



Easy Stress Cure 30 Day Program

How to Manifest Flow in Your Life and Cure Stress,
Worry, & Anxiety

By

Christopher Westra

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About Christopher Westra

Christopher is also the author of:

Medicinal Herbs of the Mountain West
How to do the Raw Food Diet with Joy, found at www.RawFoodReality.com, and I Create Reality – Beyond Visualization, found at www.ICreateReality.com.

He holds a Degree in Psychology from Brigham Young University. He has studied mental and physical health for over 20 years. He received his Doctor of Naturopathy Degree from the Clayton School of Natural Healing.

He holds a Black Belt Degree in the Martial Art of Kyukido.

He lives in Gunnison Utah with his wife and four boys. He enjoys gardening, running, reading, and writing.

One of his very favorite books is The Science of Getting Rich, by Wallace Wattles. It was this book (nearly a century old) that Christopher used to generate his motto “Increased Life to All”.

He first became interested in the power of flow by reading Psycho Cybernetics. This was recommended reading for the High School Wrestling Team that Chris was on.

As a counselor, he came up with a “Ten Years in the Future” exercise in which people visualized in detail their daily life ten years from now. He did this exercise with hundreds of adolescents, and later with prison inmates.

Chris wrote out his future vision along with the others, and over the years became convinced that there was a guiding power at work. Item by item the detailed images became reality (life in the country, a house built into a hill,

his own business, a black belt degree, knowledge, books, promotions, bonuses, mentors, opportunities, amazing health).

Chris invites you to eliminate stress by increasing personal flow. Follow the 30 day plan in this book.

Chapter 1. What is Stress? Restriction of Natural Flow!

Day 1: All Stress is a tightening, resisting, constricting, congestion, or blocking of flow.

Therefore all Easy Cures of Stress have to do with a releasing, opening, expanding, accepting, or increasing of flow.

We are flowing beings, and perfect health is defined by perfect flow. All dis-ease starts as a blockage or constriction of flow.

Flow is the natural state of the human experience when we stop preventing it through our resistance. All stress is internally created by our attitude.

This is the fundamental premise for this book. The rest of the book explores why we get tight, why we resist, and why we block flow. Of course we will also discuss what we can do to release blocked flow, be open to the flow of life, and generally be a happier, more flowing being.

I promise that if you put into practice the ideas in this book you will become more effective at creating the life you want. You will cure the negative stress in your physical, emotional, and financial world.

Nearly everyone is interested in increasing their financial flow. Yet they don't understand that the outward flows only mimic the inward flows of energy. If there are blockages in outward flows (in your love life, finances, abundance, or time), then these indicate blockages in inward flows.

To Cure Stress, You Must Understand the Causes

As you can see, this book isn't about cute little "Stress Management" techniques to help you cope. With this book you can fundamentally change the quality of your life!

We have already explored the basic causes of stress, and you will get specific action items to take to eliminate stress, worry, and anxiety from your life.

Note – to get the benefit from this book you must take action. Nothing is more powerful than action. If you continue to do things the way you have always done, you will continue to get the results you always got. This truth is pretty self-evident!

Now on to Day 2 – The Six Major Flows.

The Six Major Flows of Life – Cure the Stress (Tightness) in All

The major flows of life are the:

1. Physical Flows
2. Mental Flows
3. Emotional Flows
4. Social Flows
5. Spiritual Flows
6. Financial Flows

Now all these flows affect the others in basic ways. When you have stress (tightening, or blocked flow) in one area of your life, this is going to affect the others.

But happily, when you start opening and expanding the flow (curing stress) in one area, this will positively impact all the other areas of your life.

Let's very briefly expand on each of the six major areas. Keep these areas in mind during the rest of the book. All the areas are important in order for you to really get what you want

Physical Flows (Cure the Physical Stress)

The human body is a system of flows, blood flow, digestive flow, lymphatic flow, energy flow, oxygen flow, and flow of wastes from the body.

As mentioned, disease starts with tightness, then congestion, and then blockage. In fact nearly all “disease names” simply describe a congestion or blockage in various parts of the body.

I’ve long known about the importance of physical flow. I’m a mountain runner and have to keep my flows flowing to be in the shape I want.

I also live on completely living (raw) food because I find that my energetic and creative flows do much better on this diet. To get more info on my book on How to do the Raw Food Diet with Joy, go to www.RawFoodReality.com.

Physical tightness is what most people think of as stress. This book won’t address the physical aspect in great detail because you can find this information anywhere. The basic principles of relaxation, exercise, nutrition, massage, are true and just need to be put into practice.

Also, I find that the physical stress (constriction of energy flows) stems from stress in one of the other areas. So since the other areas (mental, emotional, etc) are more fundamental we will spend most of our time on these.

Mental Flows (Cure the Mental Stress)

You have probably noticed that there are times when you are focused and alert. Then there are those times you feel groggy, unfocused, and find it hard to concentrate.

When you are extremely tired, the chemicals in your brain just aren't flowing like they usually are. When you are alert, or on a high, and feel like you are just "clicking along", then your flow is optimized. There are reasons for both conditions.

Isn't it interesting that we actually use the word flow when describing excellent mental function? If we really performed well on a project, we say to another, "It really flowed."

Emotional Flows (Cure the Emotional Stress)

Blockages in the emotional area are often the most basic, yet the hardest to identify. I know this from personal experience! A few years ago I wouldn't have believed that I had emotional blockages. I thought I was fairly open and flowing but I was wrong.

I was actually quite rigid and unexpressive emotionally. This emotional congestion led to some physical tension in areas that blocked natural flows and affected my physical health.

One of the very best books to read in this area is Feelings Buried Alive Never Die, by Karol Truman. I know the author personally, and her book stems from decades of counseling experience.

Throughout this book I will point you in the direction of more resources to further the creation of a flowing life for yourself. Karol's website is www.healingfeelings.com. She also has written a second book called Healing Feelings from the Heart.

She just sent me a copy last week and I'm enjoying reading it in my evening time.

Social Flows (Cure the Social Stress)

How do your relationships flow? We all want to be with people who we flow with, yet we interact with hundreds of all types in

our personal circles. Even with those intimate relationships we do choose, there are times when the flow of energies between us is blocked and painful.

Physical pain is a signal of physical tightness and blocked energy. In the same way, social stress is a sign that there is a tight, non-flowing condition that needs to be remedied.

Spiritual Flows (Cure the Spiritual Stress)

In the last few years, the idea of spirituality has been resurrected (pun intended). People are now OK with the idea of being spiritual (connected with something larger than themselves) without necessarily being religious.

I don't think it's wrong to be religious. Just be aware that spirituality is different. There are those who find their spiritual connection in religion. Others are deeply spiritual without being religious. Then of course there are people who are religious and not spiritual at all!

The spiritual flow is also one of the most basic. When I started to expand my idea of being spiritually connected to the universe, my life started to flow in other areas also. I became more creative, my emotions started flowing, my physical health improved, and even my financial flow began to soar. This all happened very naturally in a non-forced manner.

Financial Flows (Cure the Financial Stress)

Yes, I know you are all interested in this one. Hey, don't feel attacked or guilty. It's all right to want to be financially abundant and flowing. In fact I think it's abnormal if you don't want to be wealthy.

One of the first books that really opened me up to greater financial success was *The Science of Getting Rich*, by Wallace Wattles. Mr. Wattles wrote this book nearly 100 years ago, but

shivers ran up my spine when I read this book and felt the opening up of possibilities.

Now I'm writing my fourth book and realizing these financial possibilities for myself. Increasing flow in my life has been necessary for me to break through rigid limitations and beliefs that I used to have about money. I know that scarcity is an illusion and that there is enough abundance in the universe for everybody!

This is why I want to share these principles of flow with you. The Science of Getting Rich is the best book I know of for increasing your financial flow.

Keep in mind that I told you about all these areas being intertwined. The financial flow (like the physical) is just a natural result of how healthy your internal flows are. So realize that to increase your financial flow you will need to deal with mental, emotional, social, and spiritual issues, beliefs, and energetic blockages.

Tomorrow, on to Day 3 – how these flows (or lack thereof) are manifested in your life.

Chapter 2. Manifestations of Stress in Your Life

Day 3 - In Chapter 1 we went over the areas of our life where we often have tightness rather than the natural flow we desire. Now let's briefly present some ways this congestion, tightness, or restriction manifests in our life. Keep these in mind while reading the rest of the book.

Useful Definitions (Examples) of Stress

Resistance rather than Flow

Tightness rather than Looseness

Illusion rather than Truth

Rigidity (stiffness) rather than Flexibility

Self Consciousness rather than Authentic Action

Scarcity rather than Abundance

Hurry rather than experiencing an Abundance of Time

Struggle rather than Ease

Will Power rather than Clarity

Scattered rather than Focused or Target Oriented

Discomfort rather than Comfort

Reacting rather than Acting

Fear rather than Love

Anxiety rather than Peace

Force rather than Power

Control rather than Command

Insisting on Things Being Different rather than Accepting Reality

Extremity rather than Balance

Continual Tension rather than a Cycle of Tension and Release

Separation rather than Connection

Viewing through Constructs rather than Innocent Perception

Living from the Mind rather than Living from the Heart

Hurry rather than Patience

Blindness rather than Awareness

Artificial World rather than the Natural World

Competition rather than Cooperation

Division rather than Unity

Self rather than Wholeness

Increased Life for You Only rather than Increased Life for All

Complexity rather than Simplicity

Resentment rather than Forgiveness

Blame rather than Personal Responsibility

Resistance of Life rather than Gratitude for Life

Following the Herd rather than Following Your Own True Path

Living to Other's Expectations rather than to Your Own Desires

Grasping rather than Letting Go

Restriction rather than Expansion

We all want the flowing attributes in our life, and not the resisting ones. How do you manifest stress in your life in the six major areas? Find out tomorrow on Day 4.

Chapter 3. How Do You Experience Stress? A Brief Survey

Day 4 – Brief Stress Survey. Before taking the survey, let's review what stress really is. My stress questions are based on the following premise.

All Stress is a tightening, resisting, constricting, congestion, or blocking of flow.

Therefore all Easy Cures of Stress have to do with a releasing, opening, expanding, accepting, or increasing of flow.

We are flowing beings, and perfect health is defined by perfect flow. All dis-ease starts as a blockage or constriction of flow. The following short questions help you identify your present experience of tightness vs. flow.

The Brief Stress Survey

Answer all the questions below with a true or false. There are four questions in each of the six areas. Keep track of how many true answers you have in each area. There is a place to mark these numbers following the survey. This will give you a picture of how much stress you experience in the different areas.

Tightness and Blockage, or Relaxation and Flow!

How I Experience Physical Stress

I know several ways to relax my body when I feel tight.
My blood pressure and weight are at healthy levels.
My energy levels are very high compared to most people.
I feel connected to my body, alive and graceful.

Rigidity and Resistance, or Flexibility and Acceptance!

How I Experience Mental Stress

I am very open to changing my beliefs about the world.
I enjoy being around people with different beliefs than I have.
I have changed several basic beliefs within the last year.
I welcome change in my environment – I have no fear.

Resentment and Holding, or Forgiveness and Letting Go!

How I Experience Emotional Stress

I usually know what emotion I am feeling.
I express my feelings rather than ignoring or denying them.
My intense negative moods pass rather quickly.
I find it easy to forgive, forget, and let go of hurts.

Pressure and Self Consciousness, or Freedom and Awareness!

How I Experience Social Stress

I find it easy to be different from other people in my life.
I'm usually not bothered by what people may think of me.
I can say no when I don't want to do something.
I rarely am self conscious (viewing myself through other's eyes).

Separation and Fear, or Connection and Love!

How I Experience Spiritual Stress

I generally feel connected to all people and the entire world.
My overall attitude toward the world is love rather than fear.
I express gratitude often, even for my tests and trials.
I have a deep sense of purpose and meaning for my life.

Scarcity and Restriction, or Abundance and Expanded Flow!

How I Experience Financial Stress

Money and material goods flow to me in a natural stream.
I truly believe that the universe is infinitely abundant.
When I spend money, I know there is always plenty more.
I know I can be wealthy without causing others to be poor.

Now that you've answered all the questions, mark the chart below to see visually how you do currently in each area. If you answered one question true and three false in the physical area, then mark "1 True", and so on.

| | 0 True | 1 True | 2 True | 3 True | 4 True |
|-----------|--------|--------|--------|--------|--------|
| Physical | | | | | |
| Mental | | | | | |
| Emotional | | | | | |
| Social | | | | | |
| Spiritual | | | | | |
| Financial | | | | | |

If you have 4 true in any area, then you do extremely well already with having flow and not tightness (stress) in that area of your life.

On the other hand, if you have 0 true or 1 true in an area, then you currently have quite a bit of stress (restricted flow) in that area.

Tomorrow (Day 5) we learn about Eustress.

Chapter 4. What in the World is Eustress?

Can Stress Be Good For Us?

Some authors on stress management say that there is no good stress. Other writers say that stress can be productive. I say that some stress (tension) can be good and in fact is absolutely necessary to life.

In fact there is even a name for this good stress! It's called Eu-Stress, which is the very opposite of Dis-Stress.

The prefix "Eu" in front a word means that it is something beneficial. Here are some other examples. Some will be familiar, but many you probably have never heard of.

Euphemism – A positive term used in place of one considered offensive.

Euphony – Pleasing and harmonious sound.

Euphoria – A strong feeling of well being.

Eupnea – Excellent sleep.

Eupepsia – Proper and beneficial digestion.

Eulogy – A speech honoring a person or thing.

Eugenics – Improving a species genetically.

There are more terms, but I'm sure you get the picture. For years I've known about eustress. Simply knowing and perceiving stress as positive has helped me to experience more situations as eustressful rather than distressful.

Tomorrow (Day 6), you will learn about what astronauts have to do to purposely give their bodies stress.

Eustress and Astronauts

When astronauts travel in space with zero gravity, they have to do special exercises if they are up in space very long. Why? They do the exercises because the lack of physical stress (pull of gravity) is actually bad for their bodies. With the exercises they are purposely stressing their bodies (to simulate gravity) because their bodies need it!

I've heard that that after a couple of months with no gravity, astronauts actually grow taller because they keep stretching. Their bones also become much weaker.

Exercise as Eustress

Millions of people every day purposely stress their bodies through exercise. They do this because they enjoy the results. The effects of the stress are beneficial. I'm a mountain runner and I also do chin ups and Hindu pushups and dips for arm and back strength.

Though the examples thus far are physical examples, they show that a certain amount of stress can be very good. This is also true in the mental, emotional, social, spiritual, and financial areas. Without any stress, you couldn't learn and you couldn't grow.

Can there be too much stress? Of course! Anytime the effects are negative or destructive, then the stress becomes dis-stress.

Goal Setting to Create Eustress

Setting challenging goals often brings about a eustress response and an increase in energy and performance. When I set exciting and desirable and time-oriented goals for myself, I sometimes literally vibrate with energy and purpose.

If you had absolutely nothing to do, you would start filling up your life again with things you want to accomplish. Yes, we create most of our own expectations.

For most people, the comfortable zone exists somewhere between having nothing to do and being constantly overtaxed by excessive activity. A distressful situation is by definition one that you perceive as taxing or exceeding your resources.

This is why a stressful situation for one person may not be a stressful situation for another person. This is the case with goals. We choose goals that may be outside our comfort zone. The goals may tax us in a way, but it also creates beneficial tension if we know we have the resources to accomplish the task.

Make \$1000 in 48 Hours

What if your family was taken hostage and the captors said. “Here is a computer with an Internet Hookup. You have \$200 on a credit card, and you make \$1000 for us in 48 hours to keep your family alive.”

Would that be a stressful situation for you? I would guess that this scenario would be distressful for most of you because you think it would exceed your resources.

Now, if my family was really involved this would not be a fun situation for me. But the time – limit challenge and the game of it, and the desire to meet the challenge is very eustressful for me.

I’m going to take this challenge in the coming months, and I’m filled with positive energy just thinking about it. Tomorrow is Day 7 – about how to use creative tension.

Creative Tension and the Path of Least Resistance

There is such a thing as creative tension. You can see what you want to create (hold an image of it in your mind) yet it doesn't exist yet in the material world. In my book *I Create Reality – Beyond Visualization*, I tell people how to purposely create this tension, and hold it until your vision is materialized in the physical world.

The subtitle of the book is “How to Materialize Your Heart's Desires With Holographic Creation.” You can find more information about the book at www.ICreateReality.com .

Other books that teach about the importance of creative tension are:

The Path of Least Resistance by Robert Fritz

Pyscho-Cybernetics by Maxwell Maltz

Creative Visualization by Shakti Gawain

The Nature of Personal Reality by Jane Roberts

Creative Tension is a powerful process. You have to be OK with feeling some tension. The tension itself is a motivating force. It's the resistance to the tension which is painful and therefore stressful!

Tomorrow we start with Day 8, Ten ways to Experience Eustress

Chapter 5. Ten Ways to Experience Eustress

One of my favorite quotes in the world is by Mihalyi Csikszentmihalyi, a researcher into creativity and human potential. Here is the quote:

“Of all the virtues we can learn, no trait is more useful or more essential than the ability to transform adversity into an enjoyable challenge.”

This chapter is about how to change the experience of distress into the experience of Eustress.

We talked about how a single event or circumstance can be eustressful for one person and distressful for another. What are some reasons for this difference? How can we consciously cultivate more eustress in our lives?

1 Stop Underestimating Your Ability to Handle Things.

One of the most distress producing thoughts is “I can’t handle it!” Thinking that you “can’t handle it” will bring on tightness and discomfort for you even if it isn’t true. Most of the time, your belief that you can’t handle the situation is totally untrue!

Think of what you have handled in the past. No matter what situation is coming up, you can and will get through it. You aren’t going to end up a puddle on the floor. You just believe you are.

So the first thing in cultivating eustress is to have a little confidence in your abilities.

Tomorrow is Day 9. Some of these next daily sections are short. Remember and apply each section during that day. The principles build upon each other. Remember that incremental actions lead to monumental results!

2 Recognize That a Little Anxiety Can Be Beneficial

Back in High School I participated in wrestling, track, and cross country (running). Before a competition I would feel those butterflies and I really disliked that feeling. I was distressed by it because I perceived the butterflies as negative. So I became tight, which certainly wouldn't help my athletic performance.

Then I had one track coach who helped me reinterpret those body signals. He said, "Chris, those butterflies are your body's way of preparing for competition, or excellent performance in any way. That's how you know you are ready!"

All of a sudden I welcomed the increased vibration and the chemical release of my body preparing for focused action. Because I perceived the butterflies differently, I remained relaxed and flowing, and performed better than ever.

Interestingly, the benefit spilled over into another area of my life also. I became very good at taking academic tests, which was obviously a great benefit throughout High School and College.

Whenever I felt those anxious feelings before a test, I would welcome the feelings. I'd simply tell myself, "This is how my body and mind prepare for focused performance." I scored much higher than others who may have known as much, just because I was accepting and relaxed about a little anxiety!

Stop resisting what you are feeling and simply embrace it.

Tomorrow is Day 10, how to increase your flow by focusing on what you want.

3 Focus on What You Want in The Long Run

Let's take the example of two people starting martial arts. I've been involved in martial arts for years. I know that the experience can be challenging through the months and years.

It can be distressful, and the drop out rate is extremely high between white belt and black belt. Maybe 1 out of 100 who starts martial arts actually makes it to black belt years later.

What makes the difference? The one who continues to progress keeps an image in his or her mind of why they are doing this hard work.

The one who succeeds has a vision, a goal, and a purpose. This goal gives meaning to the hard work, which can make it eustressful (exciting and thrilling) rather than distressful (uncomfortable).

Focusing on what you really want is a powerful tool. In creating our life the way we want, we all have to work through some new and challenging situations. Whether it's a new job, moving to a new location, starting a business, writing a book, basic training for the military, or anything else, remember to focus on your reasons for doing what you are doing!

Write them down and keep them in front of you if you need to.
Day 11 Tomorrow – Lighten Up!

4 Get a Little Humor in Your Life – Stop Being So Serious

Little children laugh ten to twenty times more than most adults. I believe this is one reason they have so much energy! Laughing relaxes the entire body, releasing any energy blockages and getting that energy to flow.

If you want the energy of a little child, learn to laugh like a little child. When I'm at the dinner table with my family, my boys sometimes ask, "Daddy, do you have any jokes or stories for us?" They love jokes, and they love comics, and they laugh over the silliest things just to laugh.

I recently read an intriguing book called 'What is Lightbody?'

The book basically talks about how to increase the light in your life. One way of increasing light is laughter. Physically, the action of laughter clears blockages in the body and relieves stress, but the effect is much greater than that.

Laughter is divine. This was the first I had heard of the ‘cosmic joke’ and I didn’t really understand it. But I wanted to, so I thought about it for a while, and the answer came a few days later through another book.

My favorite type of humor is the pun. I’ve always loved plays on words. I loved puns even more when I learned that puns are funny because of the sudden change of perspective.

All of a sudden you are viewing a small context from a much larger context. The change is so dramatic that it causes you to laugh in joy.

It’s joyful to get an increase in perspective. In *Power vs. Force* by David Hawkins, he says that this increase in perspective is the essence of the cosmic joke. Here is a quote that explains it a little better.

“...like love, laughter heals because it arises through viewing a small context from a larger and more inclusive one, which removes the observer from the victim posture. Every joke reminds us that our reality is transcendent, beyond the specifics of events.

One of the frequent accompaniments of sudden enlightening realizations is laughter: The cosmic joke is the side-by-side comparison of illusion with reality.”

I’ve appreciated the insights from *Power vs. Force*. As with many jokes, most people just don’t get the cosmic joke. Tomorrow (Day 12) is a related principle – being playful and spontaneous.

5 Be Playful and Spontaneous With Life

I've had this quote up on my kitchen cupboard for months now.

“The only difference between a rut and a groove is the dimension.”

I really needed that thought, because I had been in some major ruts in my life. Being playful with life is related to seeing humor in life.

Seeing the humor in life comes from *PERCEIVING* differently.

Being playful in life is *ACTING* differently.

It took me years to recognize my own rigidity. I had a supervisor once, a therapist, who told me I had “rigid interpersonal boundaries”. I was offended but I remembered each word in great detail as they revealed my insecurity.

When I hear critical feedback that I think is way off, or don't agree with at all, it's easy to shrug it off. But when I hear something that deep down I know is true, the words have a lasting impact on me. Yes, deep down I may have known it, but most often my conscious mind is denying it.

Years later I went to a practitioner in energy work. After working with the energies in my body he said I had major blockages of energy. He asked me about spontaneity in my life and I frankly told him that there wasn't any.

He asked me to try changing around my sleeping habits and eating habits a bit. He suggested I be less schedule oriented and do something spontaneous here and there.

I tried these ideas and they led to great physical, mental, emotional, and financial benefits. In fact, spontaneity increased my flows so much that my entire life became better and more open. I was a better father to my children. I was more creative and flowing in my writing. I was healthier and more balanced in my exercise routines.

Tomorrow (Day 13) is about increasing acceptance and allowance of the events and people in your life. This includes accepting yourself!

6 Accept Lessons of Life Instead of Resisting

Let me tell you a recent story of my own resisting. Just because I'm able to write this book doesn't mean I don't still have to practice these principles myself. I often have to take my own advice.

This story is about the marketing of my books. One way I sell my books online is through Google Adwords. Google ads are those little two line ads you see on the right side of the screen when you use the Google search engine.

As the advertiser, I'm able to choose which search terms, or keywords, my ads will appear on. I put hundreds of keywords up, and then went camping for two days, having great hopes of many sales when I returned.

When I came back I had some sales, but not what I had hoped. Google had slowed my ad campaign because many of the search terms I had chosen were not targeted enough. Boy did I resist! They had even 'disabled' some of my keywords and I felt hurt and offended.

I didn't really understand what to do about the problem as I was relatively new to Google Ads. I blamed, and I was mad. I was experiencing stress and discomfort because of my resistance.

After several hours, I knew that I wasn't thinking about this experience in a helpful way. I began to accept that there was a lesson to be learned here. As I began to surrender to acceptance, I started to see Google's input on my search terms as helpful and useful.

Knowing which search terms are attracting customers and which are not is just the information I need to succeed. As soon as I started to welcome the feedback, I began to see new options of what I needed to do to remedy the situation.

As soon as I became accepting, it was no longer a problem, it was just a situation. This leads us to our next eustress principle.

On Day 14 we will discuss how the interpretation of events colors our reality. More than that, our interpretation creates our reality. We do have a choice.

7 Remember: It's Not a Problem, It's a Situation!

I had a coworker once named Johnny Carter when I worked at a prison. Johnny was in the military also. We worked the 12 hour graveyard shift together with 192 inmates in a brand new housing unit of the prison.

There happened to be major plumbing problems in this building, and prison inmates aren't the most patient group when it comes to handling these kinds of issues. There were some potentially tense, and even some potentially violent, situations on some evenings.

Johnny had a calm attitude and a saying that helps me to this day. To anyone else's anxiety or emotion, he could simply reply, "It's not a problem, it's a situation". At first I thought, "But it is a problem!"

Then I began to see how simply defining an event differently actually helps you to experience it differently also. If you define it as difficult, it will be difficult for you. If you define a situation as a problem, it will certainly become a problem for you.

So when faced with a 'situation', simply remind yourself, "It's not a problem, it's a situation."

Tomorrow (Day 15) we learn how to find meaning in activities that we must do as part of our life. Finding a purpose can transmute those activities into energy creating, rather than energy sapping, activities.

8 Find Purpose and Meaning in the Activity

In Utah where I live, people still do a lot of hunting. They hunt deer and elk and moose. The annual deer hunt is in the fall, and is looked forward to by thousands. For many families the hunt is not only a tradition, but practically a religious event!

I grew up in the city and then moved to the country so I view this "hunting phenomenon" with a degree of objectivity. In other words, I wasn't brought up in the hunting culture and I find some parts of the deer hunt very interesting.

After a deer or elk is shot in the mountains, it has to be brought home. Now this isn't too difficult if you happen to shoot the animal near your truck. But this rarely happens. The hunters often hike for miles, tracking their prey, before they get the right shot, or the trophy animal.

Then these hunters must drag, or cut up and carry, several hundred pounds of animal back over several miles to their vehicle. Do they mind? No, this is great fun! They have looked forward to it all year. They love the outdoors, and the change from their usual work.

What's ironic is that many of these hunters are ranchers or dairy men during the rest of the year. The cows like to eat, so they are really farmers too, growing alfalfa, barley, and corn for the cows.

Now I don't know about where you live, but here in Utah if you want something to grow, you have to irrigate the land. We don't have a lot of rain. So these men do a lot of irrigating, which means dragging a lot of irrigation pipe all over the fields to make sure the water gets where it is needed.

Do they like dragging hundreds of pounds of irrigation pipe all over the fields? No, they don't like it at all! They delegate a lot of it to the hired help. But they still do a lot of dragging and moving pipe themselves, maybe to stay in shape for the annual deer hunt!

What is the difference between dragging a deer and dragging pipe? Physically, there isn't much difference. It's basically the same activity.

But in the mind, there is a world of difference! The whole activity of the deer hunt, for them, is infused with purpose and meaning. Whole families go hunting together. Brothers and Cousins and other extended family meet and hunt together.

Purpose and meaning can turn a "difficult" activity into a eustressful activity rather than a distressful one. I happen to love mountain running. Running through wilderness areas is one of the activities I enjoy most in life. Most people just don't enjoy running a hard eight to ten miles through the mountains but I do.

There are activities that are naturally eustressful for you, but you also have the choice to view other activities with meaning and purpose. If there is some chore you are hating doing, it's because it's meaningless to you. Find the meaning and

purpose in the chore, and keep this in mind, and it will make a difference.

On Day 16, we explore the importance of providing the proper motivation for your path and goals in life.

9 Plan for Continued Motivation

One of my other books is about the Raw Food Diet. Yes, it's definitely a book for a targeted market! In other words, not everybody is interested in eating 100 percent raw food, like I do.

I won't try to convert you; I'm just using this as an example. I have a Raw Food Newsletter so I have some continued involvement with my customers. All of my customers are interested in the raw food diet, and putting it into practice in their lives. They have varied motives and purposes for doing so.

It's astonishing to me how few of my customers continue to provide motivation for themselves in their goal. They read one book (mine) and then don't pursue the many other resources I provide for them.

Changing your diet in such a way isn't always easy, and those that succeed are those who continue to read book after book in their desire to succeed! For those who do not continue to educate themselves, the raw food becomes difficult to do. It becomes dis-stressful.

On the other hand, other people keep motivating themselves by reminding themselves of the reasons and many benefits of eating raw food. These people find they have a natural desire to continue the diet!

There is either no resistance at all for them, or if there is some challenge it is sublimated into a eustressful experience.

Tomorrow on Day 17 we talk about forgiveness – a powerful way to increase flow in your life.

10 Forgive Everyone and Everything

Remember that all stress is resistance rather than acceptance, holding on rather than letting go. To manifest the flow you want in your life, you must let go of blockages.

One of the biggest energy blockages for many people is resentment. The word “resent” is even a lot like the word “resist”. Resentment is the classic example or model of “holding on”.

From my friends Tom and Ambre at dimensionsinhealing.com, I received this effective affirmation for forgiveness. I use it every day.

Forgiveness Affirmation

I FORGIVE THE SOURCE OF THIS ENERGY AND _____
FOR AFFECTING MY HEALTH AND WELL BEING.

AND I FORGIVE THE SOURCE OF THIS ENERGY AND
_____ FOR ANY HARM IT HAS CAUSED ME.

AND I GIVE THE SOURCE OF THIS ENERGY, AND
_____ FULL PERMISSION, TO FORGIVE ME, FOR
ANY HARM I MAY HAVE CAUSED IT.

This little saying, spoken out loud sincerely, massively increases the flow in your life. The affirmation releases energy blockages in a powerful way!

Here is how you use it. If you know who or what you are resisting, blaming, or resenting, then put the name in all three

blanks. You usually know the person you are having blockages toward.

So if your supervisor Scott treats you unfairly (in your eyes), and you can feel the tightness, do the affirmation. “I forgive the source of this energy, and Scott, for any harm it (or he) has caused me.” Then finish out the other two parts of the affirmation likewise, putting Scott’s name in the blanks.

This isn’t a religious exercise. It’s a practical method for maintaining your own flow. It’s an effective tool for emotional release because it’s based on the way the universe works.

Using forgiveness regularly will help you to experience a happier life. I believe there are no justified resentments. If you “truly” have been wronged, you still have the choice to hold on to the negative energy, or let it go.

Memorize the forgiveness affirmation and use it in your life. We all have events that challenge us, and this affirmation can help you deal with them more effectively (and peacefully).

Chapter 6. Lessons From The Bow And Arrow

We can learn a lot about how to eliminate stress through the metaphor of the bow and arrow. The first lesson to learn is about the importance of the tension and release cycle.

A bow cannot produce power unless it is tensed and then released. Most people do not recognize the ebb and flow of life, and the natural cycles of tension and release.

Tightness (tension) can produce power, when it is purposeful tension, focused in a particular direction, followed by a release!

Remember the definition of eustress as you read this chapter. Tomorrow is Day 18, on the cycles of tension and release that naturally clear blockages and get energy flowing.

Use the Power of Tension and Release

After release of the tension – the momentum of the arrow carries on without any further effort on your part. There is the active process of creating tension in the bow, and then you need to release the tension to create the power! Holding the tension forever will do nothing but tire (stress) you out.

There are so many examples of the power of the tension and release cycle. The power comes in the pulsations, or the rhythm that is generated. One less glamorous example is the toilet plunger. When the toilet is blocked, the blockage is cleared by using the plunger in pulsations. You plunge (tense), then let go (release) in cycles.

Tomorrow is Day 19, about the power of explosive action, followed by relaxation and regeneration.

Explosion and Relaxation Phases in Martial Arts

Early on in martial arts, an instructor told me that when I was doing my 'forms', I was continually giving off energy, like a rocket driving into a wall. "You are just wasting energy," he said. What I needed to do was to explode, then relax through the next movement into another explosion.

He said that an internal combustion engine, through a series of explosions (with relaxation phases) can power a huge truck up a steep hill!

I try now to explode and relax, explode and relax, rather than to be tight with the constant energy of a rocket.

Don't Throw Your Arrows!

Have you ever tried to throw an arrow to a target with any effectiveness? This is like trying to do all the work actively rather than letting the bow do its work!

You can throw an arrow a little ways, but your range and power are extremely limited. This is the very reason why most people are so limited in achieving goals. They try to do everything with their own power rather than letting the power of the bow (the power of the universe) work for them.

To learn more about how the universe helps you achieve what you want, see my book 'I Create Reality – Beyond Visualization'. The subtitle is How to Materialize Your Heart's Desires With Holographic Creation. The book can be found at www.ICreateReality.com.

Bows are Simple in Design

Though the bow has made some design improvements over the centuries, it is still an elegant, simple method of generating power.

Even in our modern day, the bow and arrow has an appeal that still attracts millions. I live in a rural area where people regularly hunt with the bow and arrow for challenge and sport, but the appeal extends way beyond that.

Use the simplicity and power of the bow and arrow as a model to eliminate the dis-stress in your own life.

On Day 20 we present targeting as method of focusing the flow of energy in your life.

You Also Need a Target

The bow and arrow will produce power even without a target, but the power will not produce the results you want. To use the power effectively you need a target.

The metaphor of targeting what you want (intended results) was the first to attract me to the bow and arrow. The other ideas came later. I came to realize how few people really know what they want. Out of those who do actually know, even fewer target what they want, and then even fewer generate power to get what they want.

Targeting is focusing in a particular direction. Imagine standing in the middle of field with a bow and arrow. How many directions could you possibly shoot? Thousands if not millions of directions would be available to this archer. We also have thousands of directions available, but only one or two which will lead us to our dreams.

Day 21 we jump into doing what you love to do as a way of manifesting flow.

Chapter 7. Do What You Love To Do – Now That’s Flow!

One of the most powerful ways of increasing flow in your life is to do what you love to do. The very best way is when you can do what you love to do and make money while you do it!

I believe we can all do this, though it may take some time to get there. We have families to feed and bills to pay, yet we can take small steps that will get us to where we want to be.

Incremental actions add up to monumental results. If you keep your vision of making a living while doing a job you love, you will get there!

As of this writing, I’m very close to being able to give up my day job because of the success of my ebooks. I’m making as much (per hour) on my “Increased Life Book Publishing” as I am at my “day job”. So it’s just a matter of focus and patience, and I can tell you it’s extremely exciting! It feels delicious.

I love helping others through learning, researching, and writing about human potential. I want to give increased life to others, and I get energy from this activity. When you do what you want to do, you are aligned with the energies of the universe. You are “in the flow” in a major way!

Tomorrow (Day 22) is on following your own desires and dreams. We are all unique and have differing talents, desires, and purposes in life.

Follow Your Own True Path

Don’t be blocked from doing what you love to do just because it is different from what other people expect of you. In order to flow with your true abilities and talents, be willing to be different.

Follow your own true path! I know that we all have a purpose and a mission while on earth. My purpose isn’t the same as

yours. Most of us are conditioned from a young age to stay within certain expectations. This limits their potential.

You can decide now to break all limitations and get into your own flow. You can mentally reject other's fears, doubts, and philosophies when they aren't what you want.

I've changed so many of my views lately to more healthy ones, that I'm shocked when I hear people telling me beliefs and views that I used to have myself.

Just last week my car broke down on the freeway while traveling to another city. It died completely and wouldn't budge. I ended up being waylaid by the side of the road for six hours before someone could come tow the car to the nearest town.

I was blessed, and had some food with me, and my cell phone, and some reading and working materials, and even a change of clothes. I made great use of the "extra" time and actually had a super experience there on the side of the freeway. It was a great day.

I called a friend from the car and told her the car broke down. She said, "Oh, I just hate it when those things happen, don't you?" For just a flash, I questioned whether I should be having such an accepting and flowing attitude toward this auto breakdown. It was a little unusual. Maybe I should be hating this experience?

Thankfully it didn't last long, and I decided to reject her philosophy. No, I don't hate those types of things. They happen, and I choose to flow with them when they do. If I'm hating an experience, I'm resisting it. Resistance is blocked flow, and blocked flow is stress.

Here is a quick practical thing to do when you hear (or think) messages that you don't choose to "own". Just say 'cancel' in your mind about the thought.

Don't fight the thought and become guilty about thinking the thought. Don't be alarmed and reject it with emotion. These are filled with resistance. Just say 'cancel' and then start thinking what you want to think.

Later, I was telling someone about the car breakdown, and they said, "Life is just hard, it is." This time I didn't accept the message at all, just canceling it in my mind and saying to myself, "No, life isn't hard. Life flows easily for me."

You don't need to go about preaching your philosophy to others who aren't ready. Most aren't interested. Most are content with being blocked in their flows and believing that life must be hard. There will be times when it is effective to share, but for the most part just follow your path in a quiet way.

Learn to Love – Build the Love

Doing what you love to do is of course a matter of perception. I do believe there are natural abilities and talents we all have, and that these can be used best by doing what we love to do.

However, it is also true that we can learn to love more activities. We often have things that are fairly necessary in life that we only don't love because of our conditioning. For example, we resist doing the dishes, and therefore we hate it.

I on the other hand love to wash dishes because I've trained myself to love it. When I built my new house I put a window right in front of the sink so I could look at the gorgeous view. I memorized some songs so I can sing while doing the dishes. We have a dishwasher and we've only used it once because I'd just rather do them by hand!

Chapter 8. Six Ways of Doing More of What You Love

Day 23 – Learning to love what you do.

1 Learn to Love More Activities

Cultivate a love for simple activities. It's wonderful to love vacations in Hawaii, but that's not likely to happen every month, or maybe even every year. Playing ice hockey is a great activity if you enjoy that but it does require an ice rink and at least a dozen other people.

Think of a few of your very favorite activities. How many of them can be done every day quite easily?

How often do you actually do them?

I love reading, and I take the energy to do it every day. It doesn't matter if it's a busy day or not. I love exercise and I do it six days a week. I need it most when I am the busiest. Ninety percent of my favorite activities I can do daily, and most of the rest I can do at least once a week. Does this decrease my stress and increase my happiness. You bet!

You deserve to be doing what you enjoy for a part of each day. It's not a matter of time, it's a matter of focus! It's also a matter of self confidence. Most people don't do activities for themselves because they don't feel they deserve it.

Tomorrow, on Day 24, we talk about how to make time for yourself. The key is to believe you are worth it!

2 Make Time For Yourself

In order to 'make time' for yourself, you have to believe you deserve it. Can you look in the mirror at yourself and say, "I love You, You deserve it!" If you can't, keep practicing until you

can. I promise you positive results if you do that on a regular basis.

Being in the counseling field for many years, I've learned that most people have a huge inferiority complex. Most people do not believe they are worth much at all.

We probably get that message (We aren't worth it) hundreds or thousands of times while growing up, and we start to believe it. Change that programming. You are worth it!

One way of showing yourself you are worth it is by telling yourself, thousands of times if necessary. Another way, and even more convincing, is to show yourself by taking time to do things you enjoy. Watch a movie, take a relaxing bath, unplug the phone, take a vacation, or whatever it is that you need to rejuvenate.

3 Find Meaning and Purpose in Jobs You Have To Do

I used to resent the time spent doing mundane activities such as showering, cleaning, and preparing food. I considered it just a waste of time.

It's incredible how a shift in perspective can make such a huge difference. I read or heard somewhere the general idea that the Creator made us in a way that we require cleaning ourselves daily and feeding ourselves three times per day because there is value in doing these things.

Now that I accept these purposeful activities, I no longer hurry through them. I actually use these times for inspiration and creation.

On Day 25, you learn that you always have the choice to pay someone else to do certain jobs.

4 Pay Someone Else To Do It!

You don't have to learn to like every job or chore that needs doing. We all have different talents and interests. Sometimes it can be a great relief to simply say to yourself, "I'm not going to do that, I'm just going to pay someone to do it for me."

When I moved to the country I learned how to do a lot of things myself. I learned to install and clean a wood stove, do concrete work, and even build my own home. I never would have done these things except for the influence of my country neighbors.

However, there is one activity that I just don't want to do. This is changing my own oil on our vehicles. I've done it and I just don't want to do it. Everyone around me changes their own oil, but I would rather just pay the garage or Jiffy Lube to change it for me.

Some people judge me for that but oh well! I have better things to do with two hours of my time on a Saturday.

Another example is preparing my own taxes. Now I actually enjoy this activity and I'm good at it. I did it myself for years and years until someone finally convinced me to try a tax preparation service.

I learned the very first time I went to him that although I can do taxes, I can't do them as efficiently as the Tax Man who does them for me now. He saved me more than his fee the first time he did my taxes. Using his service also saved me time, and I was sure they were done right.

I see people continue doing activities they despise, because of pride ("I have to do it myself") or simply because they think they "ought" to be able to do it themselves. Just give it up – you only have so much focus – don't waste it on an activity that you are resisting the entire time.

Changing oil and doing taxes are just my examples. Look in your own life for your own chores and activities that you can just pay others to do. The increased flow in your life will be worth it! You are worth it!

Tomorrow (Day 26), we learn how to guard your sacred time from those who may want to intrude upon it.

5 Guard Your Sacred Time

If you have time scheduled to do something renewing for yourself (more on this below), then guard that time. I call this my sacred time. Stop giving up that time to answer the phone, chit-chat with a friend, or anything else that you will resent later.

I see people do this all the time. They put their own renewal needs last on their list. They will give up what they really want to do so easily. I believe one reason they give up their sacred time is that down deep, they don't believe their needs are important.

They don't believe they are "worth it". That is why I address the issue of being "worth it" in this book.

Become more aware of how you spend your time and energy. First of all start planning more renewing activities for yourself. Second, when you do plan them, guard that time from all intrusions.

If you need to, let your spouse and children know ahead of time about your sacred time. Be specific. For example, "If there's anything you need my help with, I have one hour, because from three to five I'm doing _____ activity". It's courteous to coordinate your sacred time with your loved ones for scheduling purposes.

Day 27 Tomorrow – How to re-create and re-new yourself through renewing activities.

6 Find Spiritually Renewing Activities

Spirit is the force of life. Anything that increases your life force is spiritual. Spirituality is making a comeback today because people are realizing that spirituality is different than religion.

First of all, become aware of those activities that are already renewing for you. Maybe it is taking a hot bath, or taking a walk, or reading a book, or calling a friend. Does the activity renew you? Do you feel an increase in your life force? Then do that activity more frequently.

Be prepared to change your renewing activities periodically. We are changing beings, and you will likely go through changes in this area as well. You may have an activity that is very renewing for you at one stage of your life, and then totally dislike that activity at another stage. This is all part of the flow.

When this happens, you need to open yourself to finding new spiritually renewing activities. Here are some ideas to explore and try out. These are activities that many people find renewing.

Gardening or Landscaping

Hiking or Walking

Running or Biking

Other Exercise Programs

Church Attendance

Community and Civic Service

Yoga or Meditation

Singing or Dancing

Prayer or Affirmations

Reading

Writing, particularly Journal Writing

Playing an Instrument

Involvement with Friends and Family

On Day 28 Tomorrow we present a few other Flow Enhancing Activities to reduce the stress in your life.

Chapter 9. Other Flow Enhancing Activities

Admit and Perceive True Reality

Over the last 20 years I've read hundreds of self improvement books. One of the top ten is *The Path of Least Resistance* by Robert Fritz. I love the book, but not the title, because people get the wrong idea from the title.

Haven't you been taught that the path of least resistance is the lazy way, and will get you nowhere? The subtitle is much better at reflecting the book's contents. This subtitle is "Learning to Become the Creative Force in Your Own Life".

Robert had a telling paragraph about stress in his book, quoted below.

"Lie detectors measure physiological stress. When you lie to yourself or misrepresent the truth in any way, you increase the stress on your body. After years of misrepresenting your true wants, the increasing stress can lead to health problems. Lying to yourself always breaks down your relationship with yourself, creates stress, and represents the truth as potentially dangerous and threatening."

He goes on to tell about a workshop where he worked with a woman with a so-called incurable disease. She couldn't bring herself to say that she wanted health because she thought it wasn't possible. Robert finally got her to admit the truth, "The truth is I want to be healthy." As soon as she admitted the truth, she felt clearer, lighter, and a new energy flowing through her body.

I highly recommend reading *The Path of Least Resistance*. Robert does of course explain his title in his book, and after reading you will definitely want to pursue the path of least

resistance, for resistance is stress. He ends this story by summing up below:

“Whether or not her illness persisted, she no longer had to bear the additional burden of feeling obligated to misrepresent to herself the truth about her desire for health. Certainly the additional stress she was placing on herself by denying what she wanted was not helpful.”

Pay Attention to the Words You Use

The words we use to describe our day are very telling. I recently listened to a Martial Arts friend describe a class. Try and pick out the emotionally laden words. She said:

“Yes, I was stuck with the little dragons – I don’t want to be tied up with them every class.”

What do you think happened with her emotional and physical energy when she talked of being “stuck” and “tied up”? Sure, her energy became stuck and tied up.

Is it Really Unbelievable?

Another word that people throw around without thinking about it is “unbelievable”. Just yesterday, I caught myself using this word to describe something wonderful that is happening in my life. I instantly ‘canceled’ that thought and decided to believe!

I’d rather follow the bible which says to “believe all things”. Here is why. What will happen if you get a great raise at work, or an awesome new relationship, and you keep telling people, “Hey, this is really unbelievable?” Something inside you will cause you to lose that good thing simply because you don’t believe it!

I've seen people lose good things because they didn't believe in them. Become aware of the words you use, and you will be healthier, more energetic, and less stressed.

Ease Rather Than Struggle

Just a few days ago my wife and I finished a three weekend course on Conscious Creating. For three Sundays in a row, we worked nearly all day on releasing our beliefs that life has to be a struggle. Then we replaced those beliefs with more effective beliefs – that life can flow with ease and prosperity.

Most of us are conditioned from childhood to view life as difficult. Because we believe it should be hard, it is! Why does life have to be difficult?

I've learned a lot about computers in the last couple of years, in web design, marketing, computer hardware, automation, etc. Many of these tasks I made harder than it needed to be because of my beliefs.

If I thought it had to be difficult to figure something out, then it usually was. When I finally realized this, learning became a lot easier, sometimes amazingly so.

I remember when I signed up for Statcounter, which tracks visits to my websites. It took only a few minutes to put the code on my web pages. I thought to myself, "Why didn't I do this months ago?"

Just take the word difficult and remove it from your vocabulary, and your life will flow much easier.

The Light Burden, and the Easy Life

For those of you who are Christians, Jesus said, "Take my yoke upon you, for my yoke is easy, and my burden is light". He also said that He came to earth that we might have life, and have it

more abundantly! This doesn't sound like the difficult path to me.

Tom and Ambre, the couple who led our Conscious Creating workshop, are from Maui, Hawaii, and are two of the most flowing and loving people I have ever met. Their website is <http://dimensionsinhealing.com> for you that would like to pursue this method of stress elimination. They do long distance work with people so you can still look into it even if you don't have a trip to Maui planned soon.

The entire focus of the energy work they do is on increasing flow and decreasing resistance and blockages to flow. I hope none of you are thinking, "Well, I'm not into energy work". It's all energy, isn't it, energy and vibration?

I used to think that I was fine in handling and expressing my emotions. After I went to see Tom and Ambre a couple of times I realized that I had been blocking emotional flow and denying feelings for years. These emotional denials and blocks created physical blocks that affected my health until I released them.

Minimize Mass Media

Just glance at the list of Useful Definitions of Stress at the beginning of this book. Now think of what the Mass Media sends you in terms of messages about how you should experience life.

Do mass media messages condition you to experience relaxation, abundance, patience, unity, wholeness, peace, and innocent perception? No, I didn't think so!

On the other hand, do mass media portray grasping for power, scarcity of resources, hurry, division, limitation, lack, struggle, anxiety, fear, complexity, and tension? Absolutely!

Doesn't it make sense to minimize exposure to sources that are leading you to experience life in a stressful way?

Now I recognize that this idea to minimize TV and Radio in your life won't be popular, but oh well. It's the truth. If you want to be different, you have to get your conditioning from different sources.

I'm giving you lots of resources in this book that, if you continue to learn from, will lead you to become a more flowing, more abundant, stress free individual.

On Day 29 we present the difference between power and force and how to increase your own personal power.

Chapter 10. Power vs. Force

The whole idea of flow vs. resistance ties right in to the idea of power vs. force. I'll go into some of the principles here but I highly recommend you get the book Power vs. Force by David R. Hawkins. The subtitle is "The Hidden Determinants of Human Behavior" which may sound a little dry.

You can get the book at Amazon.

Don't let the subtitle scare you off, inside the book are powerful truths about consciousness, creativity, success, health, genius, and the search for spiritual truth. It isn't the easiest book to read, so be prepared to work and study.

The book is packed with potential! Dr. Hawkins does talk a lot about muscle testing (kinesiology) so don't get the book unless you want to learn more about it.

The entire book expands on the follow simple statement from the text.

"Power accomplishes with ease what force, even with extreme effort, cannot."

Restoring the Flow – Rolling Waters Remain Pure

Where power flows freely like a stream, force only pushes against resistance. If you are using extreme effort in your life, you are working against resistance.

Which is easier, to continue working against the resistance, or to remove the resistance and restore the natural flow? I want you to have more flow in your life, and it is possible. I know because I've experienced it, and it continues to grow.

The increased effectiveness is incredible to feel! Believe that there is an underlying flow to life. Feel it surrounding you. See yourself getting into the flow!

Increase Your Personal Power Through Action

David Wolfe is one of my raw food heroes, and he says “Nothing is powerful than action!”

When I was first learning about net marketing I borrowed two books on web design from a friend. I read them both through and referred to each one here and there for hints and helps.

I kept thinking that I really needed to return those books. I probably looked at them up on my filing cabinet dozens of times thinking, “I ought to get those back to him”. But I didn’t want to be without the resource.

Finally, I realized that I was resisting what I knew I needed to do, and that the resistance was using up some of my energy. That day I decided to act. It only took me ten minutes to go to Amazon.com and purchase the books for myself. I returned the books to my friend and I was “clear”.

You know those “to do items” that you keep thinking of again and again? Yes, those drain your energy and bring about resistance in your system. Just do them, I promise you will feel better and reduce the stress in your life.

Don’t try to do all of them at once. Just pick one a day. It feels so good to be clear and flowing. You want your energy for your own pursuits.

Flow is the natural state of the human experience when we stop preventing it through our resistance. All stress is internally created by our attitude.

Our final day (Day 30), we present the principle of financial flow and give you a free resource to help you in this area.

Chapter 11. Financial Flow - The Science of Getting Rich

The Science of Getting Rich deserves special consideration because it has had such a huge impact on me. In fact, this book, and my book on the raw food diet at www.IncreasedLife.com, would not exist without Wallace Wattles and his book.

I have much to occupy my hours, and it's a rare book that I get to read a second time. This is even true for excellent books, there are just so many other books I want to read! But this book I read (or listened to) nearly every day for months and months.

The first time I read The Science of Getting Rich I had shivers run up and down my spine due to the possibilities the words created for me. I knew what it was saying was true, and that it was just a matter of time before I would be a very different person. This has proved to be true.

I read the book at one sitting, wrapped up in my own sphere of rising consciousness. The book was written nearly 100 years ago but the words are just as applicable to success and wealth in any field as they were when written. The principles cut through my limiting beliefs about myself and inspired hope and enthusiasm for the future.

I started following the practices in the book, and certain hobbies, activities and interests fell out of my life. These were replaced by new activities, new focuses, and new interests. I was led, like I was along for the ride. I was certainly doing the acting, but I was led in the actions to take.

The book itself is free, and here is where to go to get it. Just click with your mouse on the link below:

[Click here for "The Science of Getting Rich"](#)

Rebecca Fine has created an entire business around this book (and she's doing well too!) I purchased the tape set of The Science of Getting Rich (read by Rebecca) and listened to it every morning.

There is value in repetition, and I would encourage you to read the book and then get the tape. Most of us have more time to listen than we do to read, while driving or working out, etc. The fact that I devoted 30 minutes a day six days a week to this book shows how much I think of it.

In fact, the title of one of my websites (Increased Life) was inspired by the book.

Rebecca says in the tape set that she is not a professional announcer, but she does a fantastic job. At first you notice someone reading, but after a while you forget that you are listening to a reader. It's as if the message goes right inside of you.

Or, you can order an entire set of Wallace Wattle's books through the links below.

The book set consists of:

[The Science of Getting Rich](#)

[The Science of Being Well](#), and

[The Science of Being Great](#)

Remember that your financial flow is simply a mirror of what is happening in your internal flows. If you are abundant and open and flowing inside, your financial flow will reflect that abundance!

I've enjoyed sharing these 30 days with you. Repetition is important when changing long-standing beliefs and habits. Continue to pursue flow in your life by re-reading this material and putting it into practice in your life.

I encourage you also to pursue some of the other books I've recommended throughout these 30 days.

I wish all the best to you, and would love to hear your experiences with increased flow in your life!

Sincerely,

Christopher Westra