful and effective are your actions.

When you are clear, what you want will show up in your life, but only to the extent you are clear

Clarity, Focus and Joy are the key thoughts/emotions to creating your perfect life and Balance, Gratitude and Flow are the key actions to allowing Your Magic Story to manifest. Without a clear picture of what you want where will you be focusing your attention? In the movie *Pirates of the Caribbean: Dead Man's Chest* we learn that the compass that Jack carries is magical and will lead you to what you truly want. Catch is that it is useless if you don't know what you want...Clarity.

Focus



Focus is the flip side of clarity. If you have a belief or thought that hampers or sidetracks your desires you will find yourself going down a different road than you thought you intended.

If you believe that you need to struggle to grow and you have asked for growth, you will be given struggle before the growth can happen.

If you believe that you can't understand joy if you don't understand pain and you have asked for joy then you will be given pain before you can have the joy.

You will always get what you are focusing on.

Choose thoughts that are in line with your vision and discard any that are not.

If you believe that this is difficult to do...it will be.

In reality it is no more difficult that hitting the backspace button to undo unwanted typing. If a thought is not useful to you, you can just tell it so and it is gone.

I believe that creation is a very simple and easy process that was designed to work its magic with love and is only difficult when you try to manifest without Love.

Focus is something that is not truly understood by a lot of, otherwise perceptive, people. It is easier for me to give examples than to try and explain.

If you want peace, you need to focus on peace. Seems simple enough doesn't it? And it is simple once you get the hang of it but, a lot conscientious and well intentioned people are so involved in advocating for peace that they don't realize that their focus is all wrong for creating peace. When you protest or hold a candlelight vigil or write about *ending* the violence/war/whatever that is not peace you are focusing on the violence/war/whatever that is not peace and will be creating more violence/war/whatever that is not peace. **It is very important that you understand this.**

If you protest something you are helping to create it.

If you argue against something you are helping to create it.

If you watch the news and you feel angry about something you are helping to create it.

The stronger the emotion the quicker you will create whatever it is you have focused on.

The Divine Creative Force does not pass judgment and not care what it is you focus on, good or bad, you will get it. The Divine Creative Force will accept your focus as your intention...that's how it works.

Don't join the group that is advocating change. - Join the group that is digging a well.

When you try to change something by focusing on what it is you don't want you are trying to destroy it and that which exists cannot be destroyed, it can only be transformed.

In physics, this is known as the law of conservation of energy where the sum of all the energy remaining after a reaction is the same as it was before the reaction. The actual forms and phenomena that emerge may, however, be very different.

Resistance actually makes that which is being resisted stronger. For example, body-builders make their muscles bigger by picking up - resisting - weights. This is called *resistance training*.

Emotionally and intellectually, by attempting to destroy something, you are actually giving it your attention, your focus, and the more attention you give something, be it positive/constructive or negative/detrimental attention, the stronger it becomes.

So to transform something you want to change you need to focus on what you *do* want. Don't complain, bitch, argue, gossip, hate, get angry, protest...

Whatever thought you think or action you take, ask yourself, "Do I want more of this in my life (or in the world)?" If the answer is no then take your attention away from that thought or action *right now* and focus on what you do want more of.

There are only two sides to anything; it is either going to take you toward your perfect life and a perfect world or away from it.

Every thought

Every feeling

Every word

Every action

Develop the habit of focusing only on what you want. You will, on occasion, have a thought that doesn't serve your happiness. This is normal and to be expected. It would be a waste of time to worry about this as it is easy to deal with without upsetting your vision. It is not the having of a thought that matters it is the entertaining of (focusing on) the thought that can upset your vision.

Think of it this way: When you put your hand on a hot burner you will burn your hand, but if you move your hand away quickly (as soon as you notice heat) you can do so without any damage done to your hand at all. The trick is to notice the heat and move your hand before there has been time to get burnt. This is why it is important to pay attention to your thoughts and to walk in awareness every moment of every day. Once you have developed the habit of living an aware life you will find it much more fun and much more rewarding than you ever imagined. This is part of what I call Walking in Beauty & Dancing with Dragons.

Flow



Flow is remembering that now is your point of power and it is also the "Letting go and letting God" part of this trinity. You are everything and nothing at the same time. You are Spirit having a Human experience. You are Human and you are God. Through you flows

all that is and all that ever will be and it is this Divine Creative Force that manifests itself through you. Flow being the operative word. Nothing is static - everything is constantly in the process of changing and the only control you have is over the moment you are in. The moment you are in is your moment of power and it is in this moment that you create your life.

Flow is you taking responsibility for what you are creating. You cannot stop the flow of energy through you, you cannot stop creating, but you can decide to be aware of your thoughts and your actions and your dreams and to consciously create your life.

Flow is to understand and embrace the reality that the power of 'all that is' flows through you and turns your thoughts and your dreams into reality. Flow is to accept that you are creating your very own Magic Story every moment of every day.

When you embrace the reality of the energy of 'all that is' flowing through you, you will begin to realize that nothing is impossible. It is not you doing the hard work...the Divine Force does that.

All you have to do is get a clear vision of what it is you want and focus only on thoughts and actions that support that vision.

Laugh at any stray thought or emotion that pops up that is not useful to you. It has no more significance than one speck of dust.

Write down who you are and what that means. Keep it big and open and full of magic...

I am joy and everything I touch shines with light.

Something like that ~ Big, open and full of magic.

I am surrounded by light and love and nothing can harm me.

I recognize every negative thought and belief (no matter the source) for what it is, no matter how it may disguise itself. And as soon as I do any power, any connection to me, it might have had instantly dissolves.

Flow is not thinking about HOW your vision will come about...that is the job of the Divine Force.

Place your order & enjoy yourself in the moment ~ KNOWING it will be there. Trying to figure out how will just muck things up.

When you are trying to figure out how your vision will come about you are focusing on it not coming about...really, you are.

Your part is to have a clear picture and then to focus on whatever is bringing joy into your life. If something comes up that is exciting to you - that energizes you, follow it. That could be something the Divine Force has brought you that will hand you your vision, or take you to something that will hand you your vision.

Your job is to follow your joy and accept delivery of your vision. (Joy & Gratitude in the next section)

There are four main reasons that visions do not manifest:

1. Trying to figure out how instead of following your joy and accepting delivery.
2. Putting one vision on top of a contradictory vision.
3. Messing with someone else's vision.
4. Focusing on the past or the future.

#1 Trying to figure out how instead of following your joy and accepting delivery - we have discussed. Never try to figure out how.

#2 Putting one vision on top of a contradictory vision - is like printing over the top of an already printed page. Here's what I mean; I recycle paper in my printer. I'll take any paper that fits, whether its junk mail or something I have previously printed but don't need to keep, and put it in my printer. I have, on occasion, put this used paper in with the printed side facing the wrong way and guess what? It is not readable. I do not blame the printer or the computer for this unreadable mess; I just put in a clean sheet of paper and do it again.

You might be giving the Divine Force conflicting visions. Sometimes the conflicting visions come from you trying to figure out how. Sometimes the conflict comes from you not taking the time to create a truly clear vision. Sometimes the conflicting visions come from a new vision that is in conflict with an old vision. You can always change your mind about what you want you just need to be sure and let the old vision go.

Nothing will help you get what you want if you don't take the time to decide what that is and to create a clear vision of it.

#3, messing with someone else's vision, trips up a lot of people at first.

Your vision can be to have a house at the beach and you have a vision of living your life with a certain person. Now this is fine if the other person shares your vision, but not if they don't. What if their vision is a house in the mountains? What if they hate the beach? This is easy to remedy if you just think it through...Maybe you need to have two homes, one in the mountains and one at the beach.

If you are not sure that you are in accord the trick is to have the vision of your beach house and feel your lover near you but don't make your vision dependent on them being there.

If your vision is about connecting with a person to love and live with you cannot make the vision about a particular person and expect it to work out. I have seen people 'wish' a person into their life and it worked (of course) only to turn out to have been a bad idea. There is a big difference between meeting someone and KNOWING that they are 'the one' and then ALLOWING it to happen and picking someone out and making them 'the one'. Focus on the sharing and the love that you want...not the person.

Don't try to change another person. If someone in your life is an angry person you cannot make them let go of their anger. As a matter of fact their anger is none of your business...it belongs to them alone. You can create a vision for your life that has no anger in it and send love to the person in question. I have seen amazing transformations in people when they felt loved. Do not make your vision dependant on this person (or any person). They may not want to change. If this is the case and they keep their anger you will find that they either leave your life completely or are not angry when they are around you.

#4, (looking to the past or the future) combined with #1 (figuring out how) is, by far, the biggest reason for failure with #4 alone coming in a close second. Once you integrate The Simple Way into your life neither of these will come up for you...ever so let's have a good look so the integration is easy.

Now is your point of power and your only point of power. Don't try to figure out why you are where you are or think the things you think. It doesn't matter how or why you got to where you are. When you spend time looking in your past to figure out how you got here you are focusing on the problem and the Divine Force will think that you want more of the same.

This is really really important. I know it contradicts some of the things you have heard before, but think about it...

Now is your point of power. The only thing the Divine Force has to work with is what you are thinking and feeling RIGHT NOW. If right now you are rehashing stuff from your past the thoughts and emotions from then will just be renewing themselves in

the now. The Divine Force is always looking over your shoulder and is more than delighted to be able to give you what you are focusing on...

The only feelings you want to bring forward from the past are those that are in alignment with the vision you have of your perfect life.

The same holds true when you are talking about the future. If you say things like; I will have a lot of money. You won't ever get there. "Will have" pushes it out to some future date.

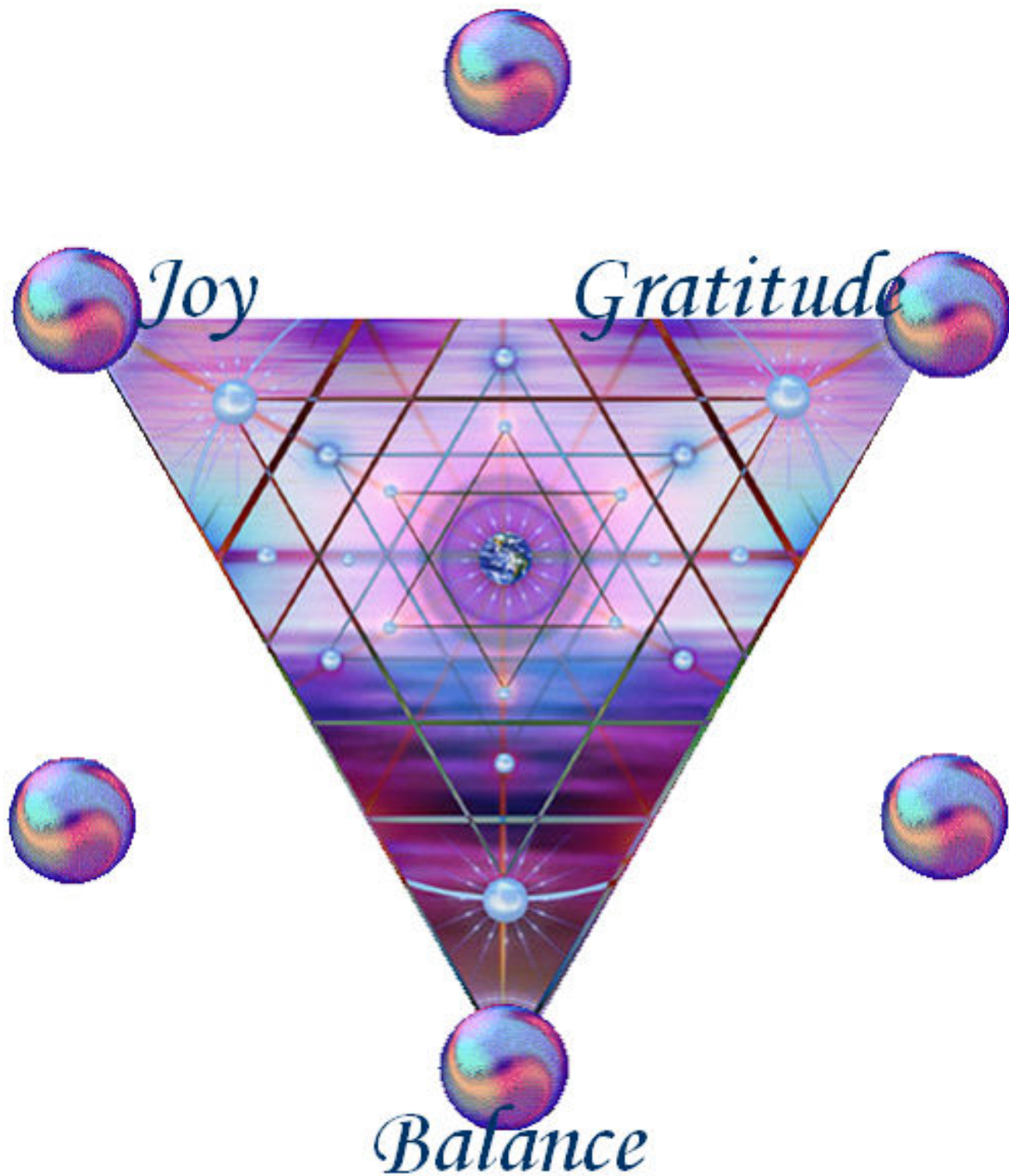
You must have a clear vision of your perfect life. Dance the jig in your new house, run on the beach, visit a foreign city, watch yourself pay for everything with ease, give away a lot of money, enjoy dinner at your favorite restaurant, pay for someone's college education in full, buy art from new artists that you want to support, leave a \$100 tip when you get gas...whatever...make it real! Once you have this part down you can reinforce your vision anytime you have 'daydream time'.

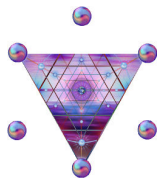
Whenever your thoughts start to go to anywhere that is not in alignment with this vision being 'real and solid' RIGHT NOW all you have to do is INSTANTLY bless something that you like....a tree, a weed growing in a crack in the sidewalk, the breeze on your cheek, Or you can just smile for no reason and pass it on.

That smile, that blessing will give the Divine Force more strength to manifest your vision and you will not be contradicting your vision with some stray thought or emotion that will give you something that you don't want. Smile anytime your mind wanders to some thought that is not on your 'wish' list of thoughts. Your smile, and your laughter are your strongest weapons against anything that is not Love.

Get a clear vision of what you want. Focus on what you want and not on what you don't want. Allow the Divine Creative Force to work through you

Clarity ~ Focus ~ Flow ...thus endeth the first triad.





What to Do

There are only two sides to the energy that permeates the universe; Love and everything that is not Love. If it is not Love it is not useful to you and has no place in your life. I have heard it said that anything that is not love is Fear. Perhaps this is so, but I do not concern myself with that here. I will just say that fear, apathy, boredom, hate, anger, dismay, jealousy, judgment, doubt, being ‘against’ and any thing else that you can think of that is not love is not useful to you and has no place in your life. PERIOD and NO EXCEPTIONS. Once you understand this you will easily reorganize not-Love thoughts/ideas/emotions and you will simply brush them from your life. If you choose to only work with the Love side of the Divine Force you will find Magic in your life and you will help Love become the dominant force in the world. This is the only way we can change the world...anything else is less than a small bandage solution.

Just as there are two sides to the Divine Creative Energy there are two sides to Love ~ Joy & Gratitude ~ and you must be actively engaged in both for Love to flow through your life.

Joy



Joy is the giving side of Love. It’s really easy to know if what you want is ‘right’ for you; when you focus on the vision of what you want to have or do and you feel joy, enthusiasm, happiness and excitement,. This means that the vision is in line with your true/higher self.

Once you have created your clear vision and turned it over to the Divine Creative Force feeling joy will be your guide to knowing what you need to *do*. You know by now that you are not going to worry about how your perfect life will manifest but, being a person of sound mind, you know that you won’t just sit on the couch and wait (what fun is that?). When you listen for the call of your joy you will know what you need to do next.

Note: Your ‘work’ should be what you do to have fun, be excited, follow your bliss and all that. It may or may not be how you earn money. Earning money is easy once you understand that it’s not your job to figure out how. Just turn it over to the Divine Creative Force and it will just happen. More often than not it is part of your bliss, but not always. **DON”T WORRY ABOUT IT!** Don’t make the mistake of telling yourself that you ‘have

to make a living' and then look for a way to do that. This is the most common way I know to let in the "Not Love Energy". What I call "Going to the Dark Side" (Think Star Wars and said in a spooky voice)

Money is the easiest thing of all to manifest...Really it is.

Forget *Follow the Money* instead *Follow the Joy*. If something makes you smile - do more of that. If something is exciting - do more of that. If you can't wait to get started - do more of that. If you find yourself grinning - do more of that. If you laugh out loud - do more of that. If you feel happy - do more of that. If you hum or whistle while you work - do more of that. There is nothing else to consider.

There is nothing you 'should' do. Do not ask anyone's permission and make no apologies. When you follow Joy you are on the side of the angels and nothing but good can come from what you do. When you are having trouble making a decision just put it to the Joy test. If you cannot decide between different happy choices and you feel the need to choose just one (do you really?) just give it the smile test and whichever one registers highest on the smile-o-meter (generates the biggest smile) is the one you do.

If you are doing something that does not bring you joy you need to have a good look at it and either change your attitude or stop doing it. You must do one or the other, no exceptions. If you want to be a beacon of light for the world, if you want to be in alignment with the light, if you want to live a truly magical life you cannot compromise. Everything that you think, everything that you say and everything that you do has an impact on all of us and is either contributing to the Love in the word or contributing to "the Dark Side"...no exceptions. So brush the dust off and follow your joy. The world needs you to live a magical joy filled life.

Anything you're good at contributes to happiness. – Bertrand Russell, 1872-1970

Gratitude



Gratitude & Blessing are the same thing and the second part of the "what you need to do" triad. Gratitude/Blessing is what keeps you open to receiving. Without this you block the flow of the Divine Force and push the energy to "the Dark Side".

Just like every other part of *The Simple Way* this needs to become a natural part of your moment to moment existence and just like every other part it is easy to do. The fun part is finding things to bless that support a particular desire.

This kind of blessing will open your eyes to things you don't ordinarily think about and, if you do it with an open mind, can release you from all ideas of judgment and scarcity. It has also been known to cause spontaneous bouts of giggles.

If your vision is of a thin you find things that are thin to bless...telephone poles, fence posts, skinny people, thin animals (think greyhound dog or lizard)...

If your vision is wealth bless everyone that has it, bless the abundance of weeds in your garden, the fall leaves on you lawn. My brother drops change (dimes, nickels and quarters) on purpose for others to find and this is something I highly recommend...don't forget to bless them.

When you smile at someone you are giving them a blessing. When you smile at a tree you are giving thanks for the tree being there for you to see. ANYTIME you smile you are showing gratitude. The more you are grateful for what is around you the more you will have to be grateful for. The more you smile the more you will have to smile about.

If you spend your days creating, collecting & giving away smiles you will find your life falling into place and your dreams will manifest bigger and better than you thought they could

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." John Fitzgerald Kennedy

There have been quite a few studies that tell us that smiling not only changes a facial expression, but can also make the brain produce endorphins which reduce physical and emotional pain, and give a greater sense of well-being. This shows us that our emotions can actually be influenced and even completely changed just by changing our facial expressions. So, if you want to feel better, just start smiling.

Which comes first the smile or the reason to smile? Does it matter? A study was conducted where there were two sets of participants. The first set of participants was asked to relive a particularly stressful situation. The other set was asked to simply make a facial expression that would display stress. Amazingly, both groups showed the same changes in body temperature and heart rate, which indicated emotional response. A University of California Study stated that, *Smiles are such an important part of communication that we see them far more clearly than any other expression. We can pick up a smile at 300 feet—the length of a football field. ...So spread the love...*

Love = Gratitude + Joy. Once you get into it the line between Joy and Gratitude will get pretty blurry but you need both to live the full and complete life that is your birthright. If you do not follow your Joy you will deprive the world of the truly unique gifts that you are

meant to give and if you are not grateful for what you have you will not be open to the gifts that the universe has to give you.

Balance



Balance is the third part of the “what you gotta do” triad. There is no way that some little bit of “the Dark Side” is not going to seep into your magical life. You get mad at a politician and forget not to. You get angry and forget not to. You focus on anything other than Love and forget not to. You buy a shirt and don’t know that the thread was made by slave children.

Note: When you decide to accept responsibility for your life you are accepting responsibility for every decision you make. Where your money comes from is only part of it. You also need to know where your money is going. Where you spend your time and where you spend your money is always in support of something/someone. You need to be aware of the global impact that your purchase/decision has. Make all of your purchases and decisions from a global perspective.

I know that you will make every decision in your life with joyful and grateful intentions. I also know that you are not expected to get everything right and that you don’t have to. When you are living an intentional life and have decided to live in Joy and Gratitude there is this wonderful mechanism built into the system to restore your balance and return you to a state of perfect Love.

This mechanism is where the idea of confession and redemption comes from. It is the true meaning of being born again. This is what Christ meant when he said “Father forgive them.” When enough people in the world are in balance we will have peace and abundance unending. When you are in balance you will have peace and abundance unending.

I am constantly amazed and gratified at the beauty and simplicity of this Divine Design. It is obvious to me that the natural state of things is to be in a state of perfect Love and Abundance. Everything becomes so much easier when you are focused on joy and gratitude.

There are several ways you can purify yourself/to bring you’re self in balance. Some of the methods I have witnessed and/or participated in are: sweat lodges, ritual dance, chanting, ritual singing, smudge ceremony, Blessing Way ceremony, drumming, yogic breathing, laughing meditation, ritual bathing, ritual massage, confession and I am not fond of most of the confession or forgiveness methods because they require you to state the imbalance (usually called a wrong or sin)...What if you don’t know? Remember the thread that was made by slave children? There was no way for you to know about that, but the not knowing doesn’t keep it from leaving you out of perfect balance. To come back into balance is more

than forgiving yourself and everyone else for everything. This is the Christian 'state of grace' or the Hawaiian Pono.

You will find a way that works for you once you understand what you need to do.

You need to shine a beautiful white purifying light into every corner of your mind, body, heart & soul to clear out any gunk that may be there...even the ones you don't know about. It does not matter how you do this as long as you are fully aware your intention when performing your ritual ~ the Divine Force will take care of the details.

It is that easy...Really. I have told you that the universe is predisposed to Love and will do everything necessary for this to happen once you do your part by living a life of Joy and Gratitude.

All you have to do to bring yourself back into a state of grace is state your intention and turn your attention to immersing yourself fully into your chosen ritual.

You don't need to use words to state your intentions. The Divine Force knows your thoughts and the intentions of your heart. When you KNOW that you are performing a purification/balancing ritual the Divine will know this also. Do this ritual often. You can never have too much Love in your life but you can accumulate so much dust that your life doesn't flow as Joyously or Abundantly as it was meant to.

Here is my suggestion: When you get up in the morning and when you go to bed at night take five minutes... It doesn't matter if you are sitting, standing or lying down... relax and breathe.

Breathe In the Infinite I AM; let it renew you, mind and body; when you inhale you are receptive. Inhale gratitude. Inhale blessing.

Inhale 'all-that-is' When you see everything around you as a blessing and are grateful you open yourself to the wealth of the universe and make it possible to receive. When you make a conscious decision to in-breathe ~ I AM, Love, all-that-is~ every in-breath becomes a blessing and you will be blessed in all you do. You will light the creative energy in your Solar Plexus. You will connect with the infinite.

Breathe Out Love, Wealth, Joy, all you desire. When you breathe out see your dream - your vision.

Acknowledge the divine in yourself and in all you do. *Knowing* you are cleansed and blessed. (I bow and say Nameste or Enjai)

So pick your purification ritual and dive right in...

Some of the images that I have used within this book come from a beautiful work called *Purification*. <http://www.share-purification.com/>

The creator of this image puts it thus:

Purification : Before we can heal ourselves, we first need to come clean with ourselves. The energy of Purification will help you to forgive yourself for making choices you did not understand completely at the time. Once you are free of regret and Selfpity, you can start healing yourself after which you will automatically heal everyone around you with radiant unconditional love.

Purify yourself!

The tension in the world is growing. Open up a random newspaper, watch the evening news and what we see if we look closely is a world in transition. The distance between the light and the dark side in the world is growing rapidly. But wouldn't we all like to be surrounded by light and love?

As the Earth is purifying itself with water, wind and rain so do we need to purify ourselves to prepare us for our own individual transition. As the Earth 'hurts' itself, so must we realize that we might feel 'hurt' if we dare start this process of purification. Get rid of old habits, so-called programs, we run day in day out without realizing it.

A powerful way of doing this is by using Sacred Geometry. Science has proven long ago that our bodies are geometrically designed systems. Our subconsciousness recognizes complex Sacred Geometrical symbols that have been used since time immemorial. Although our conscious minds will not understand, and even might think them strange, Sacred Geometry has a powerful effect on our mental state and also our physical body.

Purification Image

<http://www.share-purification.com/>





Transition

Rewiring Your Brain

You need to rewire your brain for the same reason that you would clean out your closet. When you have a messy and overstuffed closet it creates several problems for you.

You really can't know what is at the bottom of the pile at the very back corner.

In your day-to-day routine you don't have the time to find things that are not in the front and right on top so you miss out on wearing some of your best things.

There are things in there that you will never wear (at least we all hope you don't)

There are things that don't suit you anymore.

If you do buy something new you don't have anyplace nice to put it.

What you do have is always wrinkled and messy looking so even your nice stuff doesn't look so nice.

You get frustrated because you know you have 'just the right thing' in there somewhere but you can't find it.

It takes you three times as long to get ready as it should so you don't have time for breakfast and you get tired mid-morning and you miss that important meeting and...

You get the idea.

Your brain can be just as overstuffed and messy with thoughts and ideas and beliefs and habits that are not useful to you anymore but that hamper your ability to take on new ones.

A few pages ago you read: *If you are doing something that does not bring you joy you need to have a good look at it and either change your attitude or stop doing it. You must do one or the other, no exceptions.* To that I am going to add...if you are doing, thinking or believing anything that is not in alignment with your new life, you need to change your mind about it.

Throughout the day there are a lot of thoughts that enter your head and not all of them are useful to you. Let's have a look at what some of your thoughts might look like;

“I hate doing the laundry” (or whatever)

There are a couple of things that make this an offensive thought. One is the simple fact that as long as you are thinking this you will have certain times in your life (when you are doing this activity or thinking about doing this activity) when you will not be happy. *And* you will be contributing energy to “the Dark Side”

Two very good reasons not to be thinking this...but that's not even the worst part. This is where the whole Focus part of the first triad comes into play. The Divine Force is always waiting to do your bidding...no matter what thought you are having the Divine Force is paying attention and making it happen, but when you put any kind of emotion into a thought the Divine Force will jump up and give it special attention. You can almost hear the wheels whirring...*hate ok he wants more hate...* You get what you focus on - remember? So the Divine Force will search your brain for anything that has the tag “hate” attached to it and proceed to give you as much hate related stuff as possible.

My-oh-my what a mess you've gotten yourself into and all because you decide to hate doing the laundry...

Let's do some rewiring here. First of all why would you hate doing the laundry? Doing the laundry is a perfect opportunity to spend time visualizing your perfect life. Think about it... While you are folding clothes you can see them as the cloths in your vision, using the process of toughing/smelling/movement to enhance your visual image and make it even more realistic and present. The clearer and more present this image is for you the faster the Divine Force can do its thing. Magic happens...

Now when you do the laundry you are excited and having fun. You will not be contributing any of your energy to the *Dark Side*. The Divine Creative Force will leap in and look for anything in your brain with “happy” tags attached and give you as much happy related stuff as possible AND your vision will manifest in record braking time...

Not bad for a few of minutes work



This is a way of life that you are developing here, not just a ‘fix it for now’ program. *The Simple Way* are all you need to create the life of your dreams and to help create a Joy filled and Abundant world.

Beliefs

You might have heard that beliefs are ingrained and hard to change. Well guess what? There’re not.

You saw how easy it was to change the “I hate Laundry” thought.

Beliefs are just thoughts that you’ve been thinking for a while.

If you think that beliefs and thoughts are two different things you will not give thoughts the power that they have and you will give beliefs power that they don’t have.

Every time “I believe” pops up for you change it to “I think” and every time “I think” pops up change it to “I believe”. Change “my beliefs are” to “my thoughts are”... Do this until either word carries the same weight for you and you know that what you choose to think is entirely up to you and that you can easily change what you choose to think any time you want to.

Choose to think/believe only those things that add to the joy and blessings of your life....no exceptions. Remember the Flow part of *The Simple Way* ~ Now is your moment of power. Don’t look back; focus on the blessings and the joys that are in your life right at this moment and smile.

Current Events

It is sooo easy to “visit the dark side” when you watch the news of talk politics. Yes, you need to know what’s going on but you don’t need to get upset about it. You need to give it the same importance that you give brushing your teeth (or something similar).

You brush your teeth because you want to keep them in your mouth and you want to stay healthy. Not to mention not wanting to have bad breath. I would assume that you brush your teeth on a regular basis, but let me ask you: Do you get angry at your teeth because you ate something and they needed cleaning. Do you swear off eating ever again just to avoid the need to brush your teeth only to discover that your mouth is worse when you

don't eat? Do you shoot your dentist because he told you that you need to floss at least once a day? My guess is that you brush your teeth in whatever habitual manner that you do without giving it much thought at all...

The same goes with the news and politics and all of that stuff. You need to know what's going on and you need to vote but you need to do so without compromising your vision of a perfect world or your own magical life. You can listen and you can discuss but don't get emotional. If you do you are only contributing to the problem instead of being part of the solution.

Can you think of even one good thing that came from getting angry at the news? If you got angry and made a decision that was a good one it wasn't the anger that was useful - it was the decision.

All thought and all emotion has an effect on our world and there are only two effects possible. One will push us closer to a world where Love and Abundance are the dominant reality and one will push us even further away from Love and Abundance...Which one do you think arguing or getting upset does?

If you can't stay unemotional (you will be able to with practice and a Balancing/Purification ritual) don't watch the news.

You should engage in debate with others if you can have fun and not be concerned about the outcome. There is nothing to win and no need to 'be right'. The purpose of debate is to see something from a perspective other than your own and to share information.

Work& Money

I touched on this earlier but thought I should say a bit about it here. Your work is your bliss, it's what you feel compelled to do. It is what gives you energy and makes your heart dance. Your work may or may not be how you earn an income so do not confuse the two.

You must not earn your money in a way that is not in line with your vision. You would be better off digging ditches for a good company than doing anything for a not good company. I say this because it needs to be said but if you follow *The Simple Way* you will find that money will come to you in a way that is in perfect alignment with your vision. You don't need to concern yourself with the how...remember?

Money truly is the easiest thing in the universe to manifest if you put it in its proper place. I find it more enjoyable and productive to visualize people and places and activities than to visualize money. I see myself doing things and being places that I am paying for with ease and tipping big and giving away a lot, etcetera and that takes care of the money part for me.

When I think of someone I know that is have money struggles I like to visualize them with money overflowing out of their pockets and desk drawers and anywhere else I can think of. I visualize money dropping on the floor every time they go to pay for something because they have so much. Of course, this won't do a whole lot if they have 'issues' with money and see themselves struggling, but it can't hurt and it makes me laugh with joy for them.

You can, of course, use this same visualization for yourself. It's really fun and will bring a smile to your face whether you are visualizing yourself or someone else. I find this type of visualization particularly fun when I am stuck in traffic or my mind starts to wander into "unproductive" territory.

Consumerism

You have made a commitment to live your life with intention and this must include your roll as a consumer. You need to pay attention to where you spend your money. With every coin you spend you are pushing the World closer to Joy and Abundance or further away from it. Like everything else it is one or the other....no exceptions.

The Divine Creative Force doesn't expect you to be perfect, but you must pay attention. Don't make excuses. All you need to do is decide that you are going to pay attention and then do a bit of due diligence and you will be amazed at how information designed to make it easy for you just happens to be when and where you need it to be.

The Simple Way truly is the simplest way I have ever seen to create a magical joy filled and abundant life.

Just like politics and everything else in your Magical Life you need to make informed choices but being a conscious consumer does not mean getting caught up in all the groups/causes/debates out there about being a conscious consumer. Unfortunately what they are all focusing on is the idea of scarcity. And you know the way it works...you get what you focus on. These groups, however well intentioned, are actually part of the problem. Remember; you are either pushing the World toward Abundance or toward Scarcity.

The Environment & Your Health

When you do the right thing for the environment you are also doing the right thing for your body. When you choose to eat foods that are produced in an environmentally/globally conscious way you will also be eating foods that are better for your health. When you drive a car that is better for the environment it is also better for you. When you walk when you can instead of drive...

Once again, being aware and making conscious choices is the key. When you follow your Joy and live a life of Gratitude you will find that you have more energy and are more

inclined to skip, hop, jump and dance around. When your focus is on doing those things that are joy filled, and only those that are joy filled you will not overindulge or sit like a lump and not do anything. That is not to say that you won't, on occasion, sit like a lump and indulge yourself. You just won't make it a lifestyle choice.

Charity

Giving and helping are wonderful but you need to give consciously. If you give your money to a charitable organization make sure that they are aligned with Abundance and Love and not Scarcity and Obligation. They cannot be *against* anything. Remember that there are always only two sides to anything that you do/support; Love/abundance/gratitude/joy/positive **or** hate/scarcity/against/negative.

So give, but pay attention. Consider organizations that build roads, give livestock, build homes, give books, dig wells and give money for small businesses or similar activities.

The universe IS abundance and when enough of us are in alignment with that every corner of this earth will be overflowing with that abundance. When you make conscious choices as a consumer you will be supporting this abundance and not those companies that think they have to 'take from'.

Once enough of us understand how it works no one will ever feel that it is necessary to take anything from anybody else. The idea of competition and small thinking will be gone from our experience.

When enough of us have learned that asking and seeking have receiving and finding as their correlatives, when enough of us know that following Joy and living a life of gratitude is the source, the means, of living abundantly the entire world will be a place filled with Love and abundance.

Just because you want to

With all of this you might think that you can't do anything with 'no redeeming social value' and be following *The Simple Way*. To that I say, "au contraire, of course you can." If you want to sit and watch a silly movie or read a silly book or anything else that doesn't seem important...then do it. If what you are doing enhances your life for just that moment that you are doing it then it is exactly what you should be doing.

Too many people watch the news a lot and watch programs about bad things because they think they 'should' and don't watch something else because they think it is silly or beneath them. You do need to be informed so you can make informed choices, but it is truly amazing how little time you need to spend watching, reading, and listening to the news to know what's going on.

Besides, your only purpose on this earth is to be happy and the only time there is for you is the moment that is now. Laughing and smiling and being filled with joy is your power and your gift to the world.

So enjoy yourself. We will all benefit from your **enjoyment**.

When enough of us know that following Joy and living a life of gratitude is the source, the means, of living abundantly the world will be a place filled with Love and abundance



Transformation

The World Hangs in the Balance

As you transform your life you will be helping to transform the world. Gratitude, Blessing & Joy are on one side and everything that is not of Love is on the other. The world goes with whichever side is in ascendance and when enough people dedicate their lives to joy and gratitude/blessing the scales will finally tip over and everything that is not Love will rapidly begin to fade into history. You might just be the Joy filled soul that tips the scale...

As you go about your life and a thought that is not Love enters your mind don't get angry or worried or upset, just smile and focus on something fun or happy or beautiful. This is not a difficult or heavy process. Your only job is to move in the direction of your joy and look for things to smile about. That's it. Your smile is your secret weapon and your impenetrable armor.

Daydreaming

When your mind starts to wander do not let it add to the scales on the wrong side. You can find something near at hand that you can smile about (a smile is a blessing). You can revisit your vision and re-arrange the furniture (or some such) You can think of someone that you love.

Purification or Balance

Whether it is once a or once a week you should have something physical that you do that you can dedicate to letting go of any dust that you might have gathered that day or week. It truly does not matter what it is...If you love to run then dedicate your run, or dance, or weight training or yoga or...

You also need to do your purification ritual. It can be as simple as sitting and quietly looking at the purification image or just sit quietly and gather the Love of the Universe into your heart. I suggest you meditate for at least 5 minutes every morning and every evening.

When you follow your Joy and live a life of blessing and gratitude this is how you renew your spirit and bring yourself back into balance with *All That Is*. This is how you blow the dust out of every corner and it is why you never have to worry about anything ever again.

Re-Birth

While I don't think a re-birth ceremony is necessary I think it is useful and fun. There are many rituals throughout the world that are about dedication and re-birthing and balancing. When you decide to take complete responsibility for your life and follow *The Simple Way* I suggest that you do something to mark the occasion. Take a bath and wash away your old 'stuff. Go have a sauna and get a message. I also think it is a fun idea to do your rebirth ritual every year...maybe on your birthday or your nameday.

Look for things to smile about.

When you get up in the morning have a nice stretch and rejoice in a new day to be happy.

If there is something in your life that you start to feel concerned about just see it as something to bless and look for similar things to bless and be grateful for...the Divine Force will answer and give you more to be happy about. When you do this with everything in your life on a regular basis, there will eventually be nothing left except joyful things and the Divine Force will have no choice but to give you even more...

"Abundance can be had by simply consciously receiving what has already been given." - Sufi saying

Joy can be had by simply consciously receiving what has already been given.

Love can be had by simply consciously receiving what has already been given.

Peace can be had by simply consciously receiving what has already been given.

Happiness can be had by simply consciously receiving what has already been given.

Good health can be had by simply consciously receiving what has already been given.

All material wealth can be had by simply consciously receiving what has already been given.

And the key to receiving is living a life of joy, gratitude and blessing

Remember this: Everything that you think everything that you say & everything that you do is taking you toward your perfect life or away from it. YOU can create your perfect life & you can help create a more perfect world.

You are the One you have been looking for.

I have been blessed to have had the opportunity to study many different "ways" and the truths at the base of all of them are in *The Simple Way*. I feel compelled to share *The Simple Way* and enjoy doing so. This 'way' started to take form when I was living in Australia and read the Aborigine saying "The more you know, the less you need". I still have the scrap of

paper, now yellowed with age, which I cut out all those years ago. The result is “The Simple Way”.

Once you read and understand the two triads you will understand that you already know everything about everything and you will be able to easily and joyfully live a magical life filled with love and abundance. Celebrate Your Power...the world needs you.

Message from the Hopi Elders: You have been telling people that this is the Eleventh Hour, now you must go back and tell them that *this is The hour and there are things to be considered:*

Where are you living?
What are you doing?
What are your relationships?
Are you in right relation?
Where is your water?
Know your garden.
It is time to speak your Truth.
Create your community.
Be good to each other.
Do not look outside yourself for the leader.
This could be a good time!
There is a river flowing now very fast.
It is so great and so swift that there are those who will be afraid.
They will try to hold onto the shore.
They will feel they are being torn apart and they will suffer greatly.
Know that the river has its destination.

The Elders say we must let go of the shore, push off into the middle of the river, keep our eyes open and our heads above water. See who is there with you and celebrate.

At this time in history we are to take nothing personally, least of all ourselves. For the moment that we do, our spiritual growth, and journey comes to a halt.

The time of the lone wolf is over. Gather yourselves!

Banish the word 'struggle' from your attitude and your vocabulary.

ALL that we do now must be done in a sacred manner and in celebration.

We are the ones we have been waiting for.

You can have it all

Gratitude and Blessing + Joy = Love and Love is all you need to transform your life and to help transform the world. Do not block the flow of the Divine Force that is creating itself through you. Stay open to receiving by blessing all that is beautiful and being grateful for the abundance that surrounds you.

Remember that Now is your point of power and that your most powerful weapon is your smile, your joy.

You are a beacon of light unto the world.

Joy can be had by simply consciously receiving joy.

Love can be had by simply consciously receiving love.

Peace can be had by simply consciously receiving peace.

Happiness can be had by simply consciously receiving happiness.

Good health can be had by simply consciously receiving what good health.

All material wealth can be had by simply consciously receiving wealth.

And the key to receiving is living a life of gratitude and blessing

The more you know ~ the less you need.

Be in Peace. Be only Love.

As you are ~ So is the world

