Some comments left by visitors to The Happiness Hike:

"Well, I stopped crying long enough to read most every word you wrote."

"I wish to congratulate you on your powerful pen, and the gifts that you are contributing in your web page."

"I get a sense you know what you are trying to express about yourself and the way of your journey to here."

"I was just carried away by the meanings of your words."

"The remarkable peace this method brings is my most important tool."

The Happiness Hike

By Jay Moon

An original method for obtaining your dreams, finding contentment and living life without fear.

"Those who wish to sing always find a song."

Swedish proverb

Published by Jay Moon

Tel: +44 7914629142

© Jay Moon 2006

Web edition published 1996

First print edition 2006

All rights reserved.

I'd like to dedicate this book to my mother, Josine Florida Lowet and her memory.

And to my friend of once (and perhaps still) Junko Imanishi.

The goal is happiness; measure your success by the amount you produce – in yourself and other people.

My own quote... and philosophy

Contents

1 – An introduction to Happiness 11
2 – Quantum Magic ……. 18
3 – Dreams ……... 28
4 – Essential Preparation for Inner Change ……. 36
5 – Inner–Seeing ……... 42
6 – Inner–Method …….. 51
7 – Symbolism ……..…… 60
8 – Outer–Methods ……. 64
9 – Cognitive Therapy ……..... 70
10 – Creativity .....…….. 77
11 – Loss and Attachment.....… 96
12 – Who to Become ....…… 100
13 – Helping Others ...…….. 102
14 – The Anecdotes .....……. 112

15 – Mission Possible ..…….. 119
16 – Quantum Happiness 121
17 – The Letters .....……. 136
18 – Ambrosia? …… 306
18 – After the Words ……. 318
19 – And Then ……... 321
20 – Conclusion ……. 327

21 – Afterwards to the Book Version
21 – Appendix – Living Abundance

Forward

"I'm going to Asia and I'm never coming back."

I'll never forget being sweet 21 years old, walking into the living room and making my solemn and well–rehearsed declaration.

I'd secretly planned it for over a year but dreamt of it my whole life. I'd recently disposed of most possessions and stored the rest, clandestinely finished a TEFL qualification and grown quietly desperate of a mundane, jobless life that felt like the best years were slipping away without even friends to lament with me of the cruelty of the world.

The only asset I had was my mind. Luckily, I'd 'failed' at school, so it hadn't affected my education. The first possession purchased with my own money was a typewriter, and books were my overriding passion.

I'm a misfit; I didn't do the things normal kids did. At some very early point, I read a book about 'magic'. It was simple. Write down your dreams, bury them I in a plant pot with a seed; a little bit of chanting and a bit of hocus–pocus, and 'hey presto': '*We create our own reality'*.

And ooohhhh, I believed it like only a twelve year old can.

Months later, with only a dead Marigold and not actually having become the world's first twelve year old millionaire with private jets and trophy wife, I started questioning why it hadn't worked when it said in a book that it would.

And essentially, I never stopped.

Add together years of agoraphobia, obsessive reading of all spiritual, psychology or anything else that can answer the questions, experiments, note–taking, magic plans of magic practices: it was inevitable that it would become a written method.

I left England to teach in the short–term, and be a novelist in the long. After three unpublished novels, the Internet became popular and all of the reading and experiments had become an early method. Sitting in the cafes of India and Nepal, I self–taught myself computing, published my site, Google listed it and here we are.

Of course, the method has continued to evolve as I continued studying, experimenting and writing – but what you're holding here is essentially that early method. Included are the original writing, but also some of the varied and two–way correspondence which the site generates, plus other associated writing. Not included are less popular or less relevant sections nor correspondence of a general 'great method, thanks!' type of sameness (as much as they were/are appreciated).

As always, working alone in whichever

cybercafe I happen to be near – errors, types, mistakes and anything else wrong, is up to me.

I'd like to thank all the people who have shown an interest in my writing and ideas over the years.

Introduction

Are you...

Happy?

Half of what we do we do for happiness: eating, voting, music, giving to charity etc. For the other half, we're avoiding pain: brushing our teeth, paying taxes, buying umbrellas – or a million variations. What if pleasure and pain are two halves of the same thing, guiding us to a destination?

I was going to tell you that my life is an experiment in obtaining happiness, but of course, yours is too, isn't it? Maybe this universal desire to avoid pain and obtain happiness is as a compass, guiding our way to the place we are all going. Shouldn't that path be followed consciously, with eyes wide open?

If everybody's hiking to the same state, surely we all end up together. If each of our various actions, past, present and future, are for that same Shangri–La in some way, then let me scribe one map I've found so far, to explain to you the new and practical methods of influencing this strange life, to

stop manifesting the things you don't want and obtain the things you do. Be content obtaining secret dreams, without fear or attachment. That's right!

I've not traveled far, and often go backwards. If you've gone further write to me at jslipton@yahoo.co.uk and let me add your route to the site (especially if it's a short cut!). We've all got pieces of the map, maybe it's tapestry and no one arrives until we join the pieces?

An Introduction to Happiness

"The important thing is to not stop questioning."

Albert Einstein

"If you ever find happiness by hunting for it, you will find it as the old woman did her lost spectacles – on her own nose all the

time"

Josh Billings

Is there a 'magic' way to attain our desires: money, status, love, and could it always make us happy?

Are you happy?

People often use that question as a weapon, forcing you to justify yourself, yet if we accept that all our thoughts and actions are towards that end, then it's a valid question that should be considered.

What are We Doing to be Happy Now?

I'm assuming that you don't have a state of complete, unbroken happiness right now. You do! Then you're wasting your time here – better to surf Yahoo. If you're still here, then I presuppose that your happiness is a cyclical thing, like everyone's – between feeling happy, unhappy or neutral. You desire certain things, situations, objects, circumstances – when you don't get them you're unhappy, happy when you do, and neutral the rest of the time.

But when you do gain something, like a new car say, you feel great, but not forever. The special eventually becomes the mundane. A week from now you'd be thinking of the car less often. A year from now you'll rarely think of it in a way that gives you a good mood. Of course, then it could break down or be stolen, so it would eventually cause unhappiness.

This is true of all the things we desire – money, status, spouses, computers etc. When we lose things it doesn't kill us because we have lots of other unfulfilled desires left and can dream of their potential. So our lives go between attainment and loss, our moods from contentment to despair. This is pretty much what we're all doing. Having goals and dreams in life, striving to realise them, attaining or not attaining them – decided by application but also luck, and our happiness waxing and waning with our good or bad fortune. Yet I wonder...

- Is it possible to be happy, not in the sense of good or neutral moods outweighing the bad ones, but as a constant feeling of happiness

that never goes away?

- Is it possible to acquire all of our desires in life, money, status, social change, and be happy also, independently of them. So as attainments come and go, the happiness they brought is unwavering?

Is cyclical happiness false?

Sometimes we're happy, sometimes we're not. When we are, how have we done it, how did we make ourselves happy?

We've achieved circumstances, possessions, social status that were desired. Say you've just got a new bathroom fitted and it's made you happy. Great. So you wonder what's wrong with that?

It won't make you happy forever. It's special now, yet in a year's time you will go in and sit on the toilet bowl and it will be so mundane that it won't affect your mood in the slightest. In the future it will deteriorate, go out of fashion and begin to cause you growing unhappiness until you replace it.

It doesn't really exist. That spanking new bowl is simply a collection of photons, nerve impressions going to your brain and is only present as a chemical/electrical response. Those expensive blue tiles on the wall aren't even blue, they're colourless, reflecting white light in a wave. The wave hits the photoreceptors in our eyes at a certain angle and a message gets sent to the brain so it can fire chemicals/electricity to perceive blue – but it's not

blue! There is no blue outside your mind. Other animals perceive colour in different ways – they don't see what you see. It doesn't exist.

"What the hell are you saying, that I shouldn't have bought a bathroom?"

No, listen. If you've just bought a bathroom I'm sure it's lovely, and if it shall make you happy for a time, then I'm happy too. Send me an air–ticket and I'll even come and use it – and I promise to wipe the seat. I only want you to be happy all the time. I want to give you a system whereby you can create all the things you want in life and be always happy despite of them: an unchanging inner–contentment.

Imagine acquiring something new. You dream of it for a long time and then find a way to magically attain it, maybe even lots of things, but as you obtain each one, the happiness they bring never diminishes, as they never become mundane.

Not only that, but the contentment and attainment your life delivers is no longer tinged with fear, as that same magical system also brought you immunity from loss. Would that be better than the way life usually is, even when it's pretty good?

Actually, it's great. Your bathroom doesn't exist. It's all electricity, just like happiness and unhappiness. Humans can control everything in the world except their moods. Well, I guess we have some control. We could sit and think of happy memories until we feel good, or we could get all worked up about something. Already we have some control, but control of what, what is mood? Are we

just chasing electricity? If we fly kites in thunderstorms, will we be happy? I doubt it, but there's a better way. Read on!

Quantum Magic

"Imagination is more important than knowledge."

Albert Einstein

"We are what we repeatedly do."

Aristotle

"Always the beautiful answer who asks a more beautiful question."

E.E. Cummings

"We are trampled most often by forces we create ourselves."

William Shakespeare

"In the province of the mind, what one believes to be true either is true or becomes true."

John Lilly

You may visualize, use affirmations or use positive thinking, but how do they actually work

– understand the inner magic of possibility and watch your dreams come true, welcome to happiness!

How exactly can we transform our lives? Everything comes down to one little secret. When you've genuinely understood that, you can attain everything – and be happy despite of it.

What is Quantum?

Before I tell you, let me digress slightly to better explain it. Ever since Ancient Greece, everyone thought the world could be explained by classical physics; that everything around us could be measured and predicted – and for a time it was true. If someone throws a tennis ball in the air, you can work out from its speed, angle, projectile etc. exactly where it will land.

Then they started messing about with the particles that circle the nucleus of atoms and it all fell apart. They discovered two things:

- All matter is spinning.
- When it slows down there is less mass; when it speeds up there is more mass. If they (sub–atomic 'matter') stop spinning, they have no mass, they're not there – they disappear!

Atoms, the building blocks of everything in the universe (even gas) are nothing but movement itself (kinetic energy), when they don't move they're not

there. If all matter in the universe stopped moving, the world would disappear. Nothing exists except movement.

You can do a collision experiment, i.e. use a particle accelerator to collide two particles together at the speed of light. When you do this the particles explode into new particles.

Remember that atoms (and thus everything) are only movement itself. If particle A was traveling at the speed of light, and particle B was traveling at the speed of light, then when they collide, they hit each other at twice the speed of light – but they can't spin faster than the speed of light –therefore they explode into new particles, but twice as many as before! Speed alone can create mass, or increase it.

Well, all this isn't even the big deal. The big deal is that there are different types of particles that can be created. When an experiment is repeated again and again, exactly the same experiment, the results are never identical. It can be predicted how much energy will be in the collision, exactly which particles might be created and where, and the exact statistical chance of each option happening. But until the experiment is complete and a result has actualised, only chance, the possibilities of various possibilities, can be predicted. In the sub–atomic world, nothing can be predicted except the possibility of possibility.

How is quantum relevant to our inner–dreams and happiness?

So what's that got to do with your dreams and happiness? Well, that's the secret. The whole

thing comes down to possibility, because, as any quantum physicist will tell you – nothing exists in the universe except possibility.

Think of a time you were feeling thoroughly down about something, say a job just before you decided to quit. Everything was bad, the boss acted like an idiot every day, you only ever got to meet the same people, and felt that if you didn't leave as soon as possible, then you'd still be there in five years time. All the possibility had gone from the situation.

But when you were first employed there, it might have been really enjoyable. You looked forward to turning up the first day because it was full of possibility.

The new boss or one of the staff could turn out to be a life–long friend; you might have excelled at the work you were doing and become a CEO or a self–employed consultant; you might have ended up marrying one of then clients. Though you didn't consciously think of any of these possibilities, you knew that there were some kind of possibilities in the situation. It was something new; it had positive possibility.

Or think of a different example, when you're wound up generally, thinking of negative things that could happen, the imbeciles you knew in the past and that you could meet similar again; negative possibility.

If you're scared of flying, then in the air you're thinking of the possibility of crashing; the relaxed people on the plane are thinking of the

possibility of landing and having a good holiday.

I've already mentioned something similar elsewhere but I'm mentioning it again because it really is the crux of your inner–method either working or not working.

Your mind is full if beliefs and those beliefs manifest your life because you express them in four different ways.

- Habits.
- Aspirations.
- Attitudes.
- Thoughts.

These four things can't be out of synch with your beliefs. If, for example, someone hates dogs, then they don't have good thoughts about them, nor are in the habit of petting them – and there's certainly no aspiration to own one.

The thing is that these four expressions of inner–beliefs shorten their 'web of experience'. For example, they desire to be free of dogs; their habits are to avoid them because of their negative attitudes concerning them, thus in their life, the web of experience that these four things create around themselves doesn't contain the animals.

They might even dwell on negative media accounts of them and this strengthens the beliefs, and so in turn the attitudes, habits etc. Because of the way this belief has structured the 'web of experience' i.e.

to exclude dogs, they're not likely to meet a friendly one that could change or modify the particular belief in question.

In this case, where did the actual belief come from? It's there because they are FOCUSED on the possibility of being bitten or slipping in dog mess or whatever great variation the mind can come up with, not on the companionship that a dog can provide, or fun days out with the pet and family.

Therefore, all beliefs are beliefs in possibilities of some kind. Your negative beliefs, which hold you back/shorten/restrict your 'web of experience', are based the possibilities of negative things happening; conversely, your positive beliefs that widen your web of experience are based on the beliefs of positive, happy possibilities. Of course, when you have positive beliefs of possibilities then you expand your web of experience, you actually do broaden the chance of positive things happening because you put yourself into more situations via widened habits, thoughts etc.

So, to reverse the example, someone who loves dogs, seeks to get on well with them, has the attitude that they are faithful companions, positive thoughts concerning them and is in the habit of stopping to pet them – has a wider web of experience, and thus possibility.

They meet more dogs, therefore have many more positive experiences with them and their positive belief is strengthened even further. If they get bitten once, that negative memory is stored and compared with many more positive ones and so

somewhat negated. So they have a wider web of life, agreeable experiences and a happier, richer existence because their belief of positive experiences with nice dogs (the possibility of them) isn't diminished.

So, through the other practices in this book, you may discover a belief that is holding you back and want to change it and be free to manifest a different, more contented life – what do you do? Firstly, why is it a negative belief? What negative possibilities are you dwelling on? How to change them?

Changing negative beliefs

When you are doing the inner–practice, say visualisation of something you want, let's also say (although it's a little silly, it will do to explain) it's a dog **not** biting you.

The reason the dog bites you now is because of the belief in the negative possibility of the dog wounding you; you usually think about this and feel a stab of fear. Now, in the inner–practice, you consciously visualise the dog wagging its tail and playing with you. When you believe in the possibility of this happening, truly believe (and if it is something you really want), then you will feel a stab of excitement.

This is it. If you can do that, even only for a moment each day, then slowly, little by little, your focus shall change from the negative to the positive possibilities. After enough days, your focus on positive possibilities will become a new belief, you'll know it's a belief from the *physical excitement*. When

you have a fresh, genuine belief, your thoughts, attitudes, aspirations and habits will change. Then you shall widen your web of experience – thus increasing your possibilities and expanding your experiences and horizons together. As the positive possibilities begin to manifest, then your belief in them becomes even stronger because they're often reinforced.

Quantum Meditation

In fact, as you pursue the inner–practice, then possibility becomes a kind of meditation.

You are thinking of the things you wish to be or acquire, and you need to feel physical excitement, the only thing that can cause this physical excitement is a genuine belief in possibility. Eventually you won't even need mental pictures, this excitement can be brought on independently by meditating on possibility itself – and when you can do this, then please realise that you are close to the secret of absolute happiness.

When meditating on possibility and feeling physical excitement, and so happiness, you are not attached to what has already become and thus lost its possibility, but are close to the possibility of the unformed. It's much like Yin and Yang of Taoism. Yin is the unformed, pure possibility, as we ourselves are only possibility and can manifest as we please from our minds; therefore Yin represents passivity as there is no need for worldly action to obtain the things we desire and our happiness. Yang would then represent the formed, what has already become and so has lost its possibility – to change something in

this situation requires action, as possibility has gone in what has already become.

We could even go as far to say that if our inner–practice leads us to focus on the unformed possibility, then we are close to the Tao itself; and when we are focused on the manifested, concrete ideas and situations that require force to change them, then we are far from the Tao – we lose our possibility. If we have a fixed opinion of the way something is, then how can we manifest an alternative we don't believe in? Imagine someone who complains that they *always* get hay fever every summer, they've just made something concrete and ruled out a possibility.

Let me speculate further:

- UNHAPPINESS = focusing on negative possibility, the bad things that could happen in a situation or the way in which things couldn't change – being immersed in the concrete nature of what has already become and so cannot become something else, thus lacks possibility and is far from the Tao.
- HAPPINESS = close to the Tao, much possibility in the unformed, in what has not yet become but could be. Fluidity. Passivity because only the possibility exists. Faith in the unformed.

Is it insane to speculate that God/Tao/Happiness Itself is actually...

nothing but possibility?

not being, but always becoming?

So what would the practice/goal of such a quantum meditation be?

- To return to childhood; to regain the unbounded excitement of children. We once believed that anything was possibly, everything was fluid – and when we embraced the concrete, fixed ideas and set beliefs – we grew up and lost our ultimate happiness. To inspire physical excitement that we can feel which will assist our manifestation of new beliefs. This will become clearer later.
- Avoidance of the solid, fixed ideas and beliefs – the things that stop us being whatever and wherever we please.
- A kind of waking practice which could be combined with the later outer–practice, we could watch or read negative media, like articles or programs that annoys us or causes unhappiness, and then focus on the positive possibility in the situation being reported and a natural passive way each situation could work itself out.
- A meditation on pure possibility, a formless meditation on excitement and joy itself.

And before you know it, you're transformed.

Dreams—to Map the Course of Your Mind

"Nothing happens unless first a dream."

Carl Sandburgh

"Life is in painting a picture, not doing a sum."

Oliver Wendel Holmes, Jr.

"It is not enough to have a good mind, the main thing is to use it well."

Rene Descartes

Interpret your dreams; obtain your dreams! The psychology of interpretation for happiness and inner change. This new system can transform your life. Use 'Soul Statements' to map the course of your inner–life! A new method of interpretation, to discover the rocks in your mind, and then flow on a current to where your sweetest dreams may lie.

As you go through this life you're flowing in a certain way. In your mind there's a constant inner–dialogue and continuation of mental pictures, and these flow from the inner–philosophy you have about life, and they flow to the way you experience the world outside.

Happy, fulfilled people don't have the same inner–life as those who have, or feel they have, failed. Often our minds are a balance for the world outside; we all spend at least some time daydreaming. Nobody will say that they want to be poor or unhappy, yet poor or unhappy people do spend their moment to moment inner–life unknowingly creating these conditions.

Maybe you're neither poor nor totally unhappy, but any of us could do better! It's not easy to be conscious of our moment–to–moment dialogue, pictures and inner–philosophy, one problem is observation, and the other is self–censorship. Dreams at night are a continuation of the person we are in the daytime. We can use them to find out how we've made ourselves the people we are and the circumstances we live in, and this knowledge is the first step to happy change.

Dream interpretation seems neither easy nor practical on the face of it, but I've developed my own system, actually based on methods of creativity. Forget the 'dream dictionaries' or complicated tomes of psychology. This method of interpretation is intended to reveal our inner–philosophy, dialogue and pictures – and to enable change through the other methods discussed elsewhere in this site. At the end

of this, through a process of questioning, you will end up with a growing series of 'Soul Statements', and eventually a picture of yourself will emerge, your inner–self, and this will show you why you are who you are, where you are, and you may effect any subsequent change as you might desire.

The easiest way to do this is for me to show you just a few of my own dreams and how I arrived at my 'soul statements' so you shall be able to do similar.

Dream One – Title: Jelly Pills

I went into a clothes shop but couldn't find anything I liked. I sat down to take some medicine but found that my mischievous nephew had covered them in jelly. I was so mad I trembled in anger and felt I could kill him.

At the time I had this dream, I was at the start of a chronic illness. Going into the clothes shop and not finding what I liked shows that I can't find an 'outer–persona' that I'm comfortable with; I don't fit in. The pills became useless because of the jelly; jelly could represent the lack of strength, inner–fiber or gumption, to make a decision about who I am. The pills are useless and I erupt into anger, meaning the constant inner–irritation I was feeling prior to becoming sick had caused the illness and there was no point carrying on taking any medication while I still felt angry.

Now with most dream interpretation techniques everything would stop there, but I have to come up with a 'Soul Statement' as I wish to

refine/heal myself. So this is done by summing up the dream and to keep asking why, why, why, until I end up with an indivisible statement.

An 'atom' sentence perhaps.

I made myself ill by being constantly angry about everything. WHY?

I can't find a way to feel I fit in with everyone around me. WHY?

I don't have the same goals as every body else. WHY?

Life is too weird; I have to pursue these answers and can't stand the mundane. WHY?

I can't answer that.

Soul Statement: My perceived difference to other people causes inner–anger which in turn affects my health.

Because it's just the way I am. So now I know. I was feeling constantly angry because I don't fit in, I can't think of anyone who's like me, this led me to be ill. So either I can change or accept myself. When I thought about it, I couldn't change. I'll never be happy with the mundane (I lead a bohemian lifestyle), if feeling an outsider is a part of that, then I'll accept it. O.K, so that's not perfect but when I understood what the dream was really saying, I felt better about things (though I didn't get well). Let's do another example:

Dream Two – Title: Black Eye

I went to the bank and the teller started

flirting with me. She asked if she could have a picture of myself. I gave her one and noticed that in it I had a black eye.

We went to a restaurant together and I felt really annoyed about something but I didn't know what. By the time the food came I was so irritated that I pretended that I didn't want the food. To be polite she pretended she didn't either and it made me feel even worse.

Then it was another day. I was in the bank and saw her in the background. I could see that she was avoiding me.

O.K. So let's interpret it.

I pretend I don't like people and situations and act aloofly [Refusing the food]. WHY?

So people won't like me and become my friends [Her avoiding me the next day]. WHY?

As I recall that whenever I was close to people in the past they had to go away so now I avoid closeness [Black eye]. WHY?

I can't stand the loss. WHY?

I can't answer that.

Soul Statement = I act cold to avoid closeness with other people as I can't stand loss.

I keep a separate book with nothing but dreams in it, and the soul statements at the end of each dream. The thing is that after a few months I realised that it came down to a small number of Soul Statements endlessly repeating themselves, thus I

could see where I was in life; a map of my stream had been charted.

Here's another dream that ends up at the same statement after the 'why' questioning.

Dream Three – Title: Conspiracy Cake

I was on a ship, in the restaurant. An Indian acquaintance I didn't know very well was with me. I ordered a chocolate cake but the waiter brought two by mistake. I guessed it was a conspiracy, that the waiter had brought two on purpose so his friend could have one for free but I'd have to pay for it. I grabbed the cake and threw it out the window.

At evening meal I saw the Indian man. He smiled at me and seemed really nice. It made me feel even worse.

So this arrives at pretty much the same conclusion, but refers to my inner–philosophy.

I'm a suspicious person and always think the worse of people. WHY?

So I don't have to bother to get to know anyone. And from here number three; four and five are as above.

A good point to remember when doing the interpretation of your own dreams is not to censure what's there. You could try and twist things round so your nocturnal adventures are only ever saying what a great individual you are, but they're probably not are they? And if they are, then what good is it to you? It may sound negative, but if you look for the worst they could possibly be saying, then you're less likely

to see what you want to see and shall also end up with truer Soul Statements. Don't be intimidated about it. The point of finding all these repeating sentences is to change. To become who you wish to be... To be happy!

Sweet dreams.

Preparation to Inner–Change

"It is not enough to have a good mind, the main thing is to use it well."

Rene Descartes

"Life is either a daring adventure or nothing at all."

Helen Keller

"A mighty flame followeth a tiny spark ."

Dante

So many methods to relax, and so many that don't inspire relaxation! Here is the unifying secret that makes any method of relaxation work.

So, if you're reading this sequentially, you'll by now have some idea of the philosophies in your mind and may already have seen ways in which they've created your life. When the world (the force that weaves our inner–beliefs into life experiences) manifests according to your philosophies, the concrete experience of being 'proved right' in the

'real world' strengthens the inner–philosophies, and the cycle is constantly reinforcing itself this way.

Why Self–Improvement Methods Often Fail

There are many methods of change, if you've found your way to this site then perhaps you're already interested in them. The essential idea of all these techniques is similar, for example, if you keep repeating to yourself how happy or rich you are, the natural flow of your moment–to–moment dialogue will change, thus will your inner–philosophy and so life; or maybe if you visualise health, you'll change the moment–to–moment pictures, and so again, philosophy and life.

The problem is, though you may do these or similar practices for an hour a day, as soon as you stop, the mind reverts to its usual state. It's like standing in a stream and lifting up boulders to change the perverted flow, but the rock is so heavy that you can only lift it up for a short time, then drop it back to where it was and so the flow lapses to its previous state.

You must have noticed this, a time when you were depressed or fuming mad about something and you took a deep–breath and decided to 'just forget it' or 'pull myself together'. For a time, while you're consciously trying, you can shake it off; as soon as your mind is unwatched, it reverts to it's negative spin

It isn't practical to live the whole of our lives in meditation (at this point!), is there a way to make

‘replacement thoughts’ stick? You’ve now discovered the philosophies from which consciousness seems to flow (and so your life and circumstances), in the following pages we’ll learn a number of inner and outer techniques to effect an immutable and miraculous change.

Obviously, you’re not going to permanently change the whole stream of consciousness instantly, though it the end that will be the case. In the beginning there will be certain optimum times, eventually they’ll be no ‘time’, the practice will become you! There’s no need to meditate on peace and happiness once peace and happiness are the ‘default course’ of your stream.

Think of a time you were stressed out, perhaps the boss was shouting at you. You’re fuming mad inside and at that point the anger is strong. You leave the boss’s presence and all the inner–dialogue and pictures flow from the an inner–philosophy “This company stinks”, and you are agitated, it’s got to you, – that is the hardest time to change. You go home, and upon leaving the you car, the neighbours dog attacks. The foam around its lips, now smeared across your torn skirt, probably indicates rabies. As the animal stops it’s fury for a last, single bite, it’s jaws slowly closing, teeth knifing towards the bone of your shin – you’re unlikely to have the presence of mind to repeat the affirmation you adopted yesterday – I love animals; animals are my friends.

The Best Time for Inner–Change

In the beginning, times of stress aren’t the best occasions to challenge the ‘automatic flow’ of

the mind. It hasn't developed the way it has to hurt you, it's developed this way to protect you. After a number of bad experiences of being bitten by dogs you may have the philosophy All dogs are bad, – and the good thing it you will avoid them and be bitten less.

The bad thing is that the mind will attract 'evidence' to support the philosophy, and the mind will manifest your expectations to 'prove' the philosophy. You will be unknowingly attracting vicious dogs into your life.

When you're safe and relaxed (without dogs hanging off your limbs) it's easier to consciously direct the stream. You could lie down and visualise playing with friendly dogs.

Now visualising playful dogs might not do you much good if your neighbours pet tries to kill you each afternoon, but this problem flowed in the first place from the stones in your stream (honestly).

It's very hard to lift the rocks (philosophies) out of the stream, but sometimes you control the way the water (train of thought) flows. Then following pages shall show you how to change the 'default flow', the way it flows automatically, without your concentration – and when water surges fast enough over an obstruction, even the largest rocks shall be worn away in time.

Unlike anything else I've read, this system has two methods, inner and outer – all designed to redirect the flow and alter it's intensity. The coming outer–method will truly and endlessly change your

waking mind and life, though it's foundation is the inner–methods. For these inner–methods, it helps if you're relaxed when you first practice them, for the reasons explained above. When you're wide awake and the stream is raging, it's very hard to reign the flow, if you're not wholly in control of the current then these boulders can't be worn down or even moved.

In fact, the closer you are to a trance the better, as the less the stream is flowing by itself, the more you control it. Therefore, this page is about relaxation. There is already so much written about breathing, hypnosis, mantras, and so many other ways to achieve relaxation/trance, however, sometimes these techniques work and sometimes they don't.

Through trying most of them over the years I've realised that they all neglect to mention one thing, the one thing that unites them all and makes any of them work.

Instant Relaxation

A long time ago I was deeeply into hypnosis. Sometimes I could make it work and sometimes I couldn't, then I realised why. So say I was counting down to relax myself; 10; 9; 8; etc. I would be telling myself I was entering trance, but I would be focusing on the words.

Recall a time when you were deeply relaxed, you know the kind of experience, where you stare unmoving at something, completely lost in your thoughts, 'miles away'. Time appears to have slowed

and your senses are heightened. The more relaxed you became, the more your senses are withdrawn and your inner–senses may come into play.

Contrast this experience of spontaneous relaxation with a failed attempt at hypnotism. You are desperately concentrating on counting or breathing, trying to relax, and the concentration itself prevents it.

Here's the secret; it's all a question of **focus**. It doesn't work when you're focusing on the method, like counting or breathing or whatever you're doing. You must practice your method, say chanting a word, until it becomes so automatic that it doesn't require any conscious thought. Then focus on your senses; every nerve in your body. Acutely listen to the sounds around you. Stare intensely into the blackness of your closed eyelids. Recall a time when you were deeply relaxed, near a state of trance, like when you woke up from an operation, or dropped onto the bed, exhausted from a long hike (the Happiness Hike?), the way you felt just before you lost consciousness to sleep.

Remember those sensations while concentrating on your sensations now; you can 'will' them to feel that way. If you pretend you really are exhausted and tired and acutely watch every sensation in your body, expecting to feel that way again – you shall.

Also, there are times you are relaxed or in the right state anyway i.e. falling asleep and waking up. You can also use these natural periods for your inner–

work.

So, you know the importance of relaxation, you can achieve it (or are getting there) – what do you do when you are in that state? How about changing your life, acquiring all the things you want, without fear of attachment or loss – and to become whoever you want to be?

To be happy?

Read on!

Inner–Seeing

"We lift ourselves by our thought, we climb upon our vision of ourselves."

Orison Swett Marden

"If we all did the things we are capable of doing, we would literally astound ourselves."

Thomas A. Eddison

"Ask and you will receive. Seek and you will find; knock and it will be opened to you."

Matthew 7:7

"The thing always happens that you really believe in; and the belief in a thing makes it happen."

Frank Lloyd Wright

Learn clairvoyance; become psychic. A method to actually see the obstructions in your own mind, and change your future.

I've titled this page ambiguously because if I told you straight out what it was, you'd go cold – as it's one of the most misunderstood subjects possible. So let me first say this: No matter what you think about this, nor who you are, if you read this page and follow the practices, you will learn this new skill in its entirety.

Once learnt, you shall be able to physically see the obstructions in your mind.

You shall see the future of yourself and those around you.

You shall, in combinations with later methods, change the future.

Guessed it yet? Alright, if you promise not to go cold, I'll admit it's... clairvoyance.

Still here? Let's clarify something, I'm not talking about visualisation now. For example, if I asked you now what you're best friend looks like, you'd close your eyes, see a picture of them in your mind and describe their appearance, that's visualisation. Clairvoyance is to physically see an image, as if your eyes were open. The fact is that anyone can use this but it's never been explained simply. Once you've learnt this new skill (and you will) you can use it for it's traditional purpose, and more:

Yes, seeing images of the future.

Answering Questions

Actually viewing the obstructions in your

mind, rather like the dream practice, though with this technique you are conscious while seeing the images/sequence and so can pose questions and have them answered during the session. Rather like then most amazing psychoanalytical experience in the world.

Also you can learn a kind of 'positive clairvoyance/imaging'. This is where you direct the images/sequence to see as you please, a bit like having a dream while awake which you can consciously direct – a waking dream!

To further explain that last one, currently I'm living in Nepal. I recently found out of a traditional practice of Tibetan 'curing monks' is to prescribe 'precious pills' of various herbs, over which they clairvoyantly project an image of the healing Buddha to imbue them with the right energy.

So to the practicalities. Before you can have a clairvoyant experience (which will be today if you wish) you need to see the manner in which such an image manifests so you know how to focus on it. I discovered the following method accidentally; the truth is that it really works. I know you're probably skeptical by now (unless you're already practicing this) but just do the following now and I promise you shall physically see an image with your eyes closed, today!

The First Steps in Developing Clairvoyance

Procure a camera, make sure it's one that you can take the film out of and it will still operate,

including the flash. Once you have it, choose any fairly intricate object. When I discovered this accidentally it was with the keys of a typewriter, so I guess your keyboard is a fair bet.

Dim the lights. Stare at the keys, or whatever intricate object you've chosen, and don't move your eyes. While your vision is in this fixed position, let the camera flash off over the keys. As soon as it has done so, close your eyes and try to see the after–image, the complementary. Like at school where you had to stare at a red triangle for a minute, then close your eyes and look for the corresponding inner–green triangle one on the blackness of your closed eyelids.

So you let the light flash over the keys, close your eyes and look at the darkness, you don't have to do anything else, an image of the keyboard will appear just as if your eyes were open. You know how if you gaze at a candle, the after–image will appear when you close your eyes, or if you accidentally stare at a neon light, and then close your eyes and there's a green neon–tube inside your eyelids, and even when you open your eyes again, this green image appears to slide around the walls for a time. After the flash goes off, if you just look into the blackness of your closed eyelids, a perfect picture will appear of the keyboard, so perfect it's as if your eyes were open.

This in itself isn't clairvoyance, it's only an after– image, but it's the way clairvoyant images appear in the initial stages. Other ways to practice are staring at a candle or light bulb and learning to focus in the same way. So now you have learnt to see, how to focus, on inner–images that you didn't create

yourself. Though it's not clairvoyance, what this exercise does it to show you how what we're trying to do now isn't visualisation and how to focus in the right way so that clairvoyance will develop when you follow the next instructions.

The best time to start this is when you're falling asleep. When you go to bed next, as you lie there drowsily falling towards unconsciousness, look out into the blackness of your eyelids. If you really look you'll see they're not completely black, there are all kinds of dancing pinpricks of light over them.

Just keep looking at these little moving specks of light. If you really can't see them, don't worry, they are there – you've just forgotten what you're looking for. Simply, turn on the bedside light, stare at it for a moment, turn it of and focus on the green after–image.

Now you are focusing in the right way you'll soon notice that green light isn't really alone; there are minute atoms of light moving around here and there. Just stay relaxed and keep watching them. The more relaxed you become, the more intense they become. If you don't get it the first night (you will if you read this twice to make sure you understand), just keep trying, it's fun.

As you become more relaxed, the lights moving across your vision will become geometric shapes, this is the commencement of the true experience. When you're beginning, just for these initial times, you may have to use some visualisation to inspire the visions. Now don't get me wrong, once it begins – YOU WILL NOT BE VISUALISING.

YOU WILL SEE A STREAM OF INDEPENDANT IMAGES JUST AS IF YOUR EYES WERE OPEN, THAT YOU DIDN'T CREATE CONSCIOUSLY.

So, to continue, as you become adept at seeing these lights, maybe after a few nights, they will become geometric shapes. For example, across you vision comes a tangle of light, but it's vaguely like a square with a side missing, and inside is a hazy circle of sorts.

You decide it is dimly like a flag of Japan. Often, as soon as you decide this, it will then actually become (much to your surprise) the flag of Japan, it will take form that is. If it doesn't it's a matter of waiting until you're closer to sleep (more relaxed). With some people, visualisation can hasten this stage. So when you see the very hazy outline of the flag, when you guess what it could be, you'd visualise its completion. That's visualised, you'd see it in the usual way you visualise. Of course, the flag of Japan is an example, at this stage it's just random, it could have been a saucepan or cat or whatever. It doesn't matter. Don't strain to guess what each shape could be or you'll lose the relaxed state.

Stay playful and peaceful, as image after image appears. What you're doing is telling your mind that you're paying attention and are ready to see its images.

Eventually, this will happen. For example, one time you may see a truncated pyramid with a line coming out the top and it looks very vaguely like a flower in a pot. You visualise a flower in a pot over it, and then it does become a flower in a pot. I mean

you actually see what you were visualising, PHYSICALLY (like when awake).

Let me make this clearer. Say you're sitting in a chair alone, eyes closed and are visualising your best friend's face. Then your friend actually arrives, sneaks in and sits in front of you and shouts 'Hello!' You open your eyes and there they are. You can see them physically, outside.

You were first visualising her inside with your mind, and then she arrived and you saw her with your eyes. When you visualised her it was a mental image that you inspired and controlled, you could make her dance, sing or fly around the room and it seemed as though she was imagined in your head. When you physically saw her she was there independently of your mind, i.e. she walks around and smiles or frowns and you can't control the things that she does as was possible when you were visualising the imaginary her.

With clairvoyance, your eyes are closed, you see images you didn't create just as if your eyes were open, outside, but you can both watch them passively and influence them.

Do you see that? You may need to read it twice. So at the first stage you're visualising what the shapes vaguely look like, but then it shall appear and you will, suddenly, get a physical picture on your eyelids. Keep doing this, eventually you won't have to visualise anything. You will lie there and, in the blackness of your eyelids, there will be a stream of pictures that you didn't create yourself and you will

see them just as if your eyes were wide–open.

Next stage, learn to see them in a relaxed state rather than when you're falling asleep. Lastly, you need to be able to see them anytime, with your eyes open. You may adapt the following or even come up with your own method.

I first saw these images spontaneously as a child, actually in a cinema hall. I was looking at the blank white screen but there was a delay in the projector starting and while I stared at the screen, the clairvoyant images just started. When I got home I merely recreated the screen. I got a largish white piece of card, stuck it on the wall, turned off the main lights and shone a weak 40–watt bulb on it, a coloured light seems to work best.

If you do this and stare at it you'll see there's the same swirling pinpricks of light moving around as when you looked out into you closed eyelids. If you don't see that, easy, look into the weak bulb for a time, then gaze at the card and focus on the after–image of the electric light. Once your focus is correct, relax and the rest will come. From that point on, inspiring the images is the same as you've already done in the experience before you sleep.

As you practice increasingly, you won't need the shining light; then you won't need the room to be dark, and eventually you'll be able to see these images on any surface in any condition, even when you're stressed out. I see them often in the gray clouds of an over–cast day!

That's it, you've developed clairvoyance! So

what to do with it? For now, just use it in a similar way to dreams, watch the sequence and analyise it (you must stay ‘playful’ though, or you’ll lose the relaxation). In the same serene manner you may pose questions and the ensuing chain of symbolism will answer you. Keep using and enjoying this new gift, discovering the obstacles in your stream – perhaps trying to obtain more ‘Soul–Statements’ as with the dreams, or discovering more about the statements you already have. Keep charting the placement–map of your inner–boulders and this skill will come in useful later, not only for perceiving them, but moving them too.

Read on!

Inner–Method

"Every great and commanding moment in the annals of the world is the triumph of some enthusiasm."

Ralph Waldo Emerson

"Climb high; climb far. Your goal the sky; your aim the stars."

Inscription at Williams college

"Nothing splendid has ever been achieved except by those who dared to believe that something inside of them was superior to circumstance."

Bruce Barton

"You have phenomenal power to live your dreams, if you will only control your thoughts."

W. Amos

Attain your dreams, increase wealth, with the secret of how to make any method of magic, visualization, affirmation etc. powerful, for happiness and inner–transformation. How to guarantee all methods of self–improvement, visualization, affirmations are successful.

To best understand how this inner–method will work, then think of your stream (of consciousness) set in a garden. Not only should the stream flow smoothly, but also the trees and plants should provide enough shade to be comfortable – but not so much as to inspire gloom. When the aspects of a garden are balanced, then life is invited to the bounty of plants, flowers, water and so on.

With the earlier preparation methods elsewhere in this site, how would you visualise your 'inner–garden' now? If the stream is the moment–to–moment flow of your consciousness, the boulders your philosophies, trees the largest beliefs in your life, flowers happy memories that inspire good moods, and the wind is the experience of life (the things that happen to us day–to–day). When the wind blows through your garden, does it invite life into a hospitable place, does it carry sweet–smelling pollen out to other places; or is it dark with huge trees, a raging stream damaging the plants on its banks, or perhaps a huge wall around it so that no one can see in and enjoy the tranquil beauty.

Perhaps it's none of these but somewhere in between. How shall we change, improve ourselves? Our consciousness flows with inner–dialogue and pictures, and we want to do some pruning. We could visualise or use some positive affirmation, but if it were that easy then surely there would be no unhappiness at all. As soon as we stop watching our flow, then it reverts to its 'natural' course, so deeply etched in our inner–landscape that it sometimes looks

immutable.

Steps to Inner–Transformation

Think of running water wearing down a large stone, slowly, piece–by–piece. If you consciously take control of your inner–pictures/dialogue on a regular, unrelenting basis, then the flow will, slowly but surely, alter – permanently and forever. The practice you are about to begin will eventually become the mind itself.

To begin with, your visualisations/affirmations will be mere 'temporary replacement thoughts'. So you will visualise yourself being happy, healthy and successful – for a half–hour each morning, then as soon as you're at breakfast the flow of your mind will revert to its usual mix of negativity/positivity. Yet, at the end of the practice, the replacement thoughts shall become permanent.

How To Make Replacement Thoughts Permanent

Let's take a negative example of how someone's stream might be flowing now. Imagine the (light–hearted) dog example, every time that person gets home, the dog takes another piece of flesh out of their leg. They already have a mind full of negative dog memories, beliefs and experiences. The thing that makes them powerful, and thus 'manifest' in the world, is the emotion that's linked to them.

Every time they see a negative media story about dogs, they cringe, feel anger. Then when they get 'wound–up' and recall all their negative dog memories, philosophies etc. they feel anger and

annoyance in a PHYSICAL WAY; they can feel the anger rising in their chest, this emotion is what makes the pictures/beliefs manifest so readily. If a belief isn't backed by strong emotion then it isn't really a belief.

Just think if you could change every belief in your mind to something beautiful. The problem is that this person has been bitten by the dog every day for the past twenty years and the negative beliefs are backed by very strong emotion. How can you suddenly change such a deeply–etched course?

Remember that this person doesn't have to instantly transform the whole of their mind. As a beginning, they only have to see a positive (mental) dog picture, together with positive physical emotion, just for a short time. If they learn to do this for only five minutes in the beginning, then eventually they can transform themselves. Those few minutes of control can increase, until eventually that belief is so strong that the replacement thoughts become the natural flow of their mind.

Remember, it's the emotion that manifests the beliefs, pictures etc. That person must come across just as many friendly dogs and hear as many positive dogs stories as the rest of us, the thing is that they don't notice because they only link negative emotion to negative dog experiences due to their (incorrect) philosophies, positive dog experiences don't get linked to positive emotions but are (unconsciously) ignored.

Think of someone who falls in love; then falls out of love. When they first meet a new potential

partner, then that person is like a blank state and so they project all the things that the person might be, so understanding, tolerant etc.

Then they get to know them better, and when the reality doesn't become the assumed/imagined one, the romance is gone. So, was it the person that they loved, or the POTENTIAL? Why do people go fishing, take risks, gamble, get excited at the unopened presents on Christmas morning, buy a house to renovate – or even bother living life itself? It's because we're all in love with everything's POTENTIAL.

Conversely, what has a suicidal person lost – hope? a belief in the potential of everything? Perhaps we look out over a beautiful scene of nature and are filled with a spiritual feeling of genuine love. Whatever made this nature we can't understand, yet it's all so perfect, that something must be great – more than we can know, and if that something also made us, then we can also love our own potential.

To return to the dog example: to change, this person lies down and visualises happy dogs or whatever, maybe using some affirmations too; here is the key as to whether the exercise will work or not. If that person accepts that their outer–life manifests from the inner one, then the potential is there to be completely transformed. When pictures in the mind come from a new belief and are fused with emotion, then those pictures actually become pictures of the future – and start to manifest; they come true in the 'real' world.

The belief they now feel while visualising

their new future is so strong, it's then as they see all their happy dog pictures, friendly dogs that they could meet, telling themselves of the good experiences that they could have in the future, they genuinely believe that all the happy pictures they see are the future, and this inspires excitement, an excitement based on a knowing, so strong that it's felt physically, as an adrenaline rush or 'butterflies in the stomach'.

Like as a child perhaps, opening the window of an advent calendar, the spurt of excitement is strongly felt in the stomach. So, every day these new emotionally–charged pictures will chip away at all the negative ones and a fresher route will be carved for the flow, and thus is existence transformed. Eventually life will start proving them right. They will meet friendly dogs that prove the new beliefs, and flowers of happy memories sprout along the bank and strengthen the new philosophy. And soon, the replacement thought is the truth.

They've *become* the practice.

Concentration

Once you start this, one problem might be concentration. You lay there and visualise a new life and the person you shall become, but after five minutes all the excitement and butterflies are gone and your mind's reverted back to its usual course without you noticing.

On this subject, most writers suggest that you simply switch the mind back to the visualisation sequence, but of course, that way you're ignoring

something you could have learnt. Each time you realise that your mind has slipped, stop and think, what is the picture/dialogue that has spontaneously began – without you even asking; what has stolen your control?

Analyse it like the dream practice. If the earlier mentioned person was visualising happy dogs, then loses their concentration and now realises they are thinking of a charlatan medium they met at a fair last year, then what Soul–Statement would that suggest? This practice is quackery? Spiritual application doesn't work for me? Whatever it is, that philosophy is a barrier to manifestation because it's stealing your happy excitement and emotion, so talk to this negative picture.

Tell it that you choose not to follow that particular belief anymore. Then when you've neutralised it of the negative emotion it inspired, then return to the happiness emotion of your happiness pictures that you choose to be doing.

Of course, you could lose your concentration and realise you were worrying that you left the gas on, or what colour bathroom tiles to buy tomorrow. If the interruption was mundane, without meaning, just refocus on the sequence.

Another point on this subject that other writers never mention: there are three ways to visualise.

Outside

As though you were seeing a scene of yourself, like looking at your body from 5, 10 or 20

meters away and can see your whole figure, including your face and eyes.

Inside

So, just as when awake, consciousness is in your head. You see from your eyes and can't see your face (except in mirrors).

Positive Clairvoyance

Either of the above, but seen as a physical image with the eyes rather than imagined.

So which is best? The most important thing in this practice is that the pictures cause physical excitement and so the inside method would be most conductive for our purposes, with or without clairvoyance, it's irrelevant as long as you FEEL excitement.

If you visualise as though you are inside your head, seeing out from your eyes, then you can also make the whole thing as real as possible, smelling the smells of the scene, touching the things around you, hearing the sounds. The more genuine it seems the better, better in the sense that it will inspire the physical excitement – and of course, physical excitement indicates that your pictures are linked to emotion, emotion is belief – and thus those pictures are your future!

Symbols and Symbolism

Another thing rarely (or not?) mentioned is symbolism, which I learnt about from the Tibetans. Say our example was visualising a peaceful dog, to further impress on their mind what they desire, the

friendly licks and wagging tale, they could maybe visualise a white aura of peace around it, or perhaps some kind of religious symbol that suggests peace to them. Or as another example, say you needed money, you could visualise cash, you could visualise actual money, maybe symbolic money falling out the sky, or a deity associated with abundance, perhaps something that abstractly symbolises money being drawn to you. If this idea of symbolism appeals to you, then include it as long as it inspires physical excitement.

Of all the methods you may try to transform yourself and your life, visualisations, affirmations etc. the same central process – EMOTION (and emotion is inspired by belief), is the unifying goal and the crux of success. Bear this in mind, and everything shall work!

When most people talk about visualisation, then this is as far as it goes, but this method will work when it's coupled with the coming outer method. You change your inner–life, and the outer method is an extension that reinforces it.

This will work, so get excited about it!

Symbolism and Visualisation

"If you ever find happiness by hunting for it, you will find it as the old woman did her lost spectacles – on her own nose all the time."

Josh Billings

"The secret of success is constancy of purpose."

Benjamin Disraeli

How an understanding of symbolism and symbolic visualization can rouse the subconscious to manifest your dreams.

If we accept that the way that you visualise doesn't matter, symbolic or literal, what counts is the possibility/expanded horizons cause EMOTION/PHYSICAL EXCITEMENT, then here

are some ideas for symbolism that you might use in your inner work.

To heal damaged emotion you could see the source of your pain as a blue flame in your mind, which gets snuffed out as you recover.

Negative memories that you wish to be free of can be seen as a dark inner–mist, which gets blown away by a nectar–laden breeze.

If you're overly sensitive, then your body can be seen as being made of glass, which grows solidified gradually by flesh as you become stronger.

Sorrow, worries and fear could be dark clouds, mist or rain that get blown away.

Pain or coldness could be ice that gets melted as the sun comes out on a new morning.

Bad beliefs or philosophies could be rotting wood that gets burnt away and turned to ash, which is then blown away by the wind. Physical pain could be a nail sticking in you – which gets removed, possibly by a religious deity that you believe in.

You can be inventive. , for example, if you had osteoporosis, then you could visualise your bones as hollow and make of glass, then they gradually fill up and solidify with calcium.

It doesn't matter what image you choose to see as long as you inspire PHYSICAL EMOTION, IF YOU DO THIS, THEN THAT IMAGE IS YOUR FUTURE.

Also, you can visualise in an outer way. For example, when you take a shower in your waking

world, you could close your eyes and see the water as light, washing away all the dark mist of negativity, and this would reinforce your inner–practice. When you eat, you could see the food as having an aura that fills your body with white light as you eat it and burns away all your negativity or unwanted beliefs.

Whatever you see, as long as you can feel the physical excitement, all these growing wishes are as seeds, and with each stab of adrenaline, they're all growing to the sun!

Symbolism, Art Therapy, Creativity and Transformation.

Symbolism also ties in with other essays in this site. For example, creativity, you can be thinking of a problem you are trying to solve and, without conscious thought, draw it. Like when you doodle and don't consider what you're drawing – without consideration. When you are finished you can interpret the lines or patterns you have drawn. So a very intricate series of lines may resemble a maze and the random spot trapped in it you or a blockage – how will it escape? Is there a way out, turn the drawing upside down, or defocus your eyes, does it resemble something else?

You could even incorporate the symbols you draw in this way in your inner–practice. you if you drew a ball trapped in a spiral, then as well as other literal things, you could use the minds own symbolism and see the sphere being released.

Earlier, when you were doing the dream practice, you discovered your philosophies as

symbols, you can take those symbols and use them in the inner–practice as a way to talk directly to your unconscious.

Let's take an earlier example of one of my own dreams which I wrote about in the dream page. I dreamt that I met a woman from the bank and gave her a photograph of myself in which my face was bruised, I interpreted this to mean that I keep people away and act as a loner to protect myself because of remembered past hurts.

If I considered this as an obstacle in my life and want to change, then I could use this symbolism directly. My visualisation could be meeting someone and talking about my past, but without fear or regret.

The symbol my own mind used was a photograph, therefore in the visualisation I would hand my new friend a photograph of myself in which I was happy and doing something I wish to do, perhaps being sociable. This would transmit to my mind the way I am aiming to change and as it is the mind's own symbol, it's an incredibly powerful way to inspire inner, and so outer, transformation.

Outer – Methods

"We are what we think. All that we are arises with our thoughts. With our thoughts we make our world.."

The Buddha

"The beginning of a habit is like an invisible thread, but every time we repeat the act we strengthen the strand, add to it another filament, until it becomes a great cable and binds us irrevocably, thought and act.."

Orison Swett Marden

"If I had to describe life in a word, it would be: Life is creation."

Claude Bernard

How can you control your moods, feelings, emotions and depression? How can a new happiness achieve all of your material goals and desires?

The outer–method is also my own work and not available elsewhere. If you've read this site

chronologically then you've now understood an inner–practice which you carry out nightly and perhaps also during a relaxation/meditation session, to reset the stream of consciousness, even if only for a short time in the beginning.

This is unlikely to change your inner–philosophies by itself. If you reset the stream of consciousness for twenty minutes a day with the practice you have now, it won't help you to cease thinking negatively from your old philosophies during the day. With the outer–method we have a two–edged sword to inspire an irreversible and guaranteed change.

The outer–method is also to reset your stream, though this time during the day, as you go about life, which is why these combined methods are so powerful. This constant resetting will work, and when it does, your life will change. You will be who you wish to be, where you wish to be – happy!

Let's begin. Firstly you need a watch, one of those horrible black digital things. It needn't be expensive, but it must be one of the types that annoys everybody around you by beeping every hour, on the hour; it's generally referred to an hourly chime. Also, buy a small notebook that fits in your pocket.

Put the watch on and go about your life. Then, when it beeps, the instant it beeps, at one, two or three–o–clock, stop – and consider/examine what was going on in your mind at that exact time. Now perhaps at this particular beep you were paying for the groceries so you weren't thinking very much. On the next occasion maybe you were annoyed because

of a parking ticket that you got twenty minutes ago and were still visualising killing a traffic warden, or your inner–dialogue was about the police, full of expletives. At this point, unless you've done exceptionally well at the inner–practice, it's likely that these thoughts were flowing from your old, established philosophies. Write down exactly what was in your mind at that time.

7.00am – Mental pictures of killing a traffic warden.

At the end of a day, or whenever, read through the statements you've written and link each negative sentence to a Soul Statement. So, if you'd written the above entry then you might add:

The government is always screwing me.

Or

These things always happen to me.

Do you see? This is your unhappy, not quite perfect, stream of consciousness flowing from your unhappy, or not quite perfect, inner–philosophy. If you do this over the course of a week and all of your thoughts were happy – hell, you should write a web page.

After a while, maybe a week or something, you'll end up with a collection of Soul Statements; you might be pretty shocked at the moment–to–moment workings of your mind, I know I was, but be honest to yourself as that honesty is the first step to

change.

This collection of statements is describing your inner–philosophies that manifest the life you now have, your thoughts, moods and flow of consciousness. To fully transform yourself we have to know where you stand right now.

If you look at the list you'll see that the essential Soul Statements repeat themselves and you'll probably notice the strongest, most repeating ones are really all there is, the others are variations of them. This exercise sounds weird, but when you complete it, you'll perhaps find that the tangle that makes up the confused part of your mind isn't so big after all. It's just the same few things repeating themselves many times in slight variations.

Like a huge tangle of wool, you finally unravel it all and there were only two separate threads in the first place, it just looked complicated.

How to Transform your Mind

Once you've got to the point that the Soul Statements are only ever repeating themselves, or after a week (whichever is sooner), it's time to change the practice from observational to dynamic. Very simply, when the watch next chimes – stop your thoughts (rather than observe them) and have a 'dream' five minutes; artificially bring on happiness for five minutes, or even a few moments.

Stop whatever thought was in your mind, don't worry – you can continue it later – but for a few moments think of the pictures from your inner–

practice, their potential, and try to feel physical excitement. Play the Pollyanna delusional glad game, tell yourself and believe that all your dreams and goals have already come true – and make your belief so strong that you feel a stab of physical excitement as the adrenaline is shot into your stomach.

In fact, let's say that you have to keep thinking like this until you feel that physical stab, then you can return to the killing traffic warden pictures if you so wish.

Believe me, over time, this will work. This resetting is like training a dog, you yank it to heel enough times and eventually it becomes too passive to bother pulling ahead in the first place. The inner and outer practice, working in synergy, is too strong for it to not work, and the easiest thing if you don't believe that your dreams can come true is to do it.

Dealing with Anger

Now, the watch might beep on one hour and you're really wound up about, whatever. Something happened and you just can't calm yourself down enough to use the replacement thought, which is fair enough because you're human.

There is a way to draw yourself out of the anger (unless you're in a murderous rage, in which case you might have to work it through a little). When you're as mad as this you're trapped in your thoughts, focusing on the senses can draw you out of your mind. If you focus on something in front of you, maybe a colleague's chair or a pebble, whatever –

and look at it minutely, really study every single minute aspect of it.

Concentrate on your hearing too, every single sound around you, voices, the traffic outside, someone near you breathing. Feel the chair below you with your touch–sense, feel your shoes and the way your blouse hangs on you. When you do this you're switching your attention from the angry inner–thoughts to outside, and it will calm you.

Then you can go back inside of yourself, but recall the pictures from the inner–practice, and from that point the ides is the same as any other time, to work up the stab of excitement, at which point you may stop and you've successfully completed one more 'replacement session".

Remember that with each session you successfully do complete (success being measured by the physical stab) chips another small piece of the boulders you are trying to be free of. When you've chipped enough away, then the stream itself will start to flow over the jagged parts that are left, and this itself will assist you to wearing down the obstacles to your new, chosen 'course of stream'.

And of course, once life starts proving right, manifesting your new philosophies as the old ones crumble, then you know you are on the way to obtaining all the dreams you've decided on. On your way to happiness!

Cognitive Therapy

"The grand essentials to happiness in this life are something to do, something to love, and something to hope for."

Joseph Addison

"Success is getting what you want. Happiness is wanting what you get."

Dale Carnegie

"Dost thou love life? Then do not squander time; for that's the stuff life is made of."

Ben Franklin

The Psychology of mood self–improvement. A practical technique to banish sadness and depression and achieve happiness

---

This is a method you can use to assist you with the main watch practice. It's called cognitive therapy and I admit that it is not my work either, I also admit that it works. I include my version of the method here because when it's lifted from the realms

of pure psychology, it works so well with the other practices. On the Happiness Hike we should network together any methods that help us, and I unashamedly use other peoples ideas (as does everyone), and when they work I'll present them here.

With the watch method (and other, practices in this site) you've ended up with different Soul Statements, that is you've uncovered various inner–beliefs that are manifesting your life. The problem is that some of the thoughts these inner–beliefs inspire might be making you unhappy and it's hard to just start disbelieving them, and neigh impossible to then use a replacement thought. Cognitive therapy is another useful method to chip away at these established inner–philosophies and beliefs.

The theory (fact?) of cognitive therapy is that whenever a particular thought is hurting you, if you link that to the inner–beliefs then somewhere there's a distortion that is causing the pain. That's why it can make you unhappy but not everybody else has the same unhappy belief. The distortion can be any one of ten possibilities.

If you write down the belief causing the thought, and then write a replacement belief that doesn't contain the distortion – then eventually all your beliefs will be distortion–free and so your mood/life will improve. I'll present the distortions here with examples, then again without examples at the end so you can print them out.

The Distortions

1 – *That dog always bites me and is ruining my life*.

Distortion = ALL OR NOTHING THINKING.

It's not biting me every second of the day, and I still enjoy sailing at weekends, the kids, reading newsmagazines etc. It occasionally bites me for a few minutes and I get annoyed but I generally enjoy the rest of my life in spite of this.

2 – *I always get bitten by that dog because there's just something about me that always attracts bad ones*.

Distortion = OVER–GENERALISATION.

Not every dog that ever came near me has bitten me; I must have passed thousands that didn't. And many people really get on with dogs and love them.

3 – *It's the owners fault; all he ever does is teach that animal to be vicious*.

Distortion = MENTAL FILTER.

I've seen that owner play with his kids, wash the car etc. He collects for the Red Cross once a year. It's unfortunate he doesn't train the animal properly, but he does some good too. He's a mixture of good and not so good – like me!

4 – *That dog would be better off killed, no one likes it*.

Distortion = DISQUALIFYING THE POSITIVE.

His children look as if they love it, it's gentle with them and they seem to benefit from the friendship.

5 – *He's trained it purposely to bite me because*

fundamentally, he's never liked me.

Distortion = JUMPING TO CONCLUSIONS (a) – MIND READING ERROR

There's no evidence for that; he's only slightly thoughtless sometimes.

5 ½ – *I'll probably have to suffer this for the rest of my life.*

Distortion = JUMPING TO CONCLUSIONS (b) FORTUNE–TELLING ERROR.

I don't know that at all. The animal could die tomorrow, or perhaps I'll win the lottery and move to the Seychelles.

6 – *I can hardly walk because of that animal*.

Distortion = MAGNIFICATION/MINIMALISATION.

I had a limp for ten minutes last week.

7 – *It bites me because it can smell out a scared person who can't stand up for themselves*.

Distortion = EMOTIONAL REASONING.

It bites me because it hasn't been trained properly.

8 – *Why doesn't he keep it in a kennel, like all dogs should be?*

Distortion = SHOULD STATEMENTS.

There's nothing to say that all dogs have to be kept in kennels as long as they're properly trained.

9 – *That man's a vicious idiot*.

Distortion = LABELLING/MISLABELLING.

He seems to make an effort with his children, and has a lot to do with the community centre.

He's not vicious all the time, it's just this dog problem. As he's reasonable some of the time, then maybe he can be reasonable over this.

10 – *I keep getting bitten like this because I'm too spineless to do anything about it*.

Distortion = PERSONALISATION.

I'm not weak as I've solved problems worse than this in the past; I've been too busy to deal with this right now. It's got me stumped at the minute but I'll solve it eventually, like I have done all my problems before.

Do you see? All the time we're having these thoughts that come from our distorted inner–beliefs, and we never challenge them. We just let them come up randomly and affect our moods. If, when we are noting our thoughts with the watch practice, we write down the source of our displeasure and challenge it, eventually we won't need a watch and notebook, challenging our habitual thoughts will first be habit – until, with the other practices here, such thoughts won't arise because out fundamental inner–beliefs will have changed.

ALL OR NOTHING THINKING

Thinking in black and white, rather than the

shades of Grey that the world comes in.

OVER–GENERALISATION

Pretending that everything can be judged by a single occurrence or person etc. Trying to 'tar everything with the same brush.

MENTAL FILTER

Seeing only the bad so you lose your perspective. Not widening your focus.

DISQUALIFYING THE POSITIVE.

As it says. This is the way the mind justifys inner–philosophies that make you unhappy.

JUMPING TO CONCLUSIONS (a) – MIND READING ERROR

Assuming people think a certain thing when you have no evidence for that.

JUMPING TO CONCLUSIONS (b) FORTUNE–TELLING ERROR.

Assuming that a certain thing will happen when you've got no evidence for that.

MAGNIFICATION/MINIMALISATION

Blowing things out of proportion, or minimalising the good aspects in yourself or a situation.

EMOTIONAL REASONING

Taking things personally when they weren't meant that way.

SHOULD STATEMENTS

Feeling things should be a certain way that you think best – and letting it get to you when they are not.

LABELLING/MISLABELLING

Labeling yourself or someone else, rather than seeing them for the whole person they are.

PERSONALISATION

Thinking that things turn bad because you yourself are bad.

Creativity

"Hide not your talents. They for use were made. What's a sundial in the shade."

Ben Franklin

"The important thing is to not stop questioning."

Albert Einstein

"I have learned that success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed."

Booker T. Washington

"Things won are done, joy's soul lies in the doing."

William Shakespeare

"The greatest use of our life is to spent it for something that will outlast it."

William James

"There is no security on this earth – there is only opportunity."

Douglas MacArthur

"The future belongs to those who believe in the beauty of their dreams."

Eleanor Roosevelt

"We are here on earth to do good for others.

What the others are here for, I don't know."

W.H. Auden

Creativity, a complete method presented here: solve your problems; overcome obstacles; obtain your dreams!

What's creativity got to do with happiness? Well, it can stop us getting stuck in a rut, solve our problems, and when you think about it – creativity can be a way of life. When we discover ways to overcome the obstacles to our aspirations, not only do we increase the possibilities in life but, more importantly, our belief in possibilities.

Freeing ourselves from what bogs us down, widens our web of experience – and so, again, possibility. We all have problems sometimes, and when faced with adverse circumstances, there are two things you can do: accept them or change them.

I'll readily admit that the following isn't my own idea, but then again, nothing is truly original because all knowledge is a continuum. As we're all pursuing happiness we should network together and

distribute any method that works.

To explain methods of creativity, let's take the earlier example of the dog, and pretend it's you with this problem; every day you return from work and is bitten by a neighbor's dog. A bit silly I know, but it explains the system – and then you can use it for whatever you need to solve that is blocking your fulfillment.

The first thing to do is to explore the problem, to identify exactly what is wrong and ways in which it might be solved. This is done by asking who, when, where, what, why and how.

I'll present this now as an example, then repeat the blank questions at the end, which you can copy, paste – and experiment.

Let's see how this works by asking the questions and answering them with the dog example (answers in italics)

Who?

might help solve the problem?

The owner? Dog–handler? Police? Humane society?

else has had this experience?

Does it bite anyone else? Would they band together and help?

is most affected?

Is it just you, does the animal ever bite its

owner? Do you get wound–up and shout at your spouse so it affects him more?

stands to lose?

What if it went too far and someone got injured, would the owner be scared of a lawsuit? If you complained, would the dog be put down? Could this be used as a threat?

knows something we don't?

Could an expert in animal behaviour retrain it, even without the owner's consent?

is causing it?

Is it vicious by nature, or is it not fed properly? Does the owner encourage its aggressiveness?

When?

did it begin?

When the neighbour moved in, or did something happen to the animal that turned it bad?

is it worse?

Returning from work, or the bad mood it inspires all evening?

did you become aware of it?

The first bite, or the first time you complained to the owner and realised that they didn't care?

is it best/worse?

When you're away from the neighborhood? When the owner is?

does it occur?

Returning home, or whenever you pass it.

has it been solved before?

Perhaps if someone had a similar problem and has already solved it, would that solution work for you? Where would you find out about such a person?

does it impinge?

All evening because it causes a lasting bad mood, is there something you could do in the evening that would improve your mood regardless of the animal?

Where?

does it occour?

Outside the neighbour's garden. Is there a separate way into the house?

is it worse?

Does this happen in the same location or is the animal calmer elsewhere?

does it impinge?

Have you lost the use of your garden? Is it affecting your social life because people are scared to come round now?

is the real heart of the problem?

The dog? The owner? Is it simply a bad, uncaring neighborhood? Maybe the dog's been trained to because vicious because the owner's scared of crime and would restrain it if they had a burglar alarm or a neighborhood watch scheme.

What?

is really going on in detail?

Is there really a deeper animosity between the owner and the victim. Does the owner have a power–complex, or maybe the animal's behaviour worsened when the owner's marriage started going wrong and he paid it less attention. is specifically wrong?

Is it the physical pain, the blas? owner or both that cause the annoyance?

factors cause or worsen it?

Is it wound up by the noise of the car, or aggravated when it's not been fed? What would happen if you threw food at it?

factors are in synergy?

Can the dog sense the animosity between the owner and yourself, and that's why it only bites you?

factors restrain it?

Why does it never bite another neighbour who shouts at it? Could you be more forceful or take a self–assertiveness class?

is the chain of cause and effect?

Does it carry on to leave you in a permanent bad mood the entire evening?

will happen if it's not solved?

Is a huge fight with the owner brewing?

would you do if you had a magic wand?

Make the dog disappear, the owner – or yourself? Or maybe just make the dog into a friendly one?

sometimes makes it worse?

Does your radio stress it? Does it hate noise?

Why?

must it be solved?

Are your evening bad moods affecting family life?

is it hurting?

Is it the end to an already bad day because you're unhappy at work?

does it happen?

is it important?

It makes you feel violated? You've started limping?

can't it be solved quickly?

Would the owner take revenge if you simply reported it to the police?

How?

does it affect you?

Is it the physical pain, the anticipation before or the mental vexation after the event?

Does it impinge in other non–related areas of your life?

can others solve it?

Neighbours? A petition? Landlord?

did it begin?

What caused the very first fight that you had with the owner? Could this be patched up so you can then talk about things reasonably?

bad is it?

Does it genuinely bite you, or only gesture and growl. Does it really only want to play but you get all stressed because you don't like the job you've just come home from and hate dogs too?

can we get rid of it?

Is there a commercial product that frightens dogs? Would it be distracted if you threw a toy for it?

does it grow?

Is it winding you up a little more each time it happens? Why do others seem to cope better with the same problem.

Contraction

So, with this first stage , we've fully explored the problem inside and out; often a solution can come from this alone. If not, then the next stage is called contraction. This means that we will take a sentence that describes what is wrong, and then use a method that is similar to the dream interpretation method elsewhere in this site, to drill down to its essence. For example,

The dog keeps biting me and puts me in a foul mood.

WHY?

Everything annoys me because I'm in a constant bad mood.

WHY?

I come home upset.

WHY?

I hate my job.

WHY?

I'm bored there; nothing interesting ever happens.

WHY?

I made a bad career choice.

WHY?

I wanted to be a pilot but I went for something safer.

WHY?

I dunno.

And, just as with the dream sentence, it's this 'I dunno' that we're looking for, because the question preceding it is the essence.

Within the above contracting, your entire perspective on the problem has changed. Possibly even new problems have emerged, at least you will have redefined it. Once you discover the essence, it could be that the problem is solved here, if not, it's onto the next stage.

In this example, you could become a pilot, or maybe there are more problems – or at least new ones. Perhaps you're 'too old' to switch jobs, therefore it's a new problem and so you would go back and redo the whole thing from the beginning of stage one, exploration of the new problem (challenge/coming solution) : I want to be a pilot but am too old.

Or perhaps, after all this, the problem is the same but now you have its essence. Whatever the case, it's now time to go onto the third stage. You should end up with a statement from the essence that sums up what you're now trying to do.

In what ways might I: achieve a solution. e.g.

In what ways might I: stop the dog biting me?

In what ways might I: become a pilot?

Expansion

In stage two, contraction, you constructed a

sentence by drilling down to the essence achieved by repeatedly asking why. In this next stage, expansion, the point is to construct a second sentence, another type of essence but of a different kind. From these two 'essence statements' we shall find a solution. For an example of expansion we begin with the sentence we earlier constructed.

In what ways might I stop the dog biting me?

Why is that important?

It puts me in a bad mood all night.

Why is that important?

It makes me even unhappier in a job I already don't like.

Why is that important?

I really want to be a pilot.

Why is that important?

It's more exciting. I feel better in myself when there's an element of risk or danger around me.

Why is that important?

I dunno.

So there's a new, or expanded, essence now. It isn't just flying in itself, there's a general hatred of the mundane and monotony. Would some kind of risk other than flying satiate? Maybe staying in the same business but switching to something less mundane. Perhaps someone in the accounts and billing

department of a bank could switch to currency futures and be a recreational pilot in their spare time – that way age wouldn't come into it.

So you see, in the first contraction we only asked why and got the essence of the outer problem itself. In the following expansion we asked why is this important, to discover what it is we really want, at heart, this then becomes the second sentence, beginning with TO:

How might I: become a pilot.

To: avoid mundane things I don't like.

or

To: embrace an element of danger in life.

Solutions

If it's not spontaneously solved by now, we must go onto the actual methods of solving the essence of the problem, which you have just distilled.

Synetics

This means finding something abstractly similar to the problem. Say, for example, that you worked for a company that made canned tuna and you were asked to design a new can that could be opened without a opener. The problem is:

To open the can without a opener.

So, you visualise a can, then see the whole mental picture of the can grow fuzzy, it's lines blur as you're thinking about the problem: a can that opens without a opener; a can that opens without a opener; a can that opens without a opener—you wait until an abstract similar arises in your mind. What else opens without an opener ? ... A banana! Why can a banana open without an opener? Because it has brittle seams!

Maybe there's some way to make a can with brittle seams? Having brittle seams is the unique activity of a banana that allows it to be opened without an opener. It's the unique activity that you're looking for because the eventual solution could have the same unique activity.

Let's take our dog example. Visualise the dog biting you. The goal is to find a way to get home without being bitten. Visualise it biting you, chasing etc. and let the lines go fuzzy and blurred...think To escape home from something that's trying to attack you... and eventually you might... think... of..... divers and sharks! How do divers study sharks and then get back safely to the boat? They stay in a shark cage! What is the unique activity of a shark cage – being enclosed in something that's stronger than the attacker.

So a possible solution to the dog problem would be to have a drive built that goes right the way up to a new remote controlled garage. That way you could drive all the way into the garage, only leaving the car when the doors closed and then you could enter your house through an internal door. You solved this by finding

an analogy and then extracting the unique principle of the car – a cage stronger than the attacker.

Parallelism

Find a parallel situation. So avoiding a dog biting you might be like avoiding mosquitoes biting you. How do you stop mosquitoes from biting you?

Repellent, a mosquito net? maybe one of those flytraps where it's a long thick tape, like packing tape, and it's got a scent that attracts insects, but when they land on it they get stuck on a special glue.

So another possible solution would be to somehow 'stick' the dog to its garden. Perhaps if you gifted the owner a lady dog, then the problem animal would be too busy to bite you anymore.

Random Input

Pick a random word from the dictionary and they think of keywords about it. Say, at random, you chose the word glass, think of keywords about glass and how that might help.

Transparent – You can see through glass – maybe if you were invisible – i.e. stayed out of sight and used a back entrance. Reflective – you can see yourself in a glass. Maybe if you had your own dog it could protect you?

Also, you could look for a proverb or quote that could

help you:

- A dog never bites the hand that feeds it.
- Let sleeping dogs lie.
- Never trouble trouble ‘till trouble troubles you.

Pick them from random from a proverbs dictionary and then try to make them relate to the

problem.

Adaptation

Look at your problem statements. So one might be:

The dog keeps biting me.

So, firstly try a reversal of this statement.

I keep biting the dog.

So the reversed statement suggests a ‘pre–emptive strike’. How could you do something first to stop it biting you.

Then take the statements and try and exaggeration on it.

I should glue the dog’s mouth up.

The exaggerated statement could suggest some kind of muzzle or restraining device. How do police catch vicious dogs? If there was some kind of special equipment they used, could you get it and

perhaps if you caught and over–powered the dog each day, it would get tired and stop attacking you?

Idea Dissection

Eventually, you'll end up with a number of possible solutions. You need to dissect each one to its essence to see if it could be branched out into a variety of other, new solutions. To to this you must take each possible solution you now have and draw a concept from it. For example, say your possible solution is:

See a lawyer and ask them to send a warning, letter threatening legal action. What is the concept of a lawyer's letter?

Lawyers letter = threatening/intimidating communication.

OK, with that concept of intimidating communication what other possible solution would have the same concept.

- Speaking to a journalist and getting an article about the dog published.
- You could shout at the animal to leave you alone through a megaphone every evening to make a sarcastic point.
- Speak to the owner's spouse/parents/church or anyone else that might have more influence than you do.

Think up your solutions, take a concept and link it to

the statement*: in which ways might I?*

to expand the single solution to many. In this case:

In which ways might I: ***communicate my wishes****.*

Recap

WHO?

might help solve the problem?

has had this experience?

is most affected?

stands to lose?

knows something we don't?

is causing it?

WHEN?

did it begin?

is it worse?

did you become aware of it?

is it best/worse?

does it occur?

has it been solved before?

does it impinge?

WHERE?

does it occur?

is it worse?

has solved it before?

does it impinge?

is the real heart of the problem?

WHAT?

is really going on in detail?

is specifically wrong?

factors cause or worsen it?

factors are in synergy?

factors restrain it?

is the chain of cause and effect?

will happen if it's not solved?

would you do if you had a magic wand?

sometimes makes it worse?

WHY?

must it be solved?

is it hurting?

does it happen?

Is it important?

can’t it be solved quickly?

HOW?

does it affect you?

can others solve it?

did it begin?

bad is it?

can we get rid of it?

does it grow?

Loss and Attachment

"Why love if losing hurts so much, I have no answers anymore, only the life I have lived.

The pain now is part of the happiness [then]."

(Anthony Hopkins, Shadowlands)

"The pain passes but the beauty remains."

Anon.

Is there a way to obtain possessions and material happiness, yet also avoid grief and bereavement when things can't last forever?

The ultimate goal of this site (and our lives) is happiness. Up until now we've been finding out how to transform our existence, attract our dearest desires into our lives and direct the moment–to–moment moods, the natural course of our minds, to be routed as happiness.

Yet there is the problem of loss. So far, by following the practices in the site, we can obtain new circumstances, objects, dreams, perhaps money, a new place to live, but as life manifests in cycles, then nothing we have can be permanent.

This has been a religious/spiritual problem for as long as we've existed. If everything is impermanent, then how do we best live to be happy?

- A – Live as an aesthetic, renouncing possessions and close social contact, in religious isolation – then cultivate our minds to be free of desires.
- B – Live in the world with attainments and possessions, and cultivate our minds to be able to cope with loss.

So which is right, A or B?... The answer is perhaps, neither.

When we were doing the inner and outer practice, say for a new house to live in for example, you visualised a house and felt the happiness and joy as though you had already obtained it. Then, throughout the waking day, you felt the same joy and excitement at the potential of owning the house – as though you were already living there.

When you obtain the house in the 'real world', the joy you feel is no different to what you've already been feeling each night, morning and throughout the day as you practiced the method. Eventually a new course is carved for your stream, and joy becomes the 'default course' of your mind. And when you stop

and think about it – now that you know how life manifests – you can inspire joy consciously. If you felt the joy and excitement before you obtained the house, then the happiness is independent of the object; something within. As It's independent, then it won't cease upon the loss of the house, and if it remains then a new house shall come into being from the same mental–pictures that caused the previous one.

All the things we chased in life, car, spouse, video etc. we were never really chasing them, we were chasing the happiness they would inspire. From now on, with these new methods, we obtain the happy feeling associated with each object before the possession actually arrives in our lives. Thus there's no real reason that we still need it as the happiness is independent of it, and here the whole thing even becomes a kind of meditation. When we now obtain our dreams, the happiness they bring is the same, no more – no less, than before they arrived, and thus we begin to surpass our dreams. When our happiness is inspired and sustained from within – we can never lose anything!

I know what you're thinking. Yeah, so if my kids get killed in a car crash, then I'll just feel joy that's independent of them and manifest new ones – are you for real?

Fair enough, if someone you love dies then you'll grieve, despite all my clever ideas. I don't have the answer to that, as we're all human. If you do have all the answers send me your URL and I'll have my mind blown. This is about as far as it goes, I think.

Who to Become

"The mind is capable of anything – because everything is in it, all the past as well as the future."

Joseph Conrad

"You will find as you look back upon your life that the moments when you have truely lived, are the moments when you have done things in a spirit of love."

Henry Drummond

Once you have a collection of Soul Statements you'll begin to see how you create yourself and your life.

Before you change yourself you'll need to decide who you shall become. You'll notice that somewhere in this site is a personal mission statement. It's not a bad idea to have a general 'thesis' to your life, a motif perhaps. If you look at great and happy people they generally do one of two things.

Firstly, they decide on an interest in life, then they link it to a talent. So I'm interested in the

psychology of happiness and I have a (debatable) talent for writing, so now I'm a writer with a mission!

If your mission in life in even vaguely altruistic then maybe you'll have more meaning, or be more focused? So even if your main interest in life was drinking, being with friends in peaceful, hassle–free times and your main talent is loquacity –and you're a bar–worker, then your mission could be to bring friendship or understanding to the lonely people you may come across. You could informally counsel people who could be helped by it but would never consult a professional. Think of your goals and the way you want to live, maybe you would ask your dreams or use other methods in this site.

Of course, you could already be an exceptionally focused individual and don't really need me whining on like this. Well, I just thought you might be a little directionless – you're not!

By golly, I do apologise.

Helping Others

"The old law about "an eye for an eye" leaves everybody blind."

Dr. Martin Luther King, Jr.

"I will permit no man to narrow and degrade my soul by making me hate him."

Booker T. Washington

"Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree."

Dr. Martin Luther King, Jr.

"The road to a friend's house is never long."

Danish proverb

"The best way to cheer yourself up is to try to cheer somebody else up."

Mark Twain

"Happiness is a choice that requires effort at times."

Anon

All the time, every moment of the day, we're in the world and either making it better or making it worse. Because we're all inter–connected, our thoughts spread out and affect everything around us. When we feel bad, we might treat people in an ill–natured or thoughtless way, which can lower their mood, and they might do the same to the next person they meet, and so it carries on. Perhaps, my bad mood could travel through various other minds, fanning out, until it eventually brings one person down enough to cause a family argument, in another country!

One theory of physics is called "The Butterfly Effect". This states that a butterfly flapping its wings in one part of the world can begin a chain of events in the air around it that causes a hurricane somewhere else on the planet. Like the way an avalanche must begin with a single grain of snow, as just one grain had to be the first. So you see, unhappiness really isn't an option as you're making yourself ill as well as spreading that mood, affecting peoples' actions and thus events.

We're like lights that never stop shining and have no limits, but our colours can change so we don't always radiate the best of ourselves. Any time we go through life, we're either spreading disease and despondency – or health and happiness. It's not possible to unattatch the way our minds and bodies are connected, or the way we are linked to other people.

One thing you can do to alleviate the precarious position that we are all in is to consciously spread happiness. Once the rest of the methods in this site work, then your mood will improve anyhow. When you find your peace then you can deliberately radiate happiness outwards. Also, making other people happy is curative in itself. Even if it's hard to make yourself happy, making other people happy will distract you from your own mind.

A way in which you can help people in everyday situations is to learn elementary counseling. This doesn't mean to go round like some do–gooder, seeking out depressed people and playing at psychologist.

All the time we're meeting people and all of them have their problems, like you and I. If you had a simple understanding of the principles of counseling, then this would mean that your interactions with them wouldn't be random, but structured with a goal in sight – their happiness! You can transform mundane conversation into something that really helps people when they need it. This is a great way to spread the influence of your new, happy mind.

Alright, let's start. Say you're with an acquaintance and they've got some kind of problem that they're talking about. They obviously need to discuss it with someone and you've decided to be a good friend. To start with, there are four general attitudes you could take.

1 – Evaluative

You could listen and try and sum up their situation with a conclusion/recommendation on a course of action. WRONG!

2 – Interpretive

You could ask lots of questions to try and interpret their situation, trying to help them by changing their perception of the situation by telling them how you see it. WRONG!

3 – Supportive

You could agree with all their statements and be sympathetic with their plight. WRONG!

4 – Probing

You could fire away questions to try and make them think of angles they haven't thought of before. WRONG!

5 – Understanding

You can stay within their frame of reference, comprehending their feelings, motives, and go through the four stages of counseling to help them arrive at their own decision from within their own frame of reference. That's right, counseling isn't sympathy – it's structured, with a goal – even if that goal is inner–change. To be understanding at this stage you have to enter their frame of reference, you'll know when you're there when you get their response

"Yes, that's it exactly!" to something you said. RIGHT!

Firstly, before we go onto stage one, if you've decided to help them and spread happiness – then do it properly. Look at their face, maintain eye contact, show interest and restrain any distracting behaviour, like drumming your fingers, sniffing occasionally or whatever.

1 – **Empathy**

- Use their language.
- If they're speaking very informally using slang etc. then get in the same verbal – mode and try to mirror them, and the opposite if they are formal.
- Use their feeling tone.
- If they're sluggish and speaking despondently, don't rattle off a fast, optimistic speech.
- The point is to understand their frame of reference and how they are experiencing the world.
- Respond.
- Don't stay silent for too long. Even if they're giving a lengthy explanation of something, ask a few pertinent questions or check facts, so that the conversation doesn't become one–way.
- Verbalise your reactions.

- If you start to form a conclusion like I think maybe your ultimate unhappiness isn't only your relationship with your boss, but also job dissatisfaction generally? Then ask them that question to check your understanding.
- Watch their body language.
- If they're talking of a person that they say they like but suddenly give closed gestures, notice.
- Self–disclosure.
- If you've been in a similar situation or had similar feelings, tell them about it, as this will increase the bond between you.

2 – **Responding**

- Gather Data using the guidelines in stage one.
- Check your understanding of all the facts.
- Try and enter their frame of reference i.e. see and experience the world as they do.
- Try and get the correct FEELING WORD. If they're saying that the boss is an imbecile, ask: You're frustrated that your boss is incompetent, as that may reflect on you? If they say no, ask how they feel, frustrated, despondent, angry? Let them pick their feeling word – but it's important to find it

and it describes how they are experiencing the problem and so gets you inside their F.O.R.

- Possibly use a symbolic comparison. You could say: You feel like a ship adrift at sea? or whatever, to check if you're in their frame of reference.
- Don't go deeper than they do. If they're having problems with their male boss, don't ask them if their own upbringing by their father is relevant, unless they bring that up themselves.
- Don't guess; let them reveal.

At the end of this stage, you should be able to say:

You feel ——— because ——— (reason)

and they say: "Yes, that's it exactly!" (or something similar). E.g.,

"You feel frustrated because your bosses incompetence makes you look bad?"

3 – **Personalising**

Right, so once they've validated your response you move onto personalising, helping them see

where they fit into the equation, and thus do something about it. You've understood where they are, now find out where they want to be. Do they want a better relationship with their boss, or a new job?

You have to help them discover how they've contributed to the problem themselves, what they did or didn't do. That's not mean, it's kind, because if they've had some part in creating this situation then they can have some part in it's solution. Have they not tried other ways to solve it? Did they choose a very high–paying job rather than something they like? Don't tell them how they contributed, ask them.

Understand their value system. For example, work might be just a way to get money to you, but to them it's important to have a fulfilling career. Make sure you understand and can be in their frame of reference if it differs to yours.

Compare them with someone who has successfully resolved a similar predicament. If you both know a person who solved a comparable difficulty, then would that solution work in these circumstances? What was the difference in their reactions or behaviour that solved their problem, and is that missing in this situation? Even if not, then it at least shows the problem can be solved at all.

Ask them who they would like to be like, that is a person that doesn't have this problem, then probe what is the difference between them? If it's a problem with their boss, then can they think of someone who gets on famously with the boss, what is the

dissimilarity between the two situations. Is it a solution of this problem?

Now, by the end of the first stage you had only understanding, by the end of this stage you should have both have discovered a personal deficiency, how they contributed to the problem – and a goal, where they want to be.

"**You feel ——— because ——— you cannot ——— and you want ——— and you wonder what you can do about it?"**

e.g.

"You feel angry because your boss's incompetence reflects on you and you cannot decide if it's him you don't like or your job, and you want to come to a decision now and you wonder what you can do about it?"

4 – **Initiating**

So far, the first three stages concluded with a statement; on this stage we actually begin with the sentence.

"Your goal is ——— which steps could you take?"

e.g.

"You goal is to decide if you want to normalise relations with your boss or switch careers?"

What steps could you take?"

Point out possible steps e.g. seeing a career advisor, working out a budget to see if they could live in a lower–paying, happier job.

Respond as they react to each step. Are you leaving them cold; do they have objections?

Body language?

Develop the steps. What would be the second step after the first, and the next, the next, and so on.

Point out the first step and motivate them to take it. The very first step could be calling inquiries and getting the number of a careers advisor, and there's no reason that couldn't be done right now. Think how much better you feel when you've actually done something to solve a problem rather than just talk about it, and that good feeling will now snowball to help them complete all the steps. Problem solved! When they feel you've grasped what they are feeling and have taken the first step, you've made it!

They've been understood, laid out a path to a solution and taken the first step. They're happy, because of you! And like the butterfly flapping its wings, your little piece of happiness shall spread out forever.

The Anecdotes

"To live a pure unselfish life, one must count nothing as one's own in the midst of abundance."

Buddha

"The grand essentials of happiness are: something to do, something to love, and something to hope for."

Allan K. Chalmers

"Action may not always bring happiness; but there is no happiness without action."

Benjamin Disraeli

"Happiness is not a destination. It is a method of life."

Burton Hill

After leaving home and traveling Asia, I'm still here on the Happiness Hike. Here are my anecdotes and thoughts from a bohemian (pitiable?) existence. At beginning I was living in Goa, India, where I'd been for six months trying to write a non–fiction book that never became, and learning computing. When my visa ran out it was time to leave...

Leaving Goa

Before I left Goa, things became so surreal. Firstly, a beer manufacturer held a festival in the open air with free beer, entertainment etc. Well, they made these huge models, maybe ten bottles made of plastic, each one around fifteen feet high, then 20 foot crisp packets and giant sandwiches, so it all looked like one huge party that you could see from miles away.

Of course, typical of Indians, when the festival ended they just took the tents away and left the models in the middle of the rice fields. It's so weird when you're driving back from the Capital. You go along a road in the middle of nowhere and there are these huge cans and sandwiches strewn about the middle of a paddy field. People just arriving who had no knowledge of the festival probably think there are 500–foot giant Indians.

Not only that, it gets worse. All around Calangute there are various people trying to sell things like trinkets or get you into the hotel, restaurants, or whatever. Well, last year I was walking along and a man ran up saying "Sir, sir, there's soap in your ear". I thought, cripes, it must be from shaving. Well he wiped it all out and then tried to sell me a boat tour.

Later, sitting in the cold–bar drinking sodas, I saw him wiping soap out of lots of tourists' ears. It was just a scam; he realised there are so many people

calling to foreigners “come here, buy this, mister, hey, hey” that he came up with a novel way to get peoples’ attention.

O.K. so he showed initiative, but come this year and it wasn’t even funny. Everybody in Calangute trying to sell something is using a variant of this scam. About half use the soap trick, the other half have thought up something new. But it’s so weird. You’re walking down the street and there are people everywhere calling that there’s soap in your ear, your shoelaces are undone, there’s a cockroach on your back, or a hundred other possibilities.

Imagine some 50–year–old tourist just landed for a two–week break from Tokyo. On the way from the airport he sees giant beer cans littering the paddy fields, walking to the hotel, hundreds of the locals are calling warnings to him that are plainly untrue. He stumbles into his hotel, maniacally brushing invisible cockroaches off his back and retying his already tied shoelaces. He must think he’s landed into a nation of lunatics.

Unfair Election

There’s to be an Indian election soon. I noticed they’re installing electronic voting machines. Indian elections are the most contested in the world, so on each machine there are maybe eighty buttons, one for each party. I thought that was so awful, no? I mean you don’t have the right to spoil your ballot paper. What if you want to make a statement that you

don't like any of the candidates? There's no way for you to express that. Unless you blew the machine up.

Death at Any Time

I left from Margao to travel North to Kathmandu. I'll tell you a funny, or not so funny, thing that happened to me in Delhi on the way. I was in a rickshaw going back to the hotel when it suddenly screeched to a halt and the driver screamed, then turned and gaped at me with a look of pure terror. I don't think I've ever seen anyone so scared. He leaped out and dragged me into a clothes shop. I peered out while he tried to pull me back by my shirt.

Everybody was running and when I looked up, one of the electric power lines was throwing off sparks. I thought, Oh, so what. Those sparks wouldn't have hurt us. Talk about an over–reaction... Well, maybe not. The line then exploded and the two halves fell to the floor, sparking and randomly jumping all over the road – like mad snakes. I was about to write I've never seen anything like it but I've been in India so long I don't think I'll ever be able to say that again.

Anyway, there I stand, surrounded by people in a shop – while the road has now been emptied because of the sparking lines that, by the dreadful faces of the people around me, are obviously death–traps to anyone who ventures near. Nobody calls the electric company, it's India, they'd arrive next month; yet no one dare go and catch the wires. A shopkeeper from across the road decides to solve the problem. He

sends a screaming eight year old boy with a pair of rubber handled pliers, to catch the wires and throw them up to tangle with all the other wires where everyone can forget about them.

Of course the boy doesn't want to go but changes his mind after his head is banged against the wall a few times. Jesus, that kid nearly died before he managed it. When we drove away, I asked the driver how he knew the wires would fall like that, and he said it happens all the time! God, I'm in a mad place.

I just remembered something else, when I was leaving Goa I drove past an accident involving three cars. None apparently hit each other but there were tire marks everywhere and all three cars were upside down on their roofs. Can you imagine that? It must have been a near miss and the lunatics all swerved so hard they just... well... ended up upside down.

Polystyrene Nightmare

Before I left Goa, I bought huge strips of polystyrene, two inches thick, to wrap up my typewriter. The cost of sending it all the way to Nepal was just $3. When I'd finished making the parcel there were hundreds of those little white balls all over the floor, they looked like snow. I tried to pick them up but they were charged with static electricity.

Every time I put my hand near them they'd all roll away. After a few days, the girl cleaned the room. She couldn't pick them up either and so

brushed them out and down the stairs, thinking to sweep them into the garden...

...Maybe a fifth went in the garden. The rest just rolled everywhere, under tables, into the kitchen, just everywhere. I apologised, she said it didn't matter, and I went out to eat.

In the restaurant, I saw a couple of people who are staying at my hotel and I kept noticing they had white balls on them, mostly on the legs but a little on the arms. The next day I went to pay the rent and the lady was brushing the balls out the dog's fur. It became a nightmare. I'd go to restaurants a week later where I'd never been before, and people I have never met and don't live near would have a ball or two stuck on them somewhere.

I've even brought this hell with me; they must have been in my bag. Thousands of miles away in a new room, I'm still finding them on the floor. It's not as bad here. It's only in this hotel, my room and reception that I see them, yet I've only been here a week and I'm worried it shall spread. I'll go to the GPO one day and the lady serving me is going blind from a ball that got stuck into her eye.

Actually, that reminds me of a book I have here in Kathmandu. I don't want it but I have it. It's "*Catch 22"* by Joseph Heller. I brought it to read on the train, but I hated it – so boring. When I vacated the train at Delhi I left it there on the sleeper–bed, but the guard ran after me thinking it was forgotten. I tried to leave it at the hotel but the boy ran after me. I couldn't even leave the damned curse on the plane because the hostess ran after me. Maybe I should just

accept that for the rest of my life both the book and the balls shall be following me.

French Fries

I saw a boy dressed up as a packet of chips today. He was walking down the street giving out leaflets to advertise a Belgian fast–food restaurant, in Kathmandu, and was dressed up as a packet of French fries. He looked so embarrassed. All the money the UN sends to make sure young females don't get sucked into a life of prostitution because of their poverty. No one thinks of the poor boys also in poverty, forced into a life of dressing up as French fries.

Animal Experiments

All the wiring in Kathmandu is ruined. When it rains you get an electric shock through your feet. As soon as the ground becomes wet, everyone goose–steps home like rats in an experiment. I always think it's like life, it hurts us most of the time so we scurry aimlessly, not thinking where we're going as long as we go somewhere. If we fixed the wires we could all stay where we are and be happy.

Mission Possible

"Some people see things as they are and say why. I dream things that never were and say why not?"

George Bernard Shaw

"Be happy while you're living, for you're a long time dead.."

Scottish Proverb

The mission statement of my life, and thus the reason for the site.

I endeavor to:

- Recognise the role of happiness in life. That, like physical pain causes us to stay healthy and safe and sensual pleasure causes us to bond and reproduce, both in accordance with nature – then happiness and unhappiness have the same goal. To guide each of us to where we are meant to be.

- In light of the above, to dedicate life to researching, meditating, using or practicing original methods of religion/self–improvement, for the goal of ultimate happiness that isn't affected by the loss of acquired physical attainments.
- To publish and circulate any working method.
- To encourage other people towards other similar research and assist publication of their original ideas.
- To be open–minded, to research any method presented to me by any individual and publish each working result with acknowledgment.
- To recognise that the first step to unhappiness is denial, lying. That all unhappiness started somewhere along the way when we denied something in our minds, acted in a certain way without examining the belief/philosophy that inspired that thought. To this end, to live as honestly as possible: honest to myself; honest to others.
- To, as much as I can at any time, pursue genuine happiness.
- To spread, as much as I can at any time, genuine happiness.

Quantum Happiness

"Plenty of people miss their share of happiness, Not because they never found it, But because they didn't stop to enjoy it.."

William Feather

"It is better to light one small candle than to curse the darkness."

Confucius

Great news, mental states like joy, falling in love, ecstasy etc. don't have to be linked to anything in the world, they can be de–linked – and lived in all the time!

This is the last essay (for now) and I'm writing it around ten months after finishing the other

pages. As I've spent most of my life thinking along these lines, the system has grown since then.

This book is called *The Happiness Hike*, but it mostly covers obtaining possessions or material wealth. Any system of happiness, true happiness, has to go beyond acquiring possessions, as material wealth isn't happiness (as the unhappy rich people in the world are a testimony to).

So a true system would have to go within ourselves, but this would be a renunciation type of idea, and that's not only unappealing to most people today – but due to work, families and responsibilities, wholly unworkable.

If you practice the other methods in this site, or maybe read a whole stack of manifestation books (or perhaps you're just incredibly talented), you could end up with it all: car, money, status – but happiness? A car or money in itself isn't happiness. You may possess a car or house but you can't think of them for every single second for the rest of your life.

If happiness is within then we could have just felt it whenever we wanted to, regardless of our circumstances. But if you gave up all the possessions then you'd feel even worse. And if you don't give them up, not only will they not make you happy all the time, but also not one of them can last forever.

We should accumulate wealth, inner and outer, as wealth is good and can do good. But, to acquire wealth you need to feel desire. By feeling desire you are open to loss and pain. A truly new, workable system needs to:

Cultivate positive belief and positivity, happiness based on the environment, or on the possibility of what the environment could become.

Then transform the happiness which we feel is linked to the money, status, car etc. into an unlinked joy, independent of the world or anything in it. A happy radiance that, in itself, attracts abundance but doesn't diminish when the cycle of life turns against us. A true, all the time, inner–peace and contentment.

No renunciation, robes, vows of poverty or shaved heads. True material abundance and inner–joy, for the way we're living our lives today.

Interested?

Obtaining

So we need to follow two steps. First, to cultivate positive mental states, the kind of happiness inspired by beliefs in possibilities that, in itself, will manifest our material desires. Then, when we've obtained our dreams, we shall take the joy they inspired and 'delink' it from the world, its cycles, and the cycles of our minds.

The essence

To get right down to the inner–core of happiness, we need to focus on the process of our minds, and especially the way it functions moment–to–moment.

The Purity

Our natural state, when not thinking, is pure consciousness. Most of the time our heads are crowded by spinning thoughts, but every now and again we 'space out' and have a moment of silent peace. Maybe after a hectic year we finally get to the log cabin, sit out on the porch overlooking the forest, smelling the pine, hearing the birds – and we simply don't have any thoughts. We observe and are only aware, no labels, no judgment, no reaction – only cognition.

Seeing

Rarely are we in the pure, meditative mental state of unadulterated consciousness. We have awareness of the environment around us, but then the first link in our chain of thoughts is when we comprehend what something is. We observe and catagorise, label and judge something, and then decide if it's good or bad.

This is where our problems, and unhappiness, often begin, because the way we label, judge or catagorise something is conditioned by our past experiences (memories). Our remembered past experiences are like etchings in the mind. So, for example, we could have a weak, faint etching: we see some cabbage, ugh – and we label it, vegetable, not nice, negative. This is like a faint etching in the sand. But some etchings can be stronger, as though they are carved in rock.

You may find yourself, say, cleaning windows up a ladder and you recall last year when you fell: height, dangerous, fear, unpleasant. So our minds could be likened to a beach, and a river runs

towards the sea but it has to cross the surface (our minds) and we have made these etchings, ways we've decorated our sand and rocks. Water (our incoming experience of life) can wash away faint etchings in sand, but the rock carvings may always be there.

As another example, take two people visiting Paris on holiday. One hates it and the other loves it, though they're both in the same city, seeing the same things, doing the same activities – but they both see a different Paris based on the way they interpret, which is controlled by the manner in which the experience of life flows over and is guided by the etchings in their minds. They both see a different Paris based on three processes. The three processes are gatekeepers that stand between consciousness and perceiving

Deletion

Leaving parts out or discounting them as unimportant

Distortion

To change, amplify or diminish things/cognitions.

Generalisation

Taking a part of something and assuming it is a representation of the whole. So the person who hates Paris remembers (has the memory etchings) of the rude French tourists in their hometown, the time they were ripped off in a French restaurant, French nuclear testing, etc.

They mentally delete all the nice little bakeries in Paris all around them, don't notice when a

French person is polite, they focus on rudeness, litter, distorting and generalizing. Thinking about the negative longer than the positive.

Their friend, however, has positive etchings of French colleagues at school, good meals in restaurants, politeness of tourists etc.

They arrive now in Paris and delete, discount as unimportant the litter, uppity waiter and focus on the quaint little bakeries and ice cream sellers. Then they make the generalization that the whole place must be like this and what a great city Paris is.

Of course, they've had some negative experiences of French people/culture, but it isn't their focus, belief, and so negative experiences are minimalised and don't make permanent etchings.

Feeling

But to return to the processes of the mind. First, we are aware, then we label/catagorise (and distort) – and decide if something is good or bad. This is a lightening fast, unconscious cycle perpetually occurring and constantly repeating in our minds (except at the log cabin – or unconscious at the bar 3am.) Next in the cycle, after we decide if something is good or bad, we have a momentary liking or disliking. Then, if the feeling is positive we want more, if negative we want less or to avoid whatever it is we are experiencing.

So, going back to the Paris example, the negative person has catagorised it as an awful city, has a negative feeling/sensation – and wishes that they were back home. The positive tourist has catagorised

it as a great city and wants to decide where to eat next.

Becoming

This is the last process of the proceeding three. It means that, according to the proceeding steps, we react, out in the world, somehow.

So the person who hates Paris will mope around the tourist sites, complain about the food, etc. – and this cycle will just keep repeating itself as a vicious circle as everyone will become annoyed by them, react badly to them and so their thoughts just spin darker as they add more bad etchings to the existing ones.

The one who likes Paris reacts after the first three mental processes by going out sight seeing, smiling, being friendly, having their pictures taken etc. People respond positively to them and the cycle spins brighter as they add more bright etchings to their existing ones.

The etchings attract experience to multiply themselves, like fireflies shining for a mate.

So, to recap, our moment–to–moment mind operates on a continually repeating, lightening fast cycle of: –

- Observing
- Seeing
- Feeling
- Becoming

This all occurs in our mind every single moment (yeah, log cabins and bars, stop bothering me). If someone comes up to you now and offers you a strawberry, first you observe it, then you note what it is, a sweet fruit, then you decide if you like it or not and if you like the person offering it (The last strawberry I had was tasty, and, well, he looks nice enough, kind of cute) and you feel pleasure and so desire or displeasure and so aversion.

Then you react,

"Gee thanks, don't mind if I do."

Cultivating Happiness

So now we understand the four processes of the mind, the next step is to cultivate happiness. Our problem area here occurs between observing and seeing, when our gatekeepers of deletion, distortion and generalization change and give good or bad meaning to something due to our memory etchings. Here are some techniques to attempt to take control of our mind–stream:

Neuro–Linguistic Programming

One idea of NLP is to change the 'submodalities' of our thinking. Say, for example, you've a stack of dishes in a filthy kitchen. You're sitting in front of the TV procrastinating over going in and cleaning in all up. If, in this situation, you were to analyze the actual pictures in your mind, then likely you would find it was a small picture of a dark, dull, flat, fuzzy quiet, filthy kitchen and you in it, sweating and scrubbing away in the never ending task of restoring it to its former glory.

The point of NLP (one of the points) is that you can change the way you feel about something by changing the way you picture it. While you think about the kitchen in terms of dark, dirty etc. mental pictures you are accessing (unconsciously) the memory etchings associated with hard work, slog, sweat, frustration – and it's the etchings that produce the unhappy sensation.

Now, as you laze there on the sofa you can change the thoughts, (pictures), to see yourself in a bright, sunny kitchen, with birds singing outside as you finish the task, smiling and feeling satisfied. Then you shall access the memory etchings of satisfaction, cleanliness, happiness, all the other times you got stuck into something and felt good when you finished up.

To return (again) to the Paris example. The happy tourist suggests dinner to the unhappy one, and the latter recalls a dark memory, flat and fuzzy, of the last awful baguette, hard with limp salad. If this person consciously changed the mental picture to a hot, crisp fresh roll, crisp lettuce out in a bright, al fresco restaurant etc. not only will they make the effort to get out there but would enjoy it more too – as the etchings would produce a happy sensation.

It's like how the same drink tastes nicer when you drink it from a fancy glass.

You notice how golden memories are golden, but we rarely feel golden now? Come to think of it, we didn't seem golden when we were living them. The older I get the better I was! The very word Golden suggests that happy memories get brighter

with age, like good wine! There's no reason why we can't purposely make all our present, running thoughts bright and golden right now.

And it works the other way round too. Say you were giving up smoking and were suddenly desperate to light up. You can take the brightly lit mental picture of cigarette packets neatly stacked under neon at the local tobacconists and make the picture darker, smaller, less focused, even imagining a stinking ashtray.

The sub–modalities you can change in your moment–to–moment cycle are: –

Vision

Colour – clarity – movement – speed – framed or unframed

Sound

Duration – distance – stereo – tone

Touch

Pressure – shape – texture

Mind Seeds

The 'etchings' in our minds could also be referred to as mind seeds as we plant them ourselves (unconsciously (for now)) and they grow.

Using the Paris example: the one who hated the trip made judgements from the etchings/mind seeds of their past.

So each bad French meal, rude tourist, bad news report concerning France –a mind seed was

etched firmly in stone.

All the good experiences tasty baguettes, stories of the French resistance are weak mind seeds etched in sand and they didn't last.

This discrepancy was due to – you guessed it – the good old gatekeepers: deletion, distortion and generalisation.

All the time our mind cycle is spinning and all the time we are planting mind seeds, usually very similar seeds to the ones we already have within, as the gatekeepers planted our garden and those same gatekeepers are now sustaining, nourishing and maintaining it for us.

But, you can take conscious control of this. For example, say you have a friend who is acting totally unreasonably and you both have a blazing row. Two hours later you're alone and still angrily going over what earlier occurred. You imagine being right and saying clever things (that you only ever think of when the opportunity has passed) but you're planting seeds.

Maybe you have strong seeds in rock about how essentially decent your friend is and you'll eventually make up, but while you were angrily reviewing everything you were sowing various seeds about being right, winning arguments etc. And those etchings will join others and affect your future thoughts and actions – in unrelated situations.

There's absolutely no reason why you can't change the sub–modalities of this angry review and imagine you both apologising to each other,

discussing things reasonably. Even though you didn't actually behave like this, it's your interpretation of events that becomes an etching.

Now you may think that's rewriting history because you were right and your friend was wrong, but your friend is home at this point thinking exactly the same thing about you. You both had the same arguments but both have different gatekeepers, and there's absolutely no way to say who was right for sure (you're probably both wrongs!). Life is subjective, if you don't believe me watch a session in any courtroom. So, if something has to be planted then it may as well be something nice – like a rosy future.

Freeing Happiness

The secret of ultimate happiness is in two parts:

- Seeing life and ourselves as it and we truly are.
- Delinking happiness from the world.

To take the latter first, the method of delinking happiness from the world is simple, it's not a matter of acquiring something new but of seeing which is already there. It's already delinked, it always was.

You could stop reading this right now and recall the happiest time in your life and you may possibly feel happiness here today at the memory alone.

Or, conversely, recall a furious argument you've had in the past, you went home afterwards and fumed for a long time after the person who had inspired the anger had actually left your immediate environment (or stormed out). If it was a "huge" argument you may even get angry right here now thinking about it.

Actually, the second part of the secret is intrinsically linked to the first. Look at your mind, it's a collection of thoughts that come and go, arise and pass away. There's not one single thought that always prevails.

To carry it even further, when you look deeper, there isn't even a you. You have thoughts and judgments about yourself, an identity based on race, sex, job – but they themselves are all thoughts that come and go too, none of them are permanent.

What exactly is this happiness that we seek? We observe something, a new watch say, we catagorise it as expensive and beautiful, and then we feel a pleasant sensation. If the watch and ourselves technically aren't existing – then why can't we just sit in a bare room naked and be happy (depends on the company (don't, this is serious)).

The answer is truth, to be aware of truth. We must watch the process of the mind and be aware and conscious of it. When we are unhappy about something we can watch our thoughts and sensations arising but not link them to an etching or something in the world. We just watch them come and go. And, we can do this when we are happy too. We could sit and practice this with our eyes closed, or, better still,

out in the world.

Everything is arising and passing away in the world, but also the thoughts in our mind. In the same way our wristwatch can't last forever and is decaying, not one of us has a single thought that lasts forever.

Everything is decaying and then arising in a cycle. The point is to observe the world without the cycle or to watch the threefold cycle of our minds, allowing the thoughts and sensations to arise but not grasping them with judgments or reactions, just watching each one arise and pass away. After a time we'll come to realise that it's not an absolute continuum, but in between each thought there's a microscopic gap. We observe something in the world, and just before we catagorise, feel, react, there is a gap of time, perhaps only a fraction of a millisecond, but as you cease to grasp after thoughts – the gap can grow longer.

You recall how we can make ourselves happy by recalling our memories alone, do it and look look at that happiness. What is it? Where and how do you feel it in your body? If you can inspire it from a memory in your mind and then only ever feel it in your mind/body and not in the world, then how can it be linked to anything? There's no reason why you couldn't inspire it any time, with no stimulus, not even a memory. The trick is to observe it so you know how to bring it on.

So look for the gap in your mind, the space between observing and reacting, the split second after seeing something before your reactions begin in any way. The freedom of your happiness resides in this

gap. Pursue it, as true happiness can reside no where else.

Well, that's it. I should point out at this point that many of the ideas in this last essay are based on Buddhist teaching. I'm not trying to brainwash you or anything; I think independently. It's just that living in Asia, it's simply happens to be the way my thinking's gone in the last ten months.

I'm going to write all this up as a book proposal now; perhaps you'll see me on the shelves soon. Let me know how you'd like a non–fiction book to read.

Letters

"The purpose of life is a life of purpose."

Robert Byrne

"The question is not whether we will die, but how we will live."

Joan Borysenko

"Sometimes it is a great joy just to listen to someone we love talking."

Vincent McNabb

"Don't take life seriously because you can't come out of it alive."

Warren Miller

" like to listen. I have learned a great deal from listening carefully. Most people never listen."

Ernest Hemingway

"ive as if your were to die tomorrow. Learn as if you were to live forever."

Gandhi

"May you live every day of your life!"

Jonathan Swift

"Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life; define yourself."

Harvey Fierstein

"Only those who dare to fail greatly can ever achieve greatly."

Robert Francis Kennedy

"The only time you don't fail is the last time you try anything—and it works."

William Strong

"If you find it in your heart to care for somebody else, you will have succeeded."

Maya Angelou

"Defeat is not the worst of failures. Not to have tried is the true failure."

George E. Woodberry

"Every problem has a gift for you in its hands."

Richard Bach

"Eighty percent of success is showing up."

Woody Allen

"It's not failure, but low aim is crime."

Lowell

"Something that has always puzzled me all my life is

why, when I am in special need of help, the good deed is usually done by somebody on whom I have no claim."

William Feather

"We are confronted with insurmountable opportunities."

Pogo

"The golden opportunity you are seeking is in yourself. It is not in your environment; it is not in luck or chance, or the help of others; it is in yourself alone."

Orison Swett Marden

"It is one of the most beautiful compensations of life, that no one can sincerely try to help another without helping themselves."

Ralph Waldo Emerson

"We all of us need assistance. Those who sustain others themselves want to be sustained."

Maurice Hulst

Yes indeed, write to me, with ideas, problems, inspirations – or whatever. I do answer each genuine one. I put the best ones here on this page but promise not to publish e–mail addresses. If you don't want your correspondence to end up here, no problem, just tell me so when you write. Note: I leave them uncorrected so they still look like the grammer–slack e–mails we all know, love and write;–)

Hello,

I started reading through your site a little while ago. I'll go read the rest in a little while, but I wanted to write you first. I've been on a constant quest for happiness for some time now. I guess about the past few years. I realized then that what I was looking for was happiness, not money, cars, power or anything of that nature.

Please forgive me if this is in your site, but recently I've found a way to obtain happiness. It's very simple. I'll throw some quotes at you. 'Action seems to follow feeling, but really action and feeling fo together; and by regulating the action, which is under the more direct control of the will, we can indirectly regulate the feeling, which is not... Thus, the sovereign voluntary path to cheerfulnees, if your cheerfulness be lost, is to sit up cheerfully and to act and speak as if cheerfulness were already there.' – William James.

I've been using this technique for the past few days and it's really worked wonderfully. I know I would have been miserable if I had not found this. Also pushing bad or disturbing thoughts out of my mind helps alot. I can usually get out of a rut when it comes to most things, but the one thing that is extremely difficult for me to get through is problems with women. If you have any advice that could help me that's not already in your web site I would greatly

appreciate it. I hope that what I've written can help you.

Oh, yeah. Ignore the name on my e–mail. It's ficticious.

Jeremy

Dear Jeremy,

Thank you for your interest in The Happiness Hike and taking the trouble to write.

I think that you're right about feeling following action. With this technique I can turn mundane days into good ones, but I find that when I'm on a real downer I often don't have the strength of will to act happy, even if I understand the feeling will soon become real. I suppose the secret of happiness, or a large part of it, is will: the will to be happy. If that's the case then maybe our pursuit of happiness should be an investigation of will?

I'm not really the person to ask about women! Perhaps what I'm looking into now is relevant? I'm reading a lot of Buddhism at the moment and their ideas of mindfulness. I'm not sure if I've understood it but I'll give you my comprehension.

We go through life as slaves to our mental states. Our mental states are inspired/caused by the things out in the world, like experiences, people, situations etc. Thus we structure our lives to attract happy people, situations etc. that cause a good reaction/feeling inside ourselves – and of course we

avoid the contrary. The problem is that nothing is permanent.

We eat good food but get hungry again, glorify our bodies but get old, build careers but retire, fall in love but get bored, live life but get sick, buy cars that will break down one day. By avoiding bad and seeking good, we're constantly striving in a material world where nothing is guaranteed.

Well a cure (might be) mindfulness. And this is where I'm not sure I've got it but I'm just starting to make it work.

We strive for happy things, situations etc. in the material world because our happiness is a reaction to them. We avoid unhappy things, people, situations because our unhappiness is a reaction to them – wishing things were different. But we can practice mindfulness.

So say I arrive at the beach for my holiday and stand purveying the beautiful sea and sand after working in an unpleasant city for six months. I feel a wave of joy and well–being. The trick is to focus on the feeling/emotion and... delink... it from the object.

So I'm looking at the beach and the good feeling arises, and I'm aware of the feeling. In my mind is the rising good feeling and in another part of my mind is an awareness watching the feeling, watching the feeling alone and in its essence and not associating it with the beach in any way.

Of course, it works the other way also. Say I arrive back at the city and as I enter my hated office there's a surge of doom and depression... in part of

my mind – plus an awareness in another part observing the doom and depression, yet not linking that emotion to my situation.

And (I think) the secret to it is (as well as maintaining the awareness) the UNLINKING. You said in your e–mail that you've realised cars and possessions can't make you happy, so maybe you're getting me; happiness is a mental state. We all chase good things in life because our happiness is found in our reaction to them. When we've been living mindfully for a while we might realise on an inner–level that our emotions are independent of the outside world and can thus be controlled by... Oh wow, I didn't know I was coming to this... an act of will!

By golly! I've even shocked myself there.

In a way that's what you're already doing with your idea isn't it? Delinking happiness from circumstances and experiencing it independent of the world. So what does all this have to do with problems with women? From your question I surmise that you can make yourself happy sometimes, but other times your reactions to the negative things in the world still cause unhappiness. So my answer is... well, I think I've written it already.

At this point I should admit that I'm a wrecked romantic still obsessed with a woman I knew for two weeks five years age and have to mentally prepare myself for all our anniversaries, meeting, her birthday etc. to stop myself falling into a month of gloom. So perhaps, as the Irish say, I'm 'full of piss and wind', if you'll pardon my Gaelic.

Well anyway, I hope all this is at least a little useful to you. I'm working on a new part to the site now, which is essentially my personal (and on–going) record of obtaining happiness. It has an essay section with ideas I've had since finishing The Happiness Hike. I might include e–mails and their answers, like this one, as a kind of Q & A section. What do you think?

Anyway, good luck with your quest and if you find anything more that works please let me know.

Kind regards,

JSL.

Dear JSL,

Well, I stopped crying long enough to read most every word you wrote. Then resumed. I think that, in itself, proves much of your advise. I'm most grateful. And thanks for all that typing!(that last sentence was an attempt at lightness).

S.

Dear S,

Thank you for the complimentary email I recieved yesterday. Actually it couldn't have come at a better time. I'd printed out the site the day before to send home to my family so they could see what I'd been doing for the last four months, and all I saw were the spelling mistakes and missing pictures. I thought there was too much text and only just learnt that frames are considered old fashioned now. Plus I

was just refused an Indian visa (I'm still in Nepal) and have to go to the embassy in Islamabad. The day I picked up the visa from the Pakistani embassy there was a military coup. My hotel room is full of stuff I'm trying to sell so I can travel light... well, just take it from me, it was a bad day.

Well, just two weeks after I uploaded the site arrives your email. All the hours sitting hunched over HTML books and scribbling in notebooks in almost every restaurant in Kathmandu was worth it. I was beginning to wonder if anyone's even seen the work. And there you are, having stopped crying long enough to read most of it, then resumed (resumed crying or resumed reading?) Why were you crying?

Anyway, you said your grateful for the site. I'm grateful for the good mood and feeling I haven't wasted four months after all.

Good luck on your Happiness Hike.

JSL

Dear JSL,

Being in Nepal sounds exotic. I applaud your courage. Travel is challenging.

In answer to "resumed crying or resumed reading"——I had read almost every word. When finished, the "negative" quickly moved in again. I was very glad of the break, though. And it proved the method for me, anyway.

In answer to why I was crying.—— I'm in a partnership & decided to be alone when reacting to

the news——Our USA tax returns hadn't been sent in since '93. I think I won't have the problem of " trying to sell so I can travel light". I hear they pretty well clean you out.

I've been poor before, it hold no mystery. And it is exceedingly easier than having so much stuff. I personally hadn't bought any of it, so I never thought of it as mine. I've been "cleared of wrongdoing for the present"—whatever that means.

After feeling much improved from trying your method explained at the site, I began gathering those "tools" I'll be needing for future life. Reference books, raw materials and computer are safe.

I haven't seen the future path yet, but the remarkable peace this method brings is my most important tool at this time of shock.

Best, S

p.s. I did have some thoughts about the grief issue of which you wrote.

Hey, I saw something. Clear as a bell, just like you said at the Happiness Hike site (and in color)!

I already knew "trance" from "the Lamaz method of painless childbirth". Together with your writings I was able to 'see'. It was a tray (looking downward) with the Japanese dishes I know how to prepare. The tray was wine colored with upstanding handles. The dishes were that light blue with the darker blue characters (usually saying luck).

It didn't last long though. I got a bit excited

to have succeeded and it was gone.

I felt happiness and a bit of contentment thrown in for good measure.

Now to think of what it could mean! I'll be spending good time on that!

I'm most grateful.

S

Dear S,

Thank you for your two emails; one negative, then one thankfully more positive. I've only just received that (trance) so since I read the first one I've been thinking how to reply.

I was sorry to hear of your business problems, while I pondered them a number of things came to mind. I thought of the time when I still lived in Europe, I've been in Asia for six years now. Well anyhow, I'm Asian and never really fitted in. After education I wrote but it was an unsuccessful period. When I was twenty one, everything went wrong, I can't explain what a downer I was on, really it should have been treated. It got so bad that I couldn't stand it, my parents arrived, saw what a state I was in and eventually helped me to leave. But looking back, since I was a child I'd been reading about Asia, collecting pictures for my scrap book, doing Asian things, dreaming about being there. Yet, I made absolutely no practical attempt to do what I really wanted. I think that my dark period came on because the the things I did with my life were detatched from my real dreams, all the fantasy, collecting pictures were really a form of magic perhaps, I set a power in

motion to manifest what I wanted but wasn't fluid to move with what I was creating on an inner–level, and so was 'forced' to achive my goal, and I guess I'm glad now.

A lighter story. I was already abroad about a years later. I hated my hair, I always have done. I don't know why because it's thick and doesn't look so bad, but whenever I checked it it always seemed full of flakes. I decided I'd be happier shaving it, but that was such a big step. What if I started and something went wrong and I was left with half of it? No problem, I'd just visualise it as an inner–dream. Each evening I'd dream of myself looking how I wanted, and expected the universe to manifest a new friend that was expert at shaving heads or something. Of course, I didn't just go to the chemists and buy a razor, that's too easy, I knew my inner–thoughts would manifest.

.... And indeed they did. I caught lice off the street–children I knew, there was no medicine locally, it had to be shaved – so I got my dream, just not how I expected.

Of course, this could be totally meaningless to you. Perhaps you were totally happy going it alone and it was in synch with your inner–dreams. In that case I don't know what to say.

Although today I had to go to the post office to send a load of book–post home so I don't have to carry all my finished work when I leave tomorrow.

Everything always goes wrong in Asia so I've been sorting this out for ages... and indeed

everythibng did go wrong. I took a load of stuff in and it wasn't wrapped up enough, then another day it was lunch–time. Then yesterday was the last day of an 8 day Hindu holiday. Well, I'm off tommorow so today was the last day I can get rid of it. I go there and the 'sea–mail' man just hasn't turned up for work, government employees do that sometimes here because they know they'll never get fired. There was an arguement and in the end the post–master (who'd told me friday the last time he took a day off to come Monday) looked at my book–post and told me I have to have it open so it can be checked before sealing! That's how I brought it in the first time when he sent me home with it!

I know you're not interested with my post office problems, and also being unable to send parcels isn't the same as losing most of what you own, but wait, it's relevant. On the way home I was thinking how to put the whole thing in a good light and stop being wound–up.

Eventually I realised I'd lost my possibility. I was focused on sending all this work so I don't have to carry the damned stuff. Then again, I have inner–dreams that I'm working to manifest. Often, when I have successfully created something in life, it's come from something that was seemingly bad, and I guess it seemed bad at the time because I wasn't fluid. Sitting in the rickshaw today I thought, who knows how my dreams will manifest, my faith shouldn't be in the sending of the parcels but in the dreams themselves, the possibility of the dreams. Now I have to send the parcels from India next week but perhaps something will happen there at the post office, maybe

I'll meet a publisher by chance who takes a business card, see's my site, sends an email, one thing leads to another...

Fair enough, I'm not pretending this is a miracle solution for you. When I was arguing in the post office I wasn't all calm and happy at the time, I reasoned it all out later. I said on the site I was human and I got mad like anyone would. I suppose everything makes sense if enough time passes – but doesn't it go slowly when you want it to be fast?

Look, this is true. I have to run to the embassy now and I'm not sure the computer situation where I'll be (Varinessi). I wanted to say more (hopefully something more useful to you) and I'll do so when I find somewhere. I'm sorry if nothing I've written has any meaning to your particular situation, but I only mean well. I'm sure you're going to be fine. You've been poor before. Plus you're retreating with the tool you need (as you said), and they were books and knowledged based things so you already know that happiness is from within.

Must run! Let me know your experiences of clairvoyance. Oh, and you're very polite to never point out spelling mistakes and missing pictures.

Kind regards.

JSL

Dear JSL,

Is it ok (in your self) if I just mention you must be the most brave and courageous man with

which I have ever corresponded?

I'm a bit nervous I may be crossing a cultural line, and I'm sure you don't deserve any more grief. A wonderful example, I've benefited a mountain's worth.

The trance, I was able to experience, has spurred me to action. I wasn't sure if I just wanted some Japanese food or if this could be what I want to do for a job. Been studying my Japanese recipe books. Studying never hurts, so was sure it was the right thing to do. I love Japanese origami, also. My favorite thing to do with movable models like the flying crane is—when I'm standing in line behind a troubled mother with a crying baby, I bring out the crane and make it fly for the child. Mother then starts to be concerned, "why has the crying stopped". I see she is turning and I hide the model and look around seeming innocent.

Mother turns back again and baby & I have a glance of happy conspiracy.

Sorry about the bummer email. I can't say how healing it was that you had asked, "Why were you crying". The 'bad guy' in my situation is related, so I was unable to use the regular existing 'support system'. It's the very first time I've ever had to "go it alone". I find it a nice kind of challenge. Everything is in my hands and that has never been a freedom in this life so far.

You wrote " Of course, this could be totally meaningless to you. " I would never be so rude as to think that of someone who has been so gracious to

me!!! May I be so bold as to say, “How cool is it to be pondering while ‘Sitting in the rickshaw’ ?” Sorry to be hinterland–ish or provincial, but it sounds ideal for pondering.

By the by, I wasn’t being kind about the spelling etc. I was just carried away by the meanings of your word, I just didn’t notice. There was high value in the content.

Most gratefully yours,

Susan

Dear Susan,

Thank you for your e–mail. I’m in a cybercafe near New Delhi station now and am leaving for Amritsar in about an hour. I always seem to write to you when I’m on the move somewhere. You just happened to contact me at the end of a visa. I actually recieved your mail while I was still in Varinessi but it’s a very poor place and the only Internet was in this office, it wasn’t really a cybercafe, more a design centre where they do menus for local restaurants. I was sitting there with all these people in lungis staring at me and spitting tabacco out the door. I want to write three things to you:

ONE

You’re not crossing any cultural barrier to compliment me. Please feel free to send all compliments you wish, even buy a thesaurus to send thousands. There’s no cultural barrier really, I was born in England and brought up that way, true, I live

here now and am maybe trying for residency – but I'm fairly European. I don't even speak Hindi.

TWO.

On the way down here, my bag got stolen; I'm only telling you about it because I feel so good about it! I got on the train in Varinessi, I asked a local to watch it while I went to buy water, when I got back – that local had ran off with it! Isn't it silly, all the times we ask strangers to watch things for us, never thinking that they could be the people who would steal it. Anyway, the guard couldn't speak much English and I didn't try so hard to recover it.

The night before I'd filled it with most of the things I wouldn't need when I go north so I could put it straight in storage when I got to Delhi. When I did get to Delhi I only had my shoulder bag with clothes, wash bag and some note books. I looked at my address book on the bed. It's full of addresses for publishers and agents, with my own comments of how receptive they are to new writing. It's taken me three years of experience to make it as comprehensive as it is and while I was praising I hadn't lost it, I was hit with the idea to turn it into an attractive web–page. That way I could send the book itself to England because the information would be on the Internet, nothing to carry and nothing to lose. Also, it would help other new writers from having to do the same research and they could e–mail me with their experiences to keep it up to date.

Then I thought about my other notebooks, I have one about how homeopathic remedies are affecting me, another one full of dreams and my own

unique method of interpretation, one full of computer codes. When I thought about it, I realised that all my life, I've been filling notebooks with the ideas the head is filled with. All the books are irreplaceable, all of them contain information unavailable elsewhere and all of them would be useful to other people.

Now I know exactly what I'll be doing until the New Year, all of these books shall become web–pages, and from then on I shall always write everything directly as a web page. I think that's my destiny. I'm excited about it, I have to go to Pakistan and get a visa now but when I return I shall finish all that work and hopefully leave Delhi with nothing but clothes and my wash bag.

The more I think about the lost bag, the more I think of the things that weren't worth carrying, books I'd look at once a month, a shirt I didn't like. About ten kilos of rubbish I can live without.

I think the whole thing is fated. I went to Nepal with the idea of writing a web page to support a novel I've completed, but when it was finished and to begin with no one visited, I kind of lost heart in things generally. I was between projects and not working, my visa was refused and I wasn't sure where to go or what to write.

The morning I already told you about was when I felt most directionless, but on the way to the restaurant I had this inner–faith kind of experience of just handing all the worry over and allowing it to be worked out. Let go and let God one might say.

Then I get your e–mail. Then my bag is

stolen but everything I need for my new plan I still have, I end up in Delhi – which must have the cheapest Internet in the whole of Asia and a very nice cafe to work in, somebody else has since e–mailed me about the page.

Also, I came into some extra money recently so the cost of it isn't a problem. Yes, everything comes together now. I think maybe I was born to do this. Even when I was about twelve I'd be sitting alone studying obtuse books and painstakingly writing notebooks so I could understand them; maybe it was my destiny to pass all this on. I'm sitting here typing this with just my little bag by my foot and it's so nice to travel north with nothing but that. I feel so free. I've no idea where I'll go or what I'll write when I've finished with the notebooks, but I have possibility and I have faith, and they're easy to carry because they don't weigh anything.

THREE

I nearly forgot this was a list! I was pleased you had a positive experience of inner–seeing, and it could well be that your Japanese vision had a meaning for you. On that page, I did mention that, especially in the beginning, the images could be random or misinterpreted, and of course they could not. I just wanted to say that as I'd hate to think I made someone do anything hasty.

These things come from our own minds and often our own future, but like dreams, they can also be wish–fulfilling type symbolism or fantasy which is simply fantasy. Like I say, you know your own situtation, you mention you're only studying and it

can't hurt, which is true, and you sound sensible. I'm just paranoid some lawyer will turn up saying you converted your house to a Japanese restaurant, had a face–lift to look Japanese and are now filing suit to put everything back as it was!

No, I'm only joking. Yet if the vision was an inner–dream and you attain it, that would be great. Let me end this paragraph: common–sense and faith in possibility.

I must run to the station. I brought my ticket yesterday (wed) for an eight hour train to Amritsar, then found out just after that the next train to Lahore doesn't go until Monday!

I've surfed the Internet and have a couple of addresses of possible cubercafes in Islamabad but there's nothing I can find in the Punjab. Never mind, I have some novels, faith, I'm happy with that.

Thank you for writing again. Hope you are well and your possibilities are weaving themselves as you are dreaming.

Kind regards. JSL.

Dear JSL,

Preface–I can't wait to see you being interviewed (about your successful new book) so you can tell of your fine travels. What an interesting & (permit me) COOL trip in which you are engaged!!!

ONE–I'm glad I can say what I want about your writing. It's glorious and so clear and to the point. Never boring, it moves. I read much.

TWO–What an experience you had with your

bag. My first cousin had one similar in France.

At that time there was a trash–collector's strike in New York, and the comedic writers were suggesting the citizens wrap their trash in nice paper and leave the package on the front seat of their car. Hinting, the result would be a stolen package and thus rid oneself of the unwanted items. I'm sure you have heard of New York's reputation. So the comedy was in the right ballpark.

Your plan for the web pages is just right. I'll get to read more of your talent. Sorry to be selfish, but I've got to say–your valuable.

About Homeopathic remedies, I study naturopathic for it is so gentile on the patient. Heroic measures of Homeopathic medicine can be harsh. My favorite gentile herbs are: tee tree oil, to dab all surface infections viral or bacterial (even though my friend successfully dabbed a staff infection away on the back of her mouth and I cleared my dogie of ear mites by dabbing inside). Purple cone flower, if I've been clearly coughed or sneezed on by an obviously sick person. And Goldenseal, for when you are very sick. Lavender oil at the temples for stress. If I need go where people are sad, I douse a handkerchief with Lavender oil and carry it around for their sake.

THREE – Your words about the home Japanese restaurant and face lift sent me Laughing Out Loud. You have a fine mind. Tragedy is so close to comedy, I've found. I've read of a famous comedian being asked if his illness and impending doom were hard. He answered "Dying is easy. Now, comedy... that's hard." OH! And I must tell you, I've

never sued. I'm a person of good will and have fallen 2 times. The people were unbelieving and ended our relationship due to fear. My family gave me a lot of grief over it, too. I healed myself with herbs. So you are well safe, and please don't worry. I've proven myself.

In answer to your words," I just wanted to say that, as I'd hate to think I made someone do anything hasty." In reality, my study of your method as stated on the site,' held my hand' while things worked out. I'm glad I didn't do anything to interfere. That little weasel who didn't send in our tax eturns since '93 has gotten himself (and by accident–ME) out of trouble. He was able to enlist a sympathy (that I don't understand, but who cares!) from the taxman– it was a lady. AND YOU WILL LOVE THIS——All of us who were affected went out for Japanese food to celebrate our deliverance. And it had been 3 years since I'd tasted same. (I had nothing to do with the suggestion or decision. Pretty well proves your method I'd say.)

I'm going to your site again to refresh the learning. I think I've forgotten some–being convinced of the value–I'd better do that, before trying again.

Be sure I'm on the list to receive locations where your writing can be found. I'll be the first in line to purchase when available. Least I can do for your teaching, that I found enormously helpful. (even without facelift) heh–heh

Hoping for you always, the best in every

way,

Susan

Dear John Simon,

I hear about Islamabad on the news. Big, Big doings yesterday, and I hoped you are OK. I knew you were traveling around that area of the world. I got kind of panicked when I saw the pictures. You had already survived a coup the day you went for the visa, I surely do hope your luck is holding!!!

Right away I "tranced" and pictured you as best I could. Very short hair, an Asian, from all that restaurant food probably slender. It was bothering me that I couldn't come to terms with height, so you were sitting. Yes, sitting within a bullet proof, clear sphere. When danger came, the sphere rose to let the danger go under.

I do so hope you are alright. It would be so ungrateful of me not to try something on your behalf. If you can, please let me know if you survived unharmed or if you had been caught up or saw something.

Best, Susan

Dear Susan,

I've made it to Islamabad, and I'm fine. I've no idea what happened yesterday. I was working in a cybercafe in 'Blue Area', for about three hours and needed a break. Well I went out and walked up the road looking for a restaurant but there wasn't anywhere nearby. It's a nice place, not at all like I

thought it would be. The roads are very wide, lots of modern cars, nobody bothers me, it reminds me of Malaysia – nothing at all like India; I can't believe it's as poor as everyone says.

Anyway, I had some food and saw a high building with benches built into it at the bottom. I thought I'd sit and eat there, it would be nice. If you do that in India, then people run up and start trying to sell you stuff or beg, but here you can just relax in public.

I sat there and the police came and asked me in Urdu what I was doing (I presume they were asking me that). When they realised I was a foreigner they made hand gestures to indicate I was to leave. I wasn't very happy because I was just sitting on the bench eating; there was no one around – a very quiet place. In very bad English, he tried to tell me something but all I could make out was there was something about the building nearby. He pointed to it and said something like 'It's the Scottish Embassy'. Well, obviously he didn't say that, but a machine gun is very persuasive – so I walked back to the computer centre.

As I went I heard this screeching sound. I turned and a recovery truck came past me, it was towing a burnt–out car. It was burnt out so bad the wheels were all bent and it had no tyres, hence the sound. As it passed me it left long white scratch–marks in the road. It crossed my mind that I was moved on by the police because of some incident but I just went back to work and forget about it.

I went to the bookshops today and saw in

passing that something had happened; I still don't know what for sure, a rocket attack or something. I think it was to do with the American centre, that's in–between where I work and where I was sitting yesterday.

Anyway, I didn't get blown up. How sweet to think you visualised for me, perhaps if you hadn't I'd have taken that break earlier? It really is very nice of you. Concerning my appearance: I'm not sure if I'm 'slender', I'll use your earlier phrase: 'in the ballpark'.

You're right, very short hair, about six foot four inches, waist about 36" so not beanpole, yet people don't vomit at the sight at me. When I ask my Mother she says I'm perfect though I don't ask anyone else.

Let me answer your two e–mails. I was surprised at your opinion of homeopathy, though you're entitled to it. And you're interested in naturopathic medicine, does it work. I mean does it work for chronic conditions. I don't think any of the plants are available here.

I was ill with various stomach problems in Nepal and used the native Indian medicine of Ayurveda, and it really worked. I mean I was very ill for a month and the allopathic drugs didn't work, this Ayurvedic powder took about four hours to clear me. Ayurvedic medicine is very respected here, I'd say just as popular as orthodox medicine. At medical collages it takes as long to qualify in Ayurveda, there are full four–year degrees. I only know so much because someone gave me a book while I was

traveling up here.

There's another system based on plants called Unnai, no that's the wrong spelling. Well, there's a hospital using the system in Delhi, the medicine is based on the elements and four humors of the body. Oh, I can't remember now but I might look into it when I get out of here.

Are you really an American who's never sued anyone? I thought there must be one. No, I'm joking, and I'm only speculating because you mentioned the New York trash collectors strike as though it was home and your friends experience in France (with the bag) as though it was foreign.

Concerning my own bag, I'm so happy without it – truly. When I first arrived in Islamabad it was late so I paid for a very expensive room just for the night. Next day I checked out with my little shoulder bag and went to American Express. By chance, it's near the computer centre, so I went straight there and worked for an hour. I then strolled round the streets looking for somewhere to eat and thought how nice it was, to have so few things and walk around with no where to stay that night, relaxed and enjoying the new sights.

If I still had the bag that was stolen I would have had to get up so early, find somewhere to stay, return and checkout, etc. Also, when I arrive in train stations, they are always surrounded by unsavory types and dishonest drivers, I just trot out, keep walking until a restaurant looms and get my bearings.

Also, I've found a great place to work and

am busy typing up my address book, I can't wait to send it home and be free of it, the worry of losing it, carrying it. Something that means so much to me now (the book itself) and soon it will be nothing, just so much paper because I've given it for other people. I'm looking forward to my bag being half full. I was right about that thief, definitely an angel in disguise.

And I was happy to hear 'the little weasel' worked out the tax problems. Though to inspire the sympathy of the tax lady they can't look like a weasel, maybe a big sad beagle dog; perhaps it simply involved begging and tears. It was interesting to hear of the 'Japanese synchronicity'.

I think it was the palmist Cheiro who said 'certain signs proceed certain events'. I'm not sure if that's always true, though it often can be, but certain events that happen in strange coincidence that tally with my 'inner–work' often feel as though the universe is speaking to me in some way. Which is maybe as you felt?

What do you think, I mean what do you think the whole episode the little weasel brought about means. Was it to change your direction, to stay as you are but change your perspective, or, I don't know. I mean, I always feel good about life when I feel I perceive it's inner–meaning – like losing my bag for example. Maybe the little weasel's another angel in disguise trying to teach you something! Then again, they might just be a little weasel. I'd have to personally meet the little weasel to judge it – and as Islamabad isn't a tax haven I guess it's not likely.

Anyway, thanks for the new compliments of

your e–mails, they're great! And it really is very nice indeed to read that you thought of and visualised for me when I might have been in danger. Who knows what difference that made, it certainly made me happy. Also making me happy is that your own problem has worked out; did you visualise that? I must send you many of my own 'good vibrations'. I'll visualise them falling through a funnel so none accidentally fall on the little weasel.

Hope you are well and happy today, one step further on the Happiness Hike. I'll look forward to hearing from you.

Best Wishes,

JSL.

Dear John Simon,

You must have seen the remains of the fight in the extra attention and the burned car being towed. Glad you were out of the fray.

The news here is always filled with examples of the "powers that be" using ones internet words against oneself later. It's said there are roving representatives doing that very thing. But just to suffice, I've dealt with the weak link in the chain with new policies.

Happy you are eating well. Everyone I've known who has been outside the US, and has been 'taken' by local folk food has a favorite dish. I hope you will tell me the name of your favorite (or describe) from that region. You know, something

everybody always seems to like. Yes, Ayurveda is well respected. The Chinese style is popular here as well. I like gentile ways and gentile herbs and study same.

As to “what I have learned”, I’m struggling. Mostly against being pessimistic about cruelty.

Cruelty works against progress (waste of energy and positives missed), and I love progressing. My personal moral code provides “happenings are for good, but not necessarily my good”. Perhaps bad guy will be scared, and reform. He almost didn’t get out of this one.

Has no respect for himself or anyone else. Must learn his way of something like that.

Happiness Hike going well. When preparing for the consequences of bad guy’s actions that included me for the first days, I lightened up the possessions. A very good outcome of the recent unpleasantness. I’m continuing to do so since it is so good.

Happy you are taking such good care of yourself, you’ll need to be well. Those concentrated hours of writing are work indeed. You can tell by the fine outcome. Your site is evidence of that.

Best

Susan — Happy New Year!

Hi,

I'm a 21 year old college student living in the United States. I was only able to get through a few pages because it's close to 3:30 here and I got to go to bed. I just wanted to let you know your site is very interesting. As one achieves each step do they find more happiness? I'll check it out more tomorrow.

Justin

Dear Justin,

Thank you for your compliment of The Happiness Hike. Actually, you're looking at the old version. I've just spent six weeks completely redesigning the site, with better layout, design, new essays – and everything.

It still needs a bit of a spell–check so I've decided to upload it Tuesday, when it shall be perfect and replace version 1.0 which is what you've seen. This new work really is a million times better.

So guess what? As you were kind enough in taking the trouble to say something nice, I'll give you a sneak–preview, you can be the first person to see it in the whole world except myself (honestly), everyone else has to wait until Tuesday. Here's the address:

Note: I've removed this address as it's no longer valid.

It's great, as you've seen version 1.0 and you can let me know what you think of this new 2.0.

Thanks again for writing.

Kind regards,

JSL.

Subject: tHANK yOU

i JUST FOUND YOUR PAGE AND IT GAVE ME A CLEAR POSSIBLILTY OF ANACTION THAT MAY HELP ME SEE

PAST THE CLOUDS OF MISERY IN MY LIFE. i BELIEVE FOR THIS SERVE THISDAY WILL BE GOOD FOR YOU

AND ME.

tHANK YOU.

Dear ..... Surfer,

Thank you so much for the e–mail letting me know my site was of some use to you. I spent so many weeks on creating it and then there was an awful period before the search–engines found it when I wandered if anyone would ever come! But now they do and every now and again someone tells me I made a difference to them —— and that makes a difference to me. Again, thank you so much for letting me know.

Kindest regards, JSL.

Hello!

I have no idea what is going to happen next, but I had to stop right now (in the midst of the clairvoyant chapter) and write to you that this has already been happening to me!

For years I have been able to close my eyes and have independent images appear! The first time it happened it was so poignant and beautiful. A lovely young woman turned her face toward me and blinked her eyes. All I saw was her face, but she seemed from another time.

Ever since then I have been able to see these image, but when I try to concentrate on them or make them clearer by enlarging the picture, I tend to lose them. Another interesting thing I should point out too is that I often have images of people kissing. I am a romantic person very much by nature, but I haven't had a great love in a few years, so I can't figure out what this means at all. OK I must get back to your text...I am really excited to share this with you!

Bye for now,

Maria

Dear Maria,

Thank you for your response to The Happiness Hike, especially the 'Inner–Seeing' essay.

I also have been seeing these images, basically since birth. I don't recall the first time.

I remember at school, first class aged five, every now and again I'd see all diamonds of light floating down from the ceiling. But I recollect that we used to go to holiday to the beach and I'd sit there with various toys, and I could close my eyes and still see them! I never mentioned it to anyone as I thought it was perfectly normal. I think I mentioned on the site the first full–blown vision, in a cinema, and since then, well...

You said "But when I try and concentrate on them or make them clearer by enlarging the picture, I tend to lose them." Well, I think at this point, the "grasping" of them isn't so helpful. The best way is to simply observe them, without emotion but a mild sense of expectation. The time falling asleep is best to learn this initially, though I've really written everything I know in the site.

I used to have a recurring vision, of people drinking out of glasses. Also I wasn't sure what it meant. I don't really drink, and no longer see this specific image. I think, once you can inspire the images at will, if you sat and watched them with the specific question in mind of what the repeating images are trying to tell you, with no grasping, just mild expectation, possibly this would work.

Anyway, good luck. I'm currently writing up The Happiness Hike as a book proposal, as the whole thing has grown since I finished the essays, it might be called "Quantum Happiness". It shall take a long time to finish though, and an even longer time to sell

it (if I can). If it ever hits the shelves, I'll let you know.

But it's great to hear from you, really. As I slog on with the writing I love to hear from people, know that I'm not mad, know that I'm helping etc. Thank you for writing.

Best wishes,

JSL

Hello JSL,

Thank you very much for your response. I will take your suggestion and try a more gentle approach with my images. Send good thoughts my way.

I want to wish you luck with your book. To be honest, I believe you will have a hit with it. What you have learned, have experienced and written is so appealing and accessible to people. Personally, I love the memories of your childhood. Share that with your reader as much as possible. What happened to you then and afterwards (growing up where and how you did) is astonishing and poignant. My instinct is that you must write as much as you can and do not delay one bit. Do not satisfy yourself that you can be finished in two years if you can possibly do it in one. The time is just so right (and ripe) for this type of material.

The last thing I want to suggest is I very much prefer "The Happiness Hike" title. But you will best determine what the title needs to be after it is

done. It's just that anything with the word "quantum" on it either scares me or seems to be an over exaggeration. I could be completely wrong here, but if a book is selling me quantum happiness I probably won't believe it or I'll be really upset if I don't achieve it (ha, ha!).

This is just my two cents. Nothing more.

All the best, Maria

[SIC]

I am overwhelmed!!! I wish to congratulate you on your powerful pen, and the gifts that you are contributing in your web page.

I found your web page last night and I am so grateful that I did. You are so talented in presenting subjects so exquisitely and with such delicate impact. I would be most honoured if you let me know whenever you add to this web page.

"In the vastness of Space

and in the immensity of time

it is such honour

to share a planet with you"

As you know, it is a round world, what goes around comes around, from what I see you give, I assure you a most bliss filled life is yours to enjoy.

Thank you for you :)

Many blessings

Roxana

Dear Roxana,

Wow.

I never usually begin an e–mail with wow, actually I don't think I ever have – so you're the first.

Wow. That must be the strongest compliment I've ever received in my entire life. I mean, even my mother never 'thanked me for me'. I'm shocked… Wow.

Actually, I received it at a good time. It's about a year now that The Happiness Hike has been on–line. Since then I've added new essays and redesigned it.

Well, the novel I wrote before creating the web–site was just rejected by the last agent I can think to send it to, but over the year the 'system' detailed in the site has grown, mushroomed, into something completely new. People kept e–mailing me and asking me where they can buy the book, so I thought maybe I should write this up as a non–fiction book proposal, possible called "Quantum happiness".

At the moment I happen to be in north India. I had a huge collection of notes, mind maps and outlines and I took the whole bundle to Kushingar to meditate.

Kushingar is the place where the Buddha died. I'm not especially a Buddhist or anything, but I always feel focused, things seem clearer, when I'm around these religious sites.

So, I was unsure what to do. I also have a vague idea for a piece of fiction, though it looks like I can't sell the last piece. Plus I've been sending out a lot of non–fiction articles, but every editor who took my pieces disappeared when it came time to pay!

Anyway, in Kushingar there's a large brick mound where the Buddha was cremated; people walk round it and pray or meditate. I went there and started circling it. There was a Sri Lankan tour group there lighting incense, but soon they left and I was alone.

Walking round the mound I was grateful: my health isn't perfect but it sure as hell could be worse; I haven't made any living yet but I have a family that believes in my ideas and helps me; I had a terrible, unhappy start in life, but I found most of my answers and the means to disseminate them to other people (the Internet); I'm not rich, but there's little I want that I don't have – and so on.

I essentially stated (to the universe or whatever) that I'd dedicate my career and life to other peoples' happiness. All the time we're radiating our moods, good and bad, and they affect the way you treat people and interact with them, Your mood spreads to other people and they pass it on. Who knows how far a smile, kind word (complimentary e–mail!) goes?

If this were my mission in life then it would

make sense of the wastelands I've trudged through. My intense, obsessive mind would have pre–ordained for a purpose.

So, I asked for inspiration and success. I looked into the sky above the mound and asked to be a channel to the truth, to have ideas that can lift people out of their darkness, unhappiness – the mundane.

Apart from the mound and some temples, there's nothing else in Kushingar, so I came south to a smaller town for a week. I spent seven days turning a mass of yellowed, torn outlines and faded mind–maps into a chapter break–down, a general outline and half a sample chapter.

While I was doing this, a whole torrent of ideas sprang up, my pen was racing – though not every day.

Now I look at the notebooks full of work, some of it looks good, inspired, some of it is stilted or forced. Sometimes I look at it and can almost see it on the shelves, flying off and transforming people's lives, other times it's just a mass of Arabic looking scribble that people wouldn't even appreciate as a gift.

Next I came to New Delhi to edit, re–write and see if I can bang, hammer and mould it into a sparkling, clear, concise manual of transformation that's ready to be sent to publishers.

I arrived the day before yesterday. Usually I get an e–mail concerning HH every 10 weeks on average. Suddenly three are sent on the same day –

and yours of course, the best compliment I've ever received! Suddenly my mass of scribble doesn't seem so bad after all.

But there are all sort of little coincidences coming about now. For instance, I need IRC's to submit work to the US (for the replies). I've never been able to get them here before, but now 50 suddenly fall into my lap. Also, in India you can't get the acceptable stationary you need, not even envelopes with glue on, but this all turned up by chance. And on the train here to Delhi I met a fellow passenger who just happened to be a professional writer.

Even though I didn't tell him my job or what I was doing, he spent the whole day giving me tips on writing, submission, editing etc. All sorts of things like this are happening.

So perhaps your thoughtful appreciation wasn't only random inspiration, but part of a larger scheme of things? But whatever the case, it was a beautiful gesture, a pleasure to receive.

It really spurs me on. Thank you so much.

Deepest wishes. JSL.

NOTE: The following e–mail is actually regarding another site I have written and maintain, The New Writers Network, a site that encourages new writing talent. The exchange was friendlt, so I thought I'd include it here. My name is Robyn Larsen. I live in

the United States and my books are set in the United Kingdom. I'm a new writer who was offered a contract by Vantage Press, Inc., however, the $16,150 in

publishing fees is just a bit much for someone who was recently laid off by—of all people—UPS.

I'm new to the industry and freely admit I don't know much about it. I realize that you're in the United Kingdom however, I would be willing to send a hardcopy of the book there or send you the entire manuscript via the Internet. I should warn you that it's 291 pages, not including the three introductory pages.

I really need some advice here. I'm at a loss as to what to do next. Writing the two novels was easy (yes, there are two of them– the first one is "A Suitable Murder" the second one is "The Ghost of Strathmore Manor"). I would more than appreciate any and all guidance you could offer me. I greatly appreciate your attention in this matter.

Thank you,

Robyn Larsen

Dear Robyn,

Thank you for your e–mail concerning the problems you are experiencing selling your project.

The New Writers Network was written, by myself, to help those of us producing quality work

but experiencing difficulty finding a home for it in this ultra–competitive market. This way fledgling writers can network new addresses, businesses, tips etc. to help each other's chances.

But basically, I'm in the same position as yourself. I'm currently writing a non–fiction proposal, maybe my fifth, and have completed three full novels – and am still struggling; nothing is published yet, so I fully understand your situation. All told my rejections are close to 300. So I don't know what to say to you; perhaps the same as I say to myself: believe in your work, persist, keep producing, keep submitting. But keep going. People that keep going get there in the end, no matter how uneven the playing field. I really wish I could do more.

One thing I can say is that writers don't pay publishers, it's the other way around. They buy your book, sell it and you share the profits. Anything else is fishy.

Good luck and best wishes,

John.

Dear John,

Thank you so much for the words of encouragement. I'm sorry you've had 300 rejections.

That's a lot. I'd be discouraged after number two, but I'm going to take your advice and hang in there. I can't quit. I've had my mom read two of the novels (the third one still is still in progress) and she

likes them. She doesn't read mystery novels at all. I've only seen her with romance novels. I think it's because my characters are a bit on the quirky side. :)

I know if I ever need advice I can come to you. :) I'll do the same for you, should you need it.

Again, thanks so much. I wish you all the best in the world. Anyone who gets that many rejections deserves to be published!

Good luck,

Robyn

---

your clairvoyance exercise

I found this exercise very easy and helpful. Can you tell me if "hearing" things is a standard experience? I saw a fiery meteor in the blackness like a comet, but it was shaped like an elongated ball with molten stuff being sheared backwards by the thin, atmosphere it must have been diving through. I heard a VERY faint high pitched roaring or rushing sound. I wanted to know if the noise was part of the "vision" or just a side effect of that state of mind.

Sarah

Dear Sarah,

Thank you for your e–mail concerning the clairvoyance exercise. Actually I'm abroad at the minute and the Internet is so expensive, I'm rushing through answering everything very briefly right now.

Concerning the sound. Clairvoyance means "Clear Seeing", Clairaudience means "Clear Hearing". So yes, it exists and is a valid experience. Nothing to worry about, something to be explored.

Hope that answers your question, thank you for your interest.

Best Wishes,

JSL.

[SIC]

I am a male, 58 yrs old, married w/3 children & 4 grandchildren. When I was 41 yrs old I was diagnosed with manic depression. I'v had more than a half dozen hospitalizations and two attempted suicides. One was with an overdose od strong medication and the other was when I stabbed myself in the chest 40 times with a carving knife. I have been on a variety of 35 psychotic meds. since I was diagnosed. Naturally, the only one that stayed constant has been lithium, although it has occasionally made my blood toxic. I have always been under the care of a competent psychiatrist.

For the past several years I have been obsessed with the idea of suicide. This time I have the means to make it final. I wake up with the idea, think about it hundreds of times during each day, and each evening I go to sleep with it on my mind.

I lead an absolutely miserable existence and I want to die. For the last few years I have been unable

to experience the manic phase of my mental illness. Each day I spend in a clinical depression only. I'm very weary and tired of struggling to deal with the growing depression. As each day passes, suicide has become my only option.

I would return to the mental hospital again but it has never solved anything. There is no more fight in me I'm at the end of my rope. I have been to over 15 MD's, 7 therapists and estimate that I have ingested well over 1000,00 pills. I have nowhere to turn. If you could offer me any viable information, (other than waiting it out or "think about your beautiful family") I would consider it priceless.

Thank you for the time you took in reading about my plight.

Sincerely,

Bill

Dear Bill,

Thank you for your e–mail. I've been away and only returned to the city recently. Thus I read your mail yesterday and have been trying to think how to reply.

You write the kind of answer that you don't want, such as, " (other than waiting it out or "think about your beautiful family") " Which would imply that you've discussed the problem with other well meaning people and received replies that were unhelpful. This is because when you discuss an ordeal such as yours, people, though well meaning, can only give advice in the light of their own experience. Of course, not having lived with this

condition their experience is wholly different to your own and so their counsel might seem totally misguided.

And this is the problem in replying. I too have suffered from depression, tried to take my life, although it's a more generalized angst; I've never had manic depression and so don't know the experience of this. My last bout of darkness was almost exactly a year ago, which left me under the covers in a dark room, unable to even get up. I think it might have been triggered by giving up smoking, apparently that is not uncommon.

But over the years I've found some answers (for me), and I spend my time writing and disseminating them. I'll write my answer now, but you have to understand that it is my answer, from my own condition, which frankly doesn't sound as severe as your own. Because of all this, what I write might be totally irrelevant to you. If it is then I'm just another well–meaning person that doesn't say anything helpful because again, I can only answer from my own, obviously very different experience of life. My problem doesn't seem to be chemically related, so it's possible (likely?) that it won't apply to you in the slightest. However, you've asked a genuine question, so I'll just have to write whatever I can.

I think I spent much of my life running away from strong emotion because I was all trapped and lost within it. Did you ever play with bubble liquid when you were a kid? It's like a tub of soapy water, and inside there's a small stick with a hoop or loop

that I used to call a blower. You dip the hoop in the liquid, then blow through it and bubbles go flying out all over the place.

Well my mind was like a big sea of this liquid and I was trapped within it. Everything around me in the world was as though a wind creating waves, circumstances, people, noises smells. Everything I perceived was like a wind blowing across the surface and as the waves began, bubbles would emerge from the liquid sea.

So, in this analogy, the liquid is my emotions and the bubbles the thoughts that came from them. The only problem was that the liquid sea and the bubbles coming from it was black, heavy, torturous, painful, awful – I don't need more adjectives because I'm sure you know what I mean.

But I was trapped in this sea, trying to scramble out but I couldn't. Trying to find a place in the world where the wind would blow sweeter. Of course, the more I flapped about the more bubbles I created. I basically spent my whole life trying to clamber out.

My answer came when I changed tactics. I stopped flapping about and just looked at where I was. For the first time ever, I stood still and observed. I stopped trying to scramble away from, and tried to perceive the essence of what it was that tortured me.

It was like I had suddenly found the little hoop. I tried to concentrate my breath, stop all the thoughts, stop all the running, and just feel the blackness. Of course, it's hard to see the sea as it's

obscured by all the bubbles. I would find myself labeling it. ‘It’s a dark heaviness pervading everything’, ‘It’s agony’, ‘It’s too much’. But these are all labels and dark bubbles in themselves making the whole situation much worse. Not only is the sea back but the bubbles have dimmed the sky above me.

Free of any thought – just purely observing over a long period, it was there, in each moment, like energy. It had a sensation in my body, like a deep heaviness, a sinking feeling at the bottom, of my ribs. In my mind, there was a barely tangible sadness, no, not sadness because that’s a label. The pure sensation was perceived as a static electricity in my mind, around my skull somewhere. This was the actual experience of it, observed apart from and outside of it, without thoughts, labels or concepts. There it actually was, the blackness I’d been running from my whole life.

Obviously, I was still engulfed for most of the time. We’re talking fleeting glimpses when I could manage it. Occasionally, when I could stop thinking and look at the basic experience, even for only a few moments, I noticed that it was changing from moment–to–moment. The basic, unlabeled sensation would shift around in my body and mind.

Eventually I came out of this with the passing of time, and the sun shone again. The sea became bright and the bubbles rainbow like. I was all wrapped up in concepts and labels like ‘happy’, ‘joy’, ‘contentment’. But then I would again do the same thing: just stop and look, no thoughts, labels or concepts.

And there it was, the pure, basic experience of ‘happiness’ that the whole world craves and pursues. A sensation in my body, much higher up in my chest, a bit wider. In my mind, not ‘joy’, ‘happiness’, as these are labels. The pure, basic experience was also like a vague static electricity sensation in my mind which was vaguely existing in my skull somewhere. Just existing there in a way very hard to describe.

I think the labels have always been my problem. I go round saying ‘This makes me happy’, ‘That makes me sad’, ‘I feel this’, ‘I feel that’, ‘I need this’, ‘I need that’, ‘Love this’, ‘Hate that’. All the air around me full of good and bad bubbles and I splashed around in the sea trying to change the sky.

Everything we experience in the world can only be experienced in the mind at this very moment. We have all these labels, but beyond the labels, the sea stays true to its constantly changing nature. A millionaire ecstatic because they just purchased a new company has pretty much the same sensations as a five–year–old on Christmas morning. A suicidal beggar on the streets of Calcutta has pretty much the same sensations as a suicidal film star in Hollywood.

I spent all that time trying to grasp the labels, to feel like this, to be like that – and then push away the labels I didn’t like, to stop feeling like this, to stop being like that. Always looking up and out and forward and running away, when I looked down and in and now at the pure, basic sea as it is, I found it’s always changing moment–to–moment, never the same.

This is the way I live with my mind nowadays. Though now I should admit a few things.

1 – It all started to help me when I began to feel better anyway, because I perceived the nature of 'happiness' in a pure, basic, unlabeled manner in contrast to the darkness I had been in. When I realized the true nature of the sea, I tended to grasp less 'happiness' and less push away 'darkness' – more observing whatever was there in each moment.

Now, if someone had come and told me this last March when I was hiding under the covers, I don't think it would have done me much good at the time as the whole experience was black and there was no point of reference.

2 – I've only been well since last March, one year, and that's not wholly unusual. Maybe it's all rubbish. I can't deny the possibility that it will come back severely and prove that all my clever ideas are in themselves bubbles waiting to pop.

3 – As I said, I don't actually have manic depression. I have no idea of your experience. It could even be that this is the worst possible advice that you could have received.

Yet it's all I have to give you friend because it's all I know. My answer from my own darkness that might not give you the light. I wish I had something perfect to say but this is it. I'm sorry if I can only be another well–meaning person with nothing to say.

I meditated for you last night, sending you energy. You probably don't believe in that kind of

thing, but that's OK. Every evening I meditate, and from now on, before I do so I'll try and send you some light from across the miles and hope that it finds its way to you. I have nothing else.

My deepest wishes, John.

Dear John,

Thank you for your eloquent reply and your willingness to include me in your meditation each night. You wrote to me on 3/4/01 re: my manic depression. I wanted to write to you now to let you know that the depressed cycle that I was suffering from since mid–May of last year had abated and I feel much better now. I noticed a very significant change on 3/22/01.

I too, will await the next episode, should it decide to rear its ugly head once more.

My Very Best to you,

Bill

Dear Bill,

Thank you for writing again. I had wondered how you were getting on and even mentioned it to a few people, but of course there's not much I could do to help, so all I could do was wonder.

Thus it really is great to hear that you're out the worst. I'll keep you in my meditation.

Perhaps you'll never remiss. I hope so.

Best wishes,

John.

[SIC]

What a wise, beautiful site. Thank you for sharing your hike.

Two years ago I was accepted for a course in social work. I was so happy to be accepted ! I jumped around the house. Now I'm reaching the end of my course and of course I have doubts. Knowing now better than I knew then about the realities of social work I'm feeling depressed about my future course. That which brought me happiness, became neutral and is now causing me unhappiness.

So finding your site, and seeing this cycle of events outlined so clearly and logically. Well ! Who'd have thunk it.

But it is making me think about why I chose what I chose to begin with and how now the way to make the best of it, rather than fantasising about how much happier I'd be as a journalist/actress/lottery millionaire...

Thanks again, I'm sure to return

All best wishes to you on your hike

Dear Naomi,

Thank you for your e–mail, especially as it was complimentary, which I'm never averse to. Sorry

I didn't reply sooner, for various reasons. Also May 6th (tomorrow) is my 30th birthday. Since I was twenty one I've spent every single birthday and new year living in a different place, so it's become a kind of ritual. I've arranged to go away for a couple of nights, after putting my things in storage, then I'll move into a new place when I return.

But it's so much work, I'm not sure that two nights will be enough to recharge my batteries.

Concerning your dilemma, I wasn't sure if I should 'stick my oar in' as my mother would say.

But on reflection, you provided a fair amount of detail, which you presumably wouldn't have done if you were averse to comment. Obviously it's only my own humble opinion, from imperfect little me, but you sound fairly rational so I'm sure you'll look at things objectively.

I sense a conflict. You start by saying,

seeing this cycle of events outlined so clearly and logically

which is good. You're not cursing the world but take responsibility, which is the first step to change. Are you indicating a belief in self–creation? Which would be a step towards freedom.

But then you said, at the very end,

rather than fantassing about how much happier I'd be as a journalist/actress/lottery millionaire...

Now perhaps you meant that as an off–the–

cuff remark, lightly, but these two things left me with an over–all sense of conflict. You see how this situation unfolded, but now don't believe how you could create something else. It's a discrepency. You say you see how you got there but not how you would get out.

I wonder what you meant be the last comment? Do you really want to be a journalist/actress/lottery millionaire? Maybe your goals are too small. Someone, I think it was Bertrand Russell, said: 'The danger isn't aiming high and falling short, but aiming too low and getting there.' Maybe it's that, just a problem of belief in what is possible. Does no one reach the absolute top? If people do, then it's possible.

Well maybe I'm jumping ahead. I don't know what's in your mind. It could even be your doubts are passing or you'll come to look at 'the realities of social work' differently. I don't know.

I was a wreck when I was a kid, but over time I managed to create a life I love, basically by using the methods in The Happiness Hike. But now, in about 15 hours, I'm thirty, so I'm re–evaluating a little. Of course, I've had, and have, problems – but the way I've lived so far, well, I certainly wouldn't have believed it possible when I was a wreck of a teenager.

Actually, not believing it was probably why I didn't have it!

But I think, on this symbolic birthday, it's time to change again. OK, so who'd have thought I

could have created what I have, but I want to write this method and publish it, a free web–site isn't enough. I want to change my nationality and settle a little, and so on.

My 'method' has changed recently, grown. It started with a weird dream that went on for ages where absolutely nothing happened other than I was walking round the street with an incense stick. So I took this to mean that a method of true, core–transformation has to, eventually, be practiced constantly – throughout all of one's waking hours.

Then about a month ago I saw some lovely mala beads. They're like a necklace with 108 beads on used in Eastern religion to chant. I had some a few years ago but they were stolen. These were less than a couple of pounds but I love them. I've been using them about an hour each morning. This has greatly improved my moment–to–moment concentration, now, for most of the time throughout the day, I'm watching my mind.

I'm so excited by this new idea, inspired by the dream. Beliefs create reality, and we get what we believe, or we could say that life provides us with what we believe.

But what exactly is a belief, really, essentially, deep–down? I have meditated on this an awful lot and have come up with this distinction, between:

- Possibility
- Belief

- Focus

If I say to you, is it possible that you'll be killed in a car crash (nice example) you'd have to say yes. Presumably you don't spend your life inside. So if you go out and walk around the streets, then the possibility of this scenario exists in your mind.

Now do you *believe* it will happen? I'm sure you don't, but for the sake of argument, let's say you're a paranoid person and you do worry about this, you believe the possibility might come about.

Now lastly, and most importantly, is focus. This is just so important, it's the crux, the absolute essence of the new method. How often do you focus, or think of this belief – how often do you believe it.

God, I hope you're getting this because I'm excited just writing about it.

Anything, absolutely anything is possible. Yet we limit possibility with beliefs. In our mind we have a whole multitude of beliefs, but we don't focus on them all the time. It's the way we, usually unconsciously, use our focus in each moment, that creates our future.

Imagine if you were this person who is terrified of car crashes. How will your mind actually create as crash? You firstly have open possibility, then you have a belief. Then, often, you keep repeatedly focusing on it. Sitting quietly at breakfast, a picture comes into your mind, of your body twisted and in pieces inside a car wreckage. Then you have this

dreading emotion that you can feel in both your mind and body.

Later, walking to the shops, you have a mental picture of a car slamming into you and your smashed form flys through the air. Then the same dreading emotion flares up in your body and mind.

When you think about it, this emotion inspired by the mental picture, is, in essence, belief.

While watching my mind throughout the day, I've come up with the phrase Habitually Repeating Knowing – essentially the beliefs I keep randomly focusing on and feeling their associated emotion.

To begin with, I just watched. Obviously, there are many, many beliefs. Throughout the day there must be thousands of mental pictures, but when I stopped labeling the emotion – fear, jealousy, happiness, anger, joy etc. and just perceived its basic quality, the way I feel it in my body and mind, I've began to understand exactly how these emotions/beliefs created what I am living now (which isn't bad but it's time to change).

The trick is separation. The emotion isn't linked to the mental picture. Now, I've mapped out the new future I want. I sit and I focus on the belief. I shall write up this new method as a second web–page, publish it in print, make pots of cash from it. I have the mental picture of the published book, I believe it's possible and keep affirming that it's already come true, I do this until I feel excitement. This excitement is belief, a belief I'm focusing on. It's an intangible energy in my mind and a slightly lifted feeling in my

chest. I separate the way I perceive this energy in my mind from the mental picture that inspired it and just live this basic excitement. I can keep it going while I go about my life, throughout the day.

But the mind never stops moving. After a time a mental picture, unconsciously and without my volition, comes up: doubt. I think of the millions of people writing and the odds against me achieving this goal. An emotion of despondency comes into my mind, barely tangible, and is a kind of heaviness around my stomach. This is a negative belief, focused on.

This is an important point. I thought, according to this new theory, if I keep focusing on this then I'll create failure. I'll write the book but not get it published. So I must keep imagining success every single moment and only have positive belief.

It didn't take long to realise this was a mistake. The more I tried the more the emotion kept returning, and stronger each time.

The trick is, again, separation. Now, when a doubt comes up and a negative belief, I don't push it away, I separate the mental picture (or pictures) that caused this, the feeling, the emotion of belief, and the way it exists in my mind and body. I don't push it away but touch it, feel it's quality – even have sympathy towards it.

Freud said that repression will lead to mental ill–health. Freud said a ot of weird things, but I think he was right about that. It takes a long time, but when I stopped pushing away the energy of negative beliefs

but touched them, they became less. Actually, they became more frequent to start with, but then began to dissipate, to come less often and within less intensity.

It's like I'm concentrating on something really important, say weaving a tapestry that represents my future, but I'm also in charge of a very naughty little child. I begin weaving the tapestry and the child starts being naughty, jumping up and down, tugging at the tapestry, basically doing everything it can to get my attention. The more I push it away the worse it gets. If I lose my temper and scream, it's even worse. The answer is to give it attention and love, but as soon as the little blighter is happy and quiet again, get on with the tapestry.

I'll be in India towards the end of May. For various reasons (previous visits etc.) I'm not entitled to a visa. You have to have an interview before they will give you one. I've been refused three times. I really, really need this visa, and the belief I wouldn't get it was a Habitually Repeating Knowing in my mind. So I started working with this about a month ago, changing my belief andf repeatedly focusing on the new one, and the emotion it inspired.

The day before yesterday I went to the embassy. I had to line–up for about two hours. I saw the embassy official arrive, the same man whom refused my last visa! Then, there's a big sign up: REPEATED APPLICATIONS FOR VISAS WILL NOT BE ENTERTAINED. Doubt and negative fear arose in me, inspired by mental pictures of the interview going badly. This was bad, as I'd managed to change the belief I wouldn't get it for a long time, and now I

was losing it again.

I've been practicing this now for a long time, so I decided to change the belief, there, in the queue. It wasn't easy and I had to touch the naughty child of belief alot, but I had two hours. By the time I was half way up the queue, my positive belief was back. Before me was a Japanese man with a modern art style tee–shirt. When it was my turn, I walked in, asked for the visa, and he gave me permission (a telex slip) straight away, as meek as a little lamb.

That evening, I went to celebrate in a place with live music. I promise this is the truth, the same Japanese man that was before me in line was there, and a small logo on his tee–shirt stated,

Seeing is believing,

But feeling is the truth.

Look at that. I've spent the whole e–mail talking about me. Sorry. Let's return to you. Why don't you 'chunk up' to an essence? When you were accepted for your social work course, you were jumping round the house with joy, why? Joy at what? What did you expect it to be, in one word? You said it was the same thing that caused your excitement, now is the thing you don't like. But initially, what caused the happiness?

Presumably this thing you expected isn't there now that the desired situation has come about. Could it be there in the future?

Could you get it somewhere else? Are you

dreaming to small? Do you believe anything is possible? Even if you have to live in a way you don't want to now, remember, every time you feel the emotion of a positive belief, you're already rich right now. Touch your doubt and fears, live your dreams and hope – and any possibility can then become just a matter of time.

Seeing is believing, But feeling is the truth.

Deepest wishes,

John.

[SIC]

This is one of the most inspiring sites on the web. I check in to read some of it almost every day and I always feel happier. Keep up the good work.

Shirley Pope

Dear Shirley,

Thank you for the e–mail concerning my web–site, especially as it was complimentary! I don't actually earn any money from the site, the whole thing is a labour of love, so it's nice to know there are people out there who benefit in some way. It's the occasional e–mail like yours that keep me typing away when I'd rather be lazy. Thank you so much for

letting me know.

Best Wishes,

John.

[SIC]

I share in your goal and at times I achieve moments of happiness but I lack focus. I have a tremendous amount of energy but I don't know how to channel it. I am at times obsessive compulsive, do you have any insights for me.

Sincerely,

Stephen

Dear Stephen,

Thank you for your e–mail concerning The Happiness Hike. Sorry I didn't reply sooner but I've been ill the past week. Actually, I'm only up now because I have to chase up a life–and–death parcel I'm waiting for that seems to have gone astray.

But it's so funny that you should ask about focus. After pondering the question of happiness all this time, it's beginning to boil down to this essence of focus.

Yet what could I write about it? Most of the

time we don't have it; our minds meander along by themselves, recalling random memories, thinking random thoughts, reacting randomly i.e. without conscious volition, to stimuli/events in the environment. Other times (though rarely) we do all the above consciously, with focus, and choose how to feel and react.

So what's the secret of it all? Well, I don't know. It's obviously very central to everything though. Take meditation for example. A meditator concentrates (focuses) on their breath, i.e. conscious focus. Each time a stray thought enters their mind (random focus recommences again/conscious focus is lost) they discard it and return to the breath. So what exactly is the meditator training/gaining control of in this type of meditation: focus.

I must say that I don't know anything about obsessive compulsive behaviour though, though the fact that you've mentioned it in a query regarding focus is suggestive that you've already concluded that focus, or extreme lack of it, would be inherent in this kind of problem. But you're asking me how to improve focus aren't you? Er, I'm not sure.

Now I'm in the very fortunate position to be able to travel somewhere quiet and write, and was planning to further pursue this idea. Of course, then my parcel went missing plus I got ill, so I've been side–tracked.

Though I'll be back on course soon, perhaps I'll know more then. For now, that's about it. I wish I could say something more relevant to the actual

question that you asked.

Best wishes, John.

Hi,

I visited your site about clairvoyance and read some of the interesting information you displayed in it. I have tried some of these methods (closing my eyes and visualizing images etc...) and have seen all the spots and other geometrical images, however when it comes to other images i do see them but i think that those images portray what thoughts are going on in my mind.

In other words i feel that anything i see is merely a repetition of for example events which occurred in the day or thoughts and events i wish for to happen in my life. I am not sure but maybe my problem is lack of relaxation and the fact that i am always stressed out, impatient and have a lot of anger inside me. I would like to ask you, do u think that i am on the right track? Another issue is that i am a faithful person and believe in God and destiny, so what God wants is what will happen, not what i want and can "visualize" will happen.

Anyway, after visiting your site, i thought that i should contact you and tell you that it is great to reach what you have reached and be able to relax that way and "work with your mind". I hope that you will read my mail and give me some frutiful feedback.

Thank you and best wishes.

Dear Maha,

Thank you for your e–mail concerning the clairvoyance section of The Happiness Hike.

Concerning your experiences and problems, I think perhaps you are right and your lack of ability to see spontaneous images could well be lack of relaxation. Of course there are many methods of relaxation you could try, including a section on The Happiness Hike.

Then again you always could try the practice while falling asleep or waking up, when your mind has tended to let go of worldly concerns a little. You said that the images portray thoughts going on in your mind at the time, though that doesn't sound so bad as there are whole methods of meditation just to observe this.

You also see things you wish to see come to pass in your life, and that's not so bad either, if you inspire excitement and belief maybe you can make these things come about. You seem disappointed, perhaps wishing you could have seen the future perhaps, which is fair enough.

Why not try stating a silent question you want answered once you have inspired these random images and let go, of course grasping after any particular experience is the best way fail in this; you mention you're an impatient person, so you maybe

just don't have the knack yet of letting go and feeling only mild expectation. If that's the case, then I don't know, just keep on practicing a relaxation method I suppose. Just let what happens happen and don't worry.

Talking about 'letting what happens happen', you said you believe in fate and Gods' will. This is a really deep question I suppose that we all have to work out for ourselves. Then again, if one believes in fate and destiny applying to everything, then if a person is visualising their future, were they fated to be visualising their future? Our each of our thoughts fated? If I decide I want a cup of coffee now (actually I wouldn't mind one), that thought and mental picture of my desire pop into my mind and inspire me to go and get coffee, was the coffee and not my thought concerning it fated, or were both fated – or is the whole thing random? I really don't know. I try and keep my mind open to any possibility and just be as happy as I can in life.

Anyway, thank you for your e–mail, and good luck with everything. I really love your name by the way.

Best wishes,

John.

Hi,

First off I'm a 17 year old male, and I've

been having this recurring dream numerous times

For about 5 years now. I came across your site, and I was just wondering if you can just guess at what this dream means. It doesn't really bother me much, but from what I understand dreams can tell you a lot about yourself, so I'm just curious if there is a hidden message.

The dream starts out I'm usually doing some activity like walking, or riding in a car. Then something always confronts me (it changes. Sometimes it's a person, people, or a dangerous animal) , and is intent on doing harm to me or my family. So I always whip out the exact same gun (S&W .40 Sigma series, pre–ban 15 round clip, etc) and draw it upon my target like I have done numerous times in real life target shooting. Here's where it gets weird. Once I'm ready to shoot, I gently squeeze the trigger, and nothing happens. I pull harder and harder, and the trigger goes down slowly.

Finally with all my might, it fires one round, but the bullet has the velocity of a sick BB gun, and the bullet bumps into the target (which is now very close) and falls to the ground. Then the dream ends once the person or animal is a few feat away from me, ready to kill me, and me feeling totally helpless.

I've tried very hard, and I cannot think of what this means. I'm very good with small firearms, and as far as I'm concerned I'm a perfectly normal teenager. Maybe it has something to do with that particular gun since I have never liked the feel of the trigger. Please help shed some insight.

,Mac Johnson

Also, This might help. I have other dreams that are not recurring but they are always “kill or be killed” type dreams. I’m never the attacker, but the person who has to defend themselves or die. Sorry if this is wacky sounding, I’m a good normal person, but this is what I dream all the time.

Dear Mac,

Thank you for your e–mail. Sorry for the slight delay in answering but I was away for a while. Concerning your dream, I’m not sure. There are all kinds of dream–dictionary type books about and they’re all rubbish because only you know what a symbol means to you personally. For example, just recently I dreamt I was watching a blind boy riding a donkey. At the time I was trying to decide where to go as I wanted to relocate. I decided the dream showed my lack of direction at the time, but the donkey represented my mother, as she works really hard (mostly for me) and I often feel guilty about it. To me, donkeys represent hard work, a work–horse type thing. Then again, to some kid who’s never seen a donkey working hard they might have only rode them at the beach for fun, so they would represent fun and frivolity.

Also, being European born and having never touched a gun, I didn’t wholly get the technical parts concerning firearms. Actually, as I recall, the first time I ever saw a gun in real life I was over twenty, on a day–trip to London there was an armed guard

outside Buckingham Palace!

So you can tell that Dirty Harry I am not. Oh alright, I'll try and say something. Often, dreaming of a journey or going along a path or road represents one's journey through life. The dreams obviously indicate a feeling of helplessness in some area. Of course, the thing that threatens you changes in different dreams, it could be an animal or person etc. The dream isn't specific enough. Like you say, it could even be just about the gun, though it seems strange to keep dreaming about something that's not particularly important to you.

The key, I think, to dream interpretation, is honesty. To just accept that all humans have human minds, and human minds aren't static but always moving between a huge assortment of ever–changing thoughts and emotions, and then just looking at a dream and trying to work out what it might mean.

Does helplessness ever feature in your life, does it now, when did you ever feel most helpless, or what could possibly happen that would make you feel helpless? If you really wanted to pursue this, you could always incubate a dream, that is fall asleep requesting a dream to clarify what it all means, then have a notebook by the bed. Maybe you don't want to go as far as this as you said it's not hugely important to you.

Then again, it must mean at least something or you wouldn't have mentioned it.

Anyway, I hope this is at least a little helpful.

Best wishes,

John

[SIC]

Finally I found a site I was looking for. I mean it is great by itself, but it also has links to other sites of my interest.

For many years I'm also on this journey trying to find happiness, realising it has little to do about materialism. Also, I'm quite lonely searching for friends with similar ideas about life. And then I found this site!

I had some minor experience with the things you talk about, alas with no special results.

The problem is probably in me, 'cause I'm not a very persisting person.(I had a course of Silva method a few years ago)

Anyway, I'm happy to know that you exist.

By the way, do you have any out of body experiences? It's a subject somehow related to your life style I suppose. What do you think about it?

The very best from me to you.

Marina.

Dear Marina,

Thank you for your e–mail concerning The Happiness Hike. It's always nice to hear when someone finds in helpful. You're right, happiness has

little to do with materialism, and when you start thinking differently to the norm in search of it – it's a lonely path. Then again, the Buddha said, 'Travel alone before traveling with a fool'! I've read alot of Buddhism recently as I'm writing this from Dharamsala, home of the Dalai Lama. I could have gone to a 'public audience' a few days ago and shook his hand, but I was completely broke and had to go down the mountain to the bank instead. I'm here for at least a month, maybe they'll be another chance.

Do you think you're not a persisting person? A lot of people think the same about concentration, i.e. that they can't. The truth is, we have no trouble concentrating on and persisting at what truly interests us. Think of a child playing intensely with a toy, so effortlessly persisting and concentrating on what interests her/him. Next, drag them to the kitchen table and make them study a school book for two hours—concentration and persistence evaporates.

Then again, imagine a forty year old person, they have a horrible job, absolutely hate it, and so have enrolled in collage—and they have absolutely no problem concentrating and persisting with a text book. How do they do it? They think of the end result, i.e. there are mental–pictures and fantasies in their mind of getting a better job, and the thought of this makes them HAPPY, and they have no problem, persisting, they probably even enjoy it.

I think that's the key to persistence. Think of the purpose of what you are doing. Inspire mental pictures and fantasies of they way you'll be when you've completed whatever you're trying to

complete. Keep day–dreaming until you feel excited—and maybe persistence arises in our mind.

You asked if I've had many out–of–body experiences. Well, yes. Actually, I think it was about March 98 I had an extremely significant experience that might even have saved my life. When I was about twenty I was really obsessed about the Siddhi's as they're called in India (psychic powers). Nowadays I pursue happiness, in various ways.

If these things happen spontaneously to me, and I do have some weird experiences sometimes, that's good, but I don't try and achieve OBE's like I used to. I think deep down I didn't really have much of a life when I was twenty, and the thought of disregarding my physical body and flying where ever I wanted was appealing (escapism in other words). Now I decide where I want to be and go there in my flesh body!

I'm pleased you said 'I'm happy to know that you exist', as I'm pretty thrilled to exist as well (most of the time). Anyway, it's pretty late here, so I'd better get on. Thanks again for writing, good luck with your pursuit of happiness.

Best wishes,

John,

Dear JSL

I haven't read your essays yet but I've "skimmed" – here are a few thoughts off the top of

my head (my apologies if you have them covered) ...

– Edward de Bono postulated that the pursuit of Happiness was the purpose of life in his early book "The Happiness Purpose". If you haven't read it, check it out, he has some valid points and – as usual – some revolutionary thinking tools to try.

– "Happiness" is an abstract concept and as such changes with the "eye of the beholder". The pursuit of happiness is perhaps more important since, whilst its' attainment is only transitory, the pursuit can be eternal. An appreciation of your own efforts to achieve happiness can be fulfilling in itself.

– Whilst I've consistently failed to achieve any form of meditation because of the volume of my "Mind–talk" I think it is worth trying for, so I'll definitely give your ideas on the subject a go.

– As regards getting published, when the message is important enough, it gets about. "John Brereley" was the pseudonym used by the 17th Century author of an explosively controversial series of books famous throughout Europe in their day. They were the Handbook almost of the Catholic Counter–Reformation yet for over 600 years the identity of the author was a mystery. Modern scholars now believe that the author was a respected, retired Lancashire court official – the original pin–striped clerk – who had something to say. My point? Your message – and I think you have a valid one – could be more important than your own quest for recognition. James of Lostock is now just a name in Duchy records but the ideas of John Brereley were

fuel in the great debate that shaped Western thinking.

Regards

John Brereley

(for I too am just another grey "Everyman" with something to say!)

Dear "John Brereley",

Thank you for your thoughts concerning "The Happiness Hike". If I come across "The Happiness Purpose", I shall surely look at it. You went on to say:

"Happiness is an abstract concept and as such changes with the eye of the beholder",

and I'm trying to think what to say about it. I suppose it's a concept as it's non–tangible directly; does it change in the eye of the beholder? Maybe. Maybe in the way we find it in different ways, plus it's subjective—then again we've all felt it in connection with something, and all know it's opposite, pain/suffering. I mean two people might feel happiness about different things, but strip away the things and is the happiness and well–being inside them the same? ... Actually I don't know.

You seem like a pretty intelligent, balanced person, so I shall be honest and say I didn't wholly agree when you said:

"The pursuit of happiness is perhaps more important

since, whilst its attainment is only transitory, the pursuit can be eternal."

To return to De Bono's idea, that the purpose of life is the pursuit of happiness, that seems pretty obvious I think. So take some mouse living in the forest, it pursues happiness, it looks for food and is happy when it finds it, looks for a mate and is happy when it finds one. So all its actions are geared towards the pursuit of happiness, just like us.

But then some lateral thinking, while we're talking about De Bono, turn the whole thing on its head, you could say all its motivations are based on escaping from suffering/pain. It goes looking for food to avoid hunger and starvation, it looks for a mate to avoid loneliness.

Another point is, if every single thing that lives is either pursuing happiness or avoiding suffering, depending on how you look at it, is there a purpose, a goal. Everything's going somewhere, noting is static. You're saying the pursuit is the goal, and it may well be; I don't know, I'm just doing the best I can!

Personally, I think we end up somewhere. I don't know. Maybe there's a transcendence. As intelligent beings with intellect, we look at the pursuit of happiness and come up with ideas on how to find it inside of our minds. We come up with ideas, based on a thesis. For example, personally, I'm really sensitive to noise, and I especially hate radios. I think all deejays should be put down, humanely. So sometimes I sit in a restaurant and the owner puts the radio on. I feel irritation, i.e. unhappiness arises in

me. I feel it in my body and perceive it in my mind. But the radio is making the owner happy because he/she likes it. So we can draw the conclusion that, as we said, it must be subjective. We can't say that there's a set thing in the world that is a cause for happiness.

So we can go further and speculate, or come up with the thesis that, if we find objects in the world that make us happy, personally in a subjective way, and aqcuire them, we will be happy. So we think about this. Take ice–cream. Someone really loves ice cream, goes and eats it to test if it causes happiness. They have a cone. Yes! It works. Two hundred grams of rum raison, extra chocolate causes happiness: thesis proved.

But then they have to eat two kilograms at gun–point (If you're not European I apologise for the metric measurements!). Do they enjoy the two kilograms? No, so thesis disproved. We can't say it's possible to find happiness from objects that cause personal subjective happiness for me alone, because an excess causes unhappiness and even if you eat just to your fill, the happiness goes when you're hungry again, so it's like you say, transitory.

So do we have to accept there's only transitory happiness available, that's it? Maybe. So the goal is to avoid transitory suffering and pursue transitory happiness.

Two problems. One, I'd be living like the mouse in the forest. There's nothing wrong with mice, they're great little things, used to have a few when I was a kid, even bred them. The thing is, as

lovely as the little blighters are, they're not really that clever. Our intellect has evolved a massive degree, and if our goal was the same, I don't know. I've got such a complicated mind, it would be a shame to have to think my unchanging motivations were the same as mice.

So, to achieve happiness, firstly I have to avoid things that cause unhappiness. Let's go back to the radio. Someone plays a radio and I feel unhappy. What can I do about it with my intellect in the pursuit of happiness? I can either be unhappy, leave the restaurant and be unhappy because I'm hungry, ask them to turn it off but then feel unhappiness the next time it happens.

Or I can think about it. It only bothers me, the owner likes it and it doesn't seem to bother anyone else. So we can't say the unhappiness in my mind is linked to the radio in the world in any way.

OK, so we've come up with: the emotions, one of them being happiness, in my mind aren't linked to objects in the world. Therefore, are there strategies to deal with things in the world that cause me unhappiness, but deal with them in a mental way, without changing anything in the world?

Are these emotions, that aren't linked to things in the world, under the control of anything at all? Are they under my volition. OK, so I go to a lake in the park. I imagine happy things. I think of a meal I'm planning this evening, I look forward to it, I'm happy. I think of a valentines card I once received and smile. I'm happy. The objects aren't there in the world with me. The valentines card is stuck in a scrap

book somewhere (I never did find out who sent that), the dinner hasn't been cooked yet. So I'm in the park without these objects and they make me happy. In my mind is "happiness", the mental pictures that cause it and a kind of ... space in my mind that is happy. I feel associated sensations in my body, round my heart area, like a kind of tingling upliftedness. (Actually, in Sanscrit, the words for happiness and unhappiness are Sukha and Dukha, which mean sweet space and bitter space). I can do the same with unhappiness: think of people that were cruel to me in the past, and even though these people are all a long way away, nowhere near me, these mental pictures can cause unhappiness right there in the park by the lake, where really there's no need or reason to be unhappy.

So we can say that I can inspire emotions in my mind independently of the world. Is it possible for me to sit there and just meditate on the feeling of happiness. I inspire a mental picture that causes happiness, then let go of the mental picture and just look at that barely tangible "happiness", the sweet space in my mind. I teach myself to focus on it exclusively. No thought in my mind, only happiness. Can I do this until it fills my entire waking consciousness? Is there a permanent, unassailable happiness?

I don't know, but if we do this then we're really crossing the boundary into meditation. OK, if this is where it leads. To acheive this happiness permanently, I would need ?ekkegata?, which means one–pointedness.

According to most texts I've looked at, one–

pointedness leads to ecstasy. Can this ecstasy last all the time? What about when something bad happens in the world and walking about in ecstasy isn't appropriate?

Well I'll have to cross over into Buddhism. Actually I'm writing this from Dharamsala, the home of the Dalai Lama in the Indian Himilaya, so I've been reading a bit and my minds gone that way. The three main meditations to achieve ecstasy are sympathetic joy, compassion and equanimity. Once achieved meditatively as a "Jhana", a trance state of ecstacy, then living back in the world, they can be called upon at will, as a one–pointed state of concentration and applied to things/objects/situations in the world that are contrary to happiness. So in a restaurant when someone puts on the radio, irritation doesn't arise in me, but the ecstacy of sympathetic joy at the owners enjoyment of the radio.

Actually, I've just read that back and am a little surprised by how ABSOLUTELY STUPID it sounds. Maybe it is? I don't know. Like I say, I'm up here and I'm reading alot along those lines and taking notes and am going to come up with some kind of strategy to pursue it on a practical level – and if I find the trick to achieve unassailable ecstacy, the readers of The Happiness Hike shall be the first to know! Then again, you could be right and the goal is the pursuit. No one really knows do they? We'll all just have to do the best we can.

I think I've gone on long enough. Concerning the annecdote of John Brereley. You said "your message ... could be more important than you're own

quest for recognition".

Maybe. But I want to be a millionaire too! No, not really, I want to be happy, the same as everyone else. It's not recognition alone, though that quest, I admit, is there (egotism?). I think it applies to all writers though. I mean, "John Brereley" might have "pin–striped clerk", so that was his day job! The thing is, on a practical level, I am a writer full–time, I have no other job. (Actually I do acrylic paintings but if you saw some of the pictures I think you'd have to agree I'm far more likely to make it with the writing). Yes, so there's mixed motivations deep–down, a quest for recognition, greed, guilt over all the money I borrow of my family – and a wish to live a lifetime where I try and make people happier.

However, I think you're trying to make me feel better, and it worked; it's always nice when someone writes. Thank you. Sorry for going on too long here. Also, the spell check's broken on this public computer, so sorry for any mistakes.

Best wishes, John.

John

Thanks for the reply, I was expecting my email to be a a stone in the well (not much chance the well will throw it back!). You sound like you're are on a a journey of discovery – Dharamsala, in the Indian Himilayas, absolutely amazing! You mentioned you do acrylics, so I can imagine the artist

in you must be blown away by the sights!

My journey was 20years ago when I went back to England to lay the ghosts of my youth. Hadrians Wall, Glastonbury Tor, Cavendish Labs at Oxford ... I settled and married my girlfriend when I got back to Aussie and we've got two kids now. I saw my path and took it.

... YOUR path is different, perhaps your questions are different from mine, perhaps you are trying to see into deeper waters? Take as given that individuals are different, then their needs and desires must also be different, if you want to talk about spirituality or philosophy some are shallow and some are deep.

"John Brereley" to me is the rebel that lies inside the "grey pin stripe". I took the establishment road, but it doesn't mean that I have to accept everything that the machine tells me. I find comfort in the fantasy, it reinforces my sense of individuality and free will. two people might feel happiness about different things, but strip away the things and is the happiness and well–being inside them the same?

Good point – although the reason for the happiness might change, the feeling of happiness is a definite – measurable? – thing.

... *the purpose of life is the pursuit of happiness*, that seems pretty obvious I think.

De Bonos point was that religions that see austerity as a virtue are on thin ice – I hope I don't offend by talking bluntly about religion? In fact there are dangers in thinking this way since you can get

caught up in hedonism, pursuing happiness at the expense of reality.

Does this mean Mother Theresa [sp?] of Callcutta was wrong to dedicate her life to service? In her case the satisfaction of her mission was her happiness.

So take some mouse ... all its actions are geared towards the pursuit of happiness, just like us ... you could say all its motivations are based on escaping from suffering/pain.

The glass is half full – the glass is half empty. Is the mouse running towards something or away from something? Which idea would give the mouse more satisfaction?

Everything's going somewhere, nothing is static. You're saying the pursuit is the goal, and it may well be ... Personally, I think we end up somewhere.

Another good point – you can't have a journey without a goal otherwise you are aimlessly wandering.

I especially hate radios. ... sometimes I sit in a restaurant and the owner puts the radio on. I feel irritation, i.e. unhappiness arises in me. ...But the radio is making the owner happy ... So ... it must be subjective. We can't say that there's a set thing in the world that is a cause for happiness.

(sorry for the paraphrasing) hypothesis – happiness is subjective

So ... if we find objects in the world that

make us happy, ... and acquire them, we will be happy. ... Take ice–cream. Someone really loves ice cream, ... Two hundred grams of rum raison, extra chocolate causes happiness: thesis proved. Experimental observation one But then they have to eat two kilograms at gun–point ... Do they enjoy the two kilogrames?

No, so thesis disproved.

Experimental observation two – Or you live for alcohol ... until your liver caves in and the pink elephants arrive.

We can't say it's possible to find happiness from objects that cause personal subjective happiness for me alone, what would work for you might not work for me anyway: I might not like ice cream because an excess causes unhappiness and even if you eat just to your fill, the happiness goes when you're hungry again, so it's like you say, transitory.

...So the goal is to avoid transitory suffering and pursue transitory happiness?

I don't know much Buddhism but I remember reading a Yoga text that said that the Western idea of "accentuate the positive and ignore the negative" is ignoring the reality of suffering – the duality of Yin & Yang, Black & White. (I know a bit of Taoism from TaeKwondo)

...I've got such a complicated mind, it would be a shame to have to think my unchanging motivations were the same as mice. Sure – it would be simplistic to think that the purpose of life is to react to stimuli like a lab rat! You can choose to run

the maze ... or sit and starve out of stubburness (passive resistence) ... or jump the walls and attack the lab techs (aggressive defence)!

...Let's go back to the radio. ... *What can I do about it with my intellect in the pursuit of happiness? I can either be unhappy, leave the restaurant and be unhappy because I'm hungry, ask them to turn it off but then feel unhappiness the next time it happens. ...or choose another restaurant* (just pointing out that as an intelligent person you could change the rules of the game)

Or I can think about it. It only bothers me, the owner likes it and it doesn't seem to bother anyone else. So we can't say the unhappiness in my mind is linked to the radio in the world in any way.

But that is because your dislike of the radio is subjective: it is a personal thing. There might not be another person in the world that hates radios but that doesn't mean your dislike is any less valid. If 90% of the population love soap operas more than Shakespeare I refuse to believe that makes soap operas any better than Shakespeare! Mind you I can respect their right to enjoy them just it would not be right to go up and turn off the restraunteurs radio.

OK, so we've come up with: the emotions, one of them being happiness, in my mind aren't linked to objects in the world. Therefore, are there strategies to deal with things in the world that cause me unhappiness, but deal with them in a mental way, without changing anything in the world?

Certainly, subjective emotions can be

handled by the mind but it would have to be a very developed person who could mentally handle objective irritations like acid burning the skin!

Bob Geldorf settled his distaste for seeing images of starving children on TV by raising money for famine struck Africa with "Band Aid". That was a case of an emotion being caused by a physical act and being solved by one.

Are these emotions, that aren't linked to things in the world, under the control of anything at all? Are they under my volition. OK, so I go to a lake in the park. I imagine happy things. ... I can do the same with unhappiness: think of people that were cruel to me in the past, and ... these mental pictures can cause unhappiness right there ...

So we can say that I can inspire emotions in my mind independantly of the world. Is it possible for me to sit there and just meditate on the feeling of happiness. ... Can I do this until it fills my entire waking consciousness? Is there a permanent, unassailable happiness?

You could but wouldn't that be hedonism?

... Can this ecstacy last all the time? What about when something bad happens in the world and walking about in ecstacy isn't appropriate? so you see my point.

You lost me with the mechanics of Buddhism / meditation, but that has always been a problem with me – too literal, analytical. I'm afraid i caused real trauma for my art teacher over his attempts to "explain" abstract art! That's not to say that there

isn't value to it, to the unexplainable "abstracts". Just like in Quantum Physics they say that trying to define an artifact or phenomena changes it – there are some concepts of the human condition that defy definition.

...I'm reading a lot along those lines and taking notes and am going to come up with some kind of strategy to pursue it on a practical level – and if I find the trick to achieve unassailable ecstacy, the readers of The Happiness Hike shall be the first to know! Then again, you could be right and the goal is the pursuit. No one really knows do they? We'll all just have to do the best we can.

Appreciating the pursuit is one way of gaining the maximum of satisfaction from a project – focussing on the end result could cause despondensy (I despise spellcheckers !). Even if you fail to get a positive answer you will have accomplished something by your negative conclusions. You could find points of value that could direct you further on your journey, closer to "the truth"

... Concerning the annecdote of John Brereley. You said "your message ... could be more important than you're own quest for recognition".

Did I really sound as pompous as that? Pretty unrealistic – I might as well have said that cobblers should make shoes for the good of their souls (as soon as I wrote that I realised

I had probably coined the worlds worst pun!)

... It's not recognition alone, though that quest, I admit, is there (egotism?). (So what's wrong with an ego?) I think it applies to all writers though. I

mean, “John Brereley” might have “pin–striped clerk”, so that was his day job!

...and this is why I’m going to all the trouble to continue the discourse – it makes me forget my Nine to Five and be your companion for a short time on the Roof of the World!

The thing is, on a practical level, I am a writer full–time, I have no other job. ...

You write well and have many valid points although I have had to work to grasp some of them – no worries: sometimes you have to work for the things that of value.

Stay safe and well, I’ll keep an eye on your website for updates

Regards

John Brereley

Love your Happiness Site

Hey there.

Just browsing your site and I find it to be quite fascinating. In fact, I agree with most of it. I intend to send a few people your way too.

The thing I wanted to point out was that in

your dreams section, you said you have a predisposition to think the worst of people. But the previous section talked about the capability of the mind to influence probabilities.

Have you considered the possibility that by thinking the worst of people, you're laying the foundation for them behaving that way?

Sam

Dear Sam,

Thank you for the e–mail concerning my web site. It's nice to know there are people finding it useful. I wrote the dream section ages ago and can't remember saying I think the worst of people, but well, I do actually—so I probably did write it!

But you're right, I sometimes do bring out the worst in people, or attract less than desirable ones occasionally. Most of the time I just avoid people, but I'm trying to get over that.

It's funny. I bumped into a friend recently. I knew him over a year ago in a different country, then just saw him in a cyber cafe. Anyway, we're not really that close, he's a real new age type, goes off camping naked with other new age types.

We went to drink tea and the whole time he waved his arms about flamboyantly while he explained how he mentally radiates love and peace to every person he meets, as soon as he meets them. He said it makes everybody peaceful and friendly. I don't know if I could go as far as this, but it made me think

of manasikara, which is a Sanskrit word meaning "first orientation". It refers to the first movement of the mind when it comes into contact with something in the world. So, say someone has a phobia of cats, then the first orientation of the mind upon seeing one in the world is fear. The problem is that first orientations are habitual and very ingrained, but not cast in stone. They can be changed.

I think when I first meet people, I end up maybe being cynical about them. But when I really look at it, the first orientation in my mind is being uncomfortable, like mild social phobia, or just plain old being shy. I think maybe the cynicism is just a clever way to avoid people. I might well have written all the pages that make up The Happiness Hike, but I very rarely speak to people. When, usually, I meet someone, the first orientation is being uncomfortable, then cynicism as a way to avoid them or leave their presence.

But you're right, I probably lay the foundations for the way people might act towards me.

I'm aware of the problem, but I'll just have to work harder at being a better man.

But thank you for your thoughts on the subject, and of course the compliment.

Best wishes,

John.

Hi,

My name is Michael Morris. I have been having some relationship problems with my girlfriend, and she broke up with me earlier today. And I'm confused about what I'm doing wrong, or maybe that see things the wrong way. Because of all this I decided to look for something on the internet to help me and I was wondering if you would help me.

I noticed a few of the distortion sections on your web page and I think a few of them relate to what I feel. I feel horrible. I came home and I'm lonely I look around my big house and I just suddenly get shot with an emotion of pain because when I look around I don't know what to do, like I have no guide anymore. Like I'm lost in the forest, and everything looks the same. I try to see my futre without her but I can't. It just doesn't want to show up. But when I think of us together in the future, I see everything. I don't know what to do. Do you think you can help me get around this problem?

Thank you very much for your time,

Michael Morris

Dear Michael,

How are you? I'm sorry to hear of the tough time you're having right now. Sorry I didn't reply sooner, but I literally haven't been near a computer for a couple of weeks. I'm leaving for Bangladesh in a couple of hours and have been frantically messing

about for days now getting sorted out all the things that need to be sorted out during a major trip.

I'm not sure what to say to you. I broke up with someone myself, seven years ago, burnt so badly there's been no one since. Thus, I could be the worst person to ask! However, I'm happy though, nowadays. I survived. You can fall down in life, very far, but as long as we're alive there's always possibility. There's no such thing as a night that doesn't become day at some point. Of course, this probably sounds like so much tripe when you're feeling like this. If someone had have said that just after I had my relationship problems, it wouldn't have been much help.

Come to think of it, I wrote the Happiness Hike and it's methods about five years after we broke up, but if someone had have given me all of these methods at the time I was going through this, I don't think I would have had the energy to try and even make an effort.

I'm not much use, uh? Anyway, I really do hope things start to work out for you soon. If you want to discuss it further, despite me not being much of a person to ask, I'd be happy to.

However, I'm not sure if the computers in Bangladesh are up and running yet. I was there a year ago, there were only cybercafes in Dhaka but none of them could get connected. I'll only be there three/four weeks though, then back on line.

But I'll meditate for you, and try and send you some positive energy. Considering the sad

pattern of my own romance life, it'll probably do you a heck of a lot more good than my advice.

Best wishes,

John.

Hey,

I appreciate the time. Yes, you are helpful and you shouldn't let anyone tell you otherwise, even yourself. This may not be a strong point, but you have made it further than I have so far, and it seems as though youknow how to pass the days. I have trouble though, It seems that sometimes I feel helpless, I find myself stranded, lost in my own mind. Making it difficult to take any action in life.

Sometimes I find myself just standing still looking at the ground because it seems nothing else is even worth doing. But it sounds like you've past a little of that and your moving now. I'm still pretty sore. I feel that looking at another girl is doing something wrong, and I just can't bring myself to do it. Yet I know that I do have to move on at some point. I just wish there was a way to win her back. I think maybe I pushed her faster that she wanted to go and it may have scared her, in fact I know that's what it is. Your trip sounds like it might be a lot of fun, What is it that you do that you have to take such long trips for? Her brother wants us back together, so he devised a plan.

He said that she really like romance. And that I should sweep her off her feet to let her know I'm still alive. He said that he will set her up on a blind

date, that will actually be me, but she won't know that, and to take her out to Reunion Tower in Dallas, have dinner, then afterwards take her for a ride in a horse drawn carriage around Dallas. And while on the ride give her a beautiful gold necklace, before taking her home. I'm willing to try it.

I'm willing to try anything right now. Well thax for writing back.

Truly, Michael Morris

Hi John

I am a 47 yr old man in NY. I enjoy your site. I see a wise young man...and a future teacher. Take care on your journey, but be bold. The immediate future calls for wisemen.

You'll be one of the best. Trial by fire always makes the best teacher. You have weathered the storm and found the path out and up. I know you've been in the middle east. I hope this finds you safe and well.

An admirer

Hi,

Thank you very much for the very meaningful compliment you wrote about my site (and

me).

Everything is good for me now, but I've just been through hell. I was in New Delhi, my new British passport was supposed to be ready on the morning six days after applying, I got it on the afternoon of the seventh. Then I had to apply a visa for Bangladesh. They also delivered this a day late. I had to change my ticket. With various delays out of my control I left India one day late, i.e. a visa over–stay (technically).

At the land border they wouldn't let me go; they just threw me back to India (with no current visa to be there).

I'm writing this from Calcutta right now. Yesterday was one of the worst days of my life.

Basically the British embassy here told me to go to the police, but I was in big trouble, possibility of jail. I ran all over Calcutta trying to sort this out, buying air–tickets, changing money. At the police station, after much begging, they let me off with a fine, endorsed my passport that I have to fly out only; I'm banned from land borders. Hah, I've got an endorsement like that in a brand new passport.

I'm terrified of flying, really, haven't flown for years, especially now—and living in NY you'll know exactly what I mean. I leave tomorrow, 1:30 Indian time. I've worried about that flight since I received the ticket. It only takes an hour, but I've decided to write an essay while I'm in the air, examining the essence of fear as it actually exists and in what ways it is an obstacle to happiness—and what

we can do about it. That way I'll either find some answers that make me happy, publish it and make other people—or my description of falling out the air will be helpful to flight crash investigators.

No, I'm joking. I've just come on the Internet to let my mother know I'll be off–line for three/four weeks as the computers are expensive and practically unworkable in Bangladesh, the world's third poorest nation—but I check my mail account and read your mail. You know, just recently I've had a few terrifying experiences, weird stuff, a near car crash, I honestly stayed in a haunted room in the mountains, lights, things moving round, the kind of things I laugh at on TV and ain't so funny when it's happening to me.

Maybe it's meant to be. I've faced up to other things in the past and found my answers, then written them and inspired other people. Maybe it's time to face up to fear.

So thank you, again, for reminding me, especially today when I'm so nervous, of my purpose, meaning and what I'm trying to do. When I'm up in the air, clutching my pen white–knuckled and scribbling, if it all over–whelms me—I'll recall what you wrote.

Deep regards,

John.

Hi,

I haven't found your name if it's on your site, but I want to thank you for the excellent manner in which you've articulated some very solid and effective thoughts and ideas. Your writing is very plain and clear and has much substance, which is the really important part.

I'm going to continue until I read your entire site.

I also want to share something with you that came to mind when I read the first part of your site where you ask about lasting happiness that doesn't fluctuate with the ups and downs of physical life. Like you, I'm not perfect yet, ;–), and still fall back now and then, but I've made so much progress in the last year due to my studies in the Western Mystery Tradition, particularly an organization called BOTA – Builders of the Adytum. ( ) They send you lessons to read which are really a journey, a guided experience into the discovery of your Higher Self. Their dues are very inexpensive, $10 per month, and the lessons are worth it. It's a cumulative thing, so you may not really "feel" a change until some time goes by, but in a year it has helped me through a marvelous transformation.

If you have never heard of it, let me say that you have already arrived at conclusions which are entirely in line with the thought of BOTA. You know the feeling of discovering the truth in different places in different forms? Well, that's what I felt upon

reading your site – the lessons of BOTA from another voice.

At any rate, I understood exactly what you meant about the lasting happiness that is not connected to the viscissitudes of life, only because I have reached that point through Bota, and am working on sustaining it for longer and longer periods of time. I'm telling you of it simply as an offering in return for your wonderful site. If you choose to try it for a year,

I'm sure your progress will be tremendous since you start at a point so much farther along that where I began.

Blessings to you,

Karen L.

Texas, USA

Dear Karen,

Thank you for the very nicely written compliment concerning my web site. It's lovely to receive such encouragement, especially during the festive season, look, I'm even replying to it on Christmas day.

I went and had a look at the BOTA site, very interesting. It reminds me of The Golden Dawn, which was a Victorian mystery order that petty much started all the ones that exist today.

Well, I mean they always existed, but secretly. It started in London when a man called

Matthews MacGregor, or something like that, found a book which was essentially the complete working manual for an order existing in Germany. It turned up in a second hand market. He wrote to them and asked permission to start up an English division. It was granted. Well everything was well and good until there was some scandal and in an ensuing court case, the manual was one of the exhibits, was read out in court, and all these previously secret things became public knowledge.

Well this caused a whole spate of books to be published on the subject. Of course India was still a British colony then and many British people returning from the subcontinent had studied Eastern religion and they also published the then new information. Victorian times, especially in Britain, are always regarded as a time of repression and extreme conservatism, but everyone forgets that all of this esoteric information was being disseminated for the first time then.

I used to live about ten minutes away from our towns only Occult shop. They had a great policy of buying ther books back once you'd read them, so it almost functioned as a library.

I spent pretty much all of my teenage years reading every single published book on such topics as was existing. When I'd read all that, I went onto more modern writing. Actually, I think people worried about me as I did this instead of going out or having friends or a job.

Maybe I was fated to do certain things this

life–time.

Anyway, I remember all those years ago that I did do a course which I think would have been very much like Bota. It was twelve lessons, one a month, through the post as the Internet was only for geeks at that time (I'm showing my age now). It's good that you're doing something like that, and obviously with an open mind as you mention finding the same truth in different places. I think perhaps there's something that guides us all along towards the truth. I notice when I get interested in a certain thing, an aspect of spirituality or a technique, then I start stumbling across books on the subject by strange coincidence, I keep meeting people who have alot to tell me about it, find relevant web pages when I wasn't even looking for them.

Now, you said you intended to read the entire web site. As I pretty much live on the road, I use the site as a kind of storage place for everything I write. I don't have a computer with my own hard drive to store all this on. So there are diaries, correspondence etc. Obviously, none of it is particularly private or it wouldn't be published, but if you really did read every single thing, then you'd know more about me than anyone. I'm hoping you'll get bored after the halfway mark and give up ... but good luck either way.

Well anyway, thank you again for the compliment. It's nice to read it again on Christmas day. I'm having a nice time actually. After I recovered from a hang–over this morning, I checked the computer and my family had all e–mailed me

with festive greetings, plus a friend I was worried about sent me a card and I'm relieved they're OK as we'd lost contact. I've got my eye on a little pendant, which I shall go and treat myself to later. I'll phone home, then go and eat and drink far too much of things that really aren't so good for my body. Ah, but it's Christmas!

Love and light to you.

John.

Hi John,

Your letter is a nice Christmas present for me. I did read "almost" everything on your site and I know for sure that I do love your sense of humor. It's more than that, it's a delight in living, I think, in life and in the world. Anyway, I got many chuckles from your metaphor of the biting dog and felt your humor in many other places.

I do have an open mind. After being "unconscious" most of my life, I'm finally awake and trying to catch up at age 53. I had one of those major transformations, when t. Pluto conjuncted my n. Mars and Saturn was on my Ascendant – if you're into astrology, and left my husband of 31 years. It took me three years, after making that decision, to actually do it, and now, three and a half years later, I see how good it was for me, although tragic at the same time. So looking upon the world as though for the first time, I see so many paths to the same destination and it amuses me that so many people are so determined there is just one – theirs!

Anyway, do keep thinking and writing and

living to the fullest and post it on your site whenever possible. I know it does good things for people you'll never see or hear from. It has already done good things for me.

Another soul on the Path,

Karen

In some cultures, I would be considered normal. :–)

"Life is a very different matter if we have a clue to its' meaning." Dion Fortune

---

Hi J,

I love your website – I will be studying it for some time to come, it is exactly what I needed. The polysterene balls anecdote made me laugh really hard – harder than I have at anything online for quite a while. Thanks and peace to you,

John

Hi,

Is it John or Julie, or a very unfortunate medical condition where you alternate between the two?(Note: This is a joke because the e–mail address was Julie) No, only joking, well whoever you are—thank you very much for the compliments. I'm honoured to think people read as far as that. Recently I checked the site statistics, which I haven't done for a few years, and was pretty shocked to see the whole

count was over 42,000.

And thank you for recommending the web–site. The book seems very similar to my site, touching on manifestation, quantum, creativity etc. Lucky I'm not a suspicious person. Actually, I take your recommendation to see it as a sign. Currently, I'm writing a full length book, basically a progression of the site but much further/deeper, and I plan to do the same thing. I'm going to get a domain specifically to raise interest in the book before I try and sell it. I'm even thinking of doing a small print run myself and selling it via mail order/book distributors, so it's nice to know there are credible authors out there doing the same thing... although I don't think this person's sold that particular project yet.

Anyway, thank you again for the compliment.

Best wishes,

John.

[SIC]

I've only seen two of your pages and already I'm falling for it! I mean, it's catching me.

I've just finished my first novel – first draft – and was inspired to search happiness.

Just thought I'd say 'hey' to happiness. And Thanks.

pictureyourselfinaboatonariver.....
.....

.....hc

HurleyCreugh

Hi

Yes definitely write a book. I've just discovered your site. Excellent work! Very interesting.

Eva

Dear Eva,

Thank you for your advice, to write a book, which is exactly what I am doing right now. I don't mean a synopsis and sample chapter; I'm doing a full 70,000 words (minimum) with diagrams. It's going to take forever, and then no guarantee I'll find a publisher. But even so, I might start a company and publish myself. Either way, if it (when it?) ever sees the light of day, I'll let you know. It's nice to have received your little e–mail now, surrounded by papers, notes and self–doubt, I'll work even harder (if that's possible).

Best wishes,

John.

Hey John,

Thanks for the reply. Sound like you are a little overwhelmed. Don't be. I can understand as I am starting a book myself and find that it just goes in all sorts of weird directions. The main thing is to enjoy the experience and not put unnecessary pressure on yourself, (remember nothing lasts forever, especially writing a book.)

On the weekend I did the dream analysis and found it to be very helpful. I had been recording my dreams for a few weeks back although I didn't have any reason as to why I was doing this. Anyway I went back and analysed them and thought "gee...that's really interesting."

I was wondering do you live in Australia?? If you would like help promoting your book here let me know I might be able to help out. Have a great day and enjoy yourself!

Eva

Dear Eva,

I can't believe this. I've been in this cybercafe for ages, awful connection, now I finally get round to everything and it's midnight, all the lights are going off. Sorry, I'll be on line tomorrow and hopefully at a more reasonable time. I'll write then.

John.

Dear Eva,

How are you? Thank you for your e–mail. I'm here at the far more reasonable time of 11pm. at

night instead of midnight. It's good to hear you're becoming interested in your dreams, though I had a nightmare last night myself, funnily enough (not that it was funny).

I try not to pressure myself concerning the work, though maybe a little pressure is good if I work harder. I suppose there's pressure in a way as I've set myself the deadline of February 22nd to sell a piece of work and at least get some kind of advance. I'm writing full–time and haven't sold anything for ages, so I had to ask my family for money, which irritated my 'brother', who said (well shouted) I should set a dead–line to succeed, and then when it passes, do something else. So, I want a synopsis for this project completed, plus two other projects (one Buddhism, one about travel), ready and sent out to publishers before May 31st, then I shall finish the main project between May 31st and February.

If I don't sell it, then I'm not sure what exactly. I'm looking into business, thinking of self–publishing just the main project (tentatively called "A Happiness Blueprint"), and taking a few outside scripts from other authors. Plus I already know HTML code, so can write web–pages, but I'm learning C++ programming language, which might make me a bit more employable. I'm learning from a book, but it's better that way, it's just the way I learn, I learnt HTML this way.

Oh, but I live in India, am writing this from New Delhi. It's difficult as I'm half Indian but a British Citizen (Mother's Belgian so I'm completely mixed up). So it's difficult as I'm vaguely entitled to

residency/a business license, but the paperwork's a nightmare and I've lost touch with my father. Ha! No, it's even more complicated that that, grandfather was from India, father was born in Kenya, a Kenyan Indian (and citizen).

Yes, so it's all a little complicated. I plan to send the synopsis to European and US publishers, maybe send out ten synopsis (what's the plural of synopsis?) and maybe forty query letters. It's hard as I need either British stamps for an SAE to my family's address, or International Reply Coupons for US companies, but these are expensive and rare here.

Ah, but I'm happy enough in the moment, writing away. If I can't use my mind to find solutions and happiness, for myself and everyone around me, then I'd be a bit of a hypocrite wouldn't I. My beliefs are positive and strong and often dwelt on.

Yes, and thank you for writing again.

Best wishes,

John.

[SIC]

It's great to hear a little about you and your life. Maybe you should concentrate on one projects per time. (Excuse me, but i have a habit of suggesting ways of doing things to people.) I don't know if you know this book its called "Absolute Happiness," by Michale Rowland. Its an average book about achieving happiness, however it has gone absolutely off here in Australia. So I am sure yours will be a

success.

Being in India makes it difficult I am sure!!

Anyway my main mission at the moment is to try and get over the fact that my 2 year relationship is no longer happening and try to find inner peace and happiness. The latter is expected by most I am sure.

Anyway take care and keep happy, Eva

Dear John,

Subject : Lessons Learning....

I have truly enjoyed reading your website. I am using various techniques that you have described in order to make my life better. The one that really seems to be helping me out the most (at this time) is replacing negative thoughts/feelings with positive thoughts/feelings EVEN when I'm right in the middle of the process of a negative experience.

Since I have spent years altering my chosen reality by deconstructing my filters/beliefs, it is probably easier for me to truly believe that "as you think so you become" than most people; but thank you for reminding me.

At 41, I have been searching since I was about 13 for my own personal meaning and purpose. I have studied everything from the Existentialists through Platonists, from Buddhism through Sacred Geometry, from palmistry through magic. It is only recently that I feel that I may be on track to self–

actualization (oh yes, I've studied a boatload of psychology as well). Your site has been a timely addition and a gentle reminder.

You are an excellent and accessible non–fiction writer. This is your strength. Go with it. Submit to "New Age"–friendly publishers like Llewellyn, Hay House, etc..

I hope that your travels are going well for you. Please write to me if you are interested in a dialogue with yet another reader (though I forewarn you that I'm a terrible correspondent and often really really busy).

Thanks,

Terri

Dear Terri,

Thank you for your e–mail. It's the greatest pleasure I have to hear when someone read the site and became better because of it, really, it's my true happiness from life. It's also nice to receive it while I'm making a second attempt to write everything up as a full–length non–fiction book.

It's hard to believe, but I put the main body of work up about three or four years ago. But we sound like the same kind of people in that we never stop reading, trying to learn new things and techniques. Each year I'm a wholly different person, and, again like you, I was this way as a child. In the ensuing period since loading the site, my whole philosophy has grown, and I've come up with many

techniques from my own ideas as you get to the point where everything you read becomes a variation of everything you've already read and so from then, ideas and inspirations have to come from within. But I was influenced much by the Buddhist Abhidharma in the last year. You mentioned that Buddhism was one of the many things you looked at so perhaps you know it. The thing I'm working on isn't Buddhism, but I liked the Abhidharma as it was really the first ever psychology and it looks at the the mind in its seperate component parts. I agree with an awful lot of it, but not all of it as it's ultimate purpose is to become desireless.

However, I'm trying hard to think how to explain this. Say, for example, a compassion meditation, the radiation of kindness. You choose someone you wish to feel compassion for.

Then you have to raise the feeling of compassion. To do this you use a mental picture. So it can be anything, whatever works for you, maybe a picture of a little puppy about to be run over or the way you felt watching a friend with a lingering and serious illness. It doesn't matter what it is, you just create mental pictures until you can feel compassion in your mind.

So what exactly is that, in its component parts? The mental pictures are one thing, but then there's this vague energy in your mind and sensations in your body. You concentrate on this "conceptless emotion" alone and intensify it, without the mental pictures, and then you bring to mind the person you wish to radiate compassion to.

You could practice this to heal yourself, as by doing it for an enemy you'll eventually change your habitual reaction to them.

But this is the Abhidharma. It made me realise that we link our emotions indelibly to things in the world. The significant thing about the compassion meditation above is that we can use mental pictures to inspire an emotion, but then transfer that emotion to a different mental picture.

So if emotion isn't indelibly linked to any particular thought in the mind, then it shouldn't be indelibly linked to anything in the world either. So say you have a neighbour who's a total inconsiderate idiot and every time you meet them you feel loathing. One morning a cheque comes, a million dollars (or whatever currency you use where you're from), and you run out and meet them and are friendly and happy while you converse with them. So, it's easy to see that emotion isn't indelibly linked to anything in the world. OK, so where am I going with all this? The basic idea is to always see emotion as separate from any thought or thing in the world. Now with most "conscious creation" methods, like creative visualisation, you have to create mental pictures of what you wish to create, and then feel the happy emotion they would cause if you had them as though you actually have them now, with a belief that you can create them.

This is good, but there are various problems. One, you can see it in your mind, but you can't as yet see it with your eyes, so doubt could set in, or yearning. Also, you're not separating the happy

emotion from the mental picture of the desired dream, and this will cause attachment. So if you ever achieve the goal, then it's subject to loss, and in the future it would cause unhappiness. Plus, of course, you could lose the possibility. Say you're trying to become a pilot and fly planes, it's your dream, so this is what you visualise, but when you go for a medical they diagnose you as colour–blind. Now there's no way you can ever achieve this, and this will cause you pain, as... the emotion is linked to the mental picture (of being a pilot) now and the situation (of being a pilot) in the future.

So, my idea, one of them, is a different kind of thing to creative visualisation, as it's closer to a type of meditation. You have to focus more on the emotion that on the mental pictures of the goals. You raise the emotion (happiness) through various techniques, but then it remains independent. You do indeed mentally picture what you are desiring, but in–between focusing on and strengthening and experiencing separately the emotion. This will eventually bring about the goals into your life, but because you are focusing on the emotion and not the objects primarily, they come without attachment. Their possible loss doesn't cause despondency because the "creative visualisation" is also, at the same time, a meditation on inspiring emotion independently.

I don't think I've explained that very well. Oh, but this is just one little part of it, there's so much. For example, a while ago someone was bothering me in the street, following me, I walked

fast and got really scared.

However, the man was one thing, and the emotion in my mind and body was something else, and so I watched this "independent emotion", and tried to experience who is the self which experiences it. What is the watcher in my mind? So I've kind of developed a "use basic independent emotion as an exercise to perceive the self". So with this any negative feeling can become a meditation when it is "delinked and independent".

Oh dear, I don't think I explained that too clearly either. My excuse is that it's midnight, and they're turning the lights off in this cybercafe, so I'd better go. But thank you very much again for writing.

Best wishes,

John.

Dear John,

Your thoughts stemming from the Abhidharma were interesting. I never studied that part of Budhism, but it sounds very much like deconstructionism.

You had talked about a step–by–step method for eliciting internal happiness much in the same way of a compassion meditation. (I guess that the contemporary name for that might be behavioral modification.) I feel uncomfortable with re–assigning emotions; it just smacks of effort and seems un–genuine. Yet it is an exceptionally good treatment for phobias....

I think that contentment is the foundation for happiness. Contentment is separate from the ebb and flow of the more superficial emotions, such as frustration or giddiness. Contentment is more akin to a "state of grace", whereby no matter what comes your way, you fully feel that everything in the universe is in it's place. It is coming out of a position of love and (I hate to say it): faith.

My son and I have had discussions about faith, and we have come to the conclusion that faith is like the carrier signal for wishes to come true. Belief in something is the filter or gateway for allowing it into your consciousness. Faith is that filter or gateway before you have ever have proof that it works.

So you live out of a foundation of faith; faith that no matter what you get hit with, the universe will still support you. I know it sounds lame, but it's like believing that the fabric of life will hold you up and not let you fall. But I guess that this interpretation of faith pretty much requires that you have no fear of death. Actually, when taken to it's extreme, it seems to have a lot to do with not constricting in fear.....

I am a very slow typist, and still have more work to do tonight (I'm a toy sculptor), so I will bid you a goodnight. Thank you for writing. I hope this message finds you well.

Warm Regards,

Terri

toymasters@hotmail.com

Dear Terri,

How are you? You e–mail did indeed find me well. The cybercafe owner just said, pretty much as I typed the "Dear Terri" part of the message, that I have five minutes (it's midnight), thus I can't do your mail justice now. Tomorrow is Holi in India, it's a festival there they throw water over strangers as a kind of joke, it's coloured water. They use tikka, the dye Indian women use to colour their foreheads. Yesterday I was at the bread shop and a bag with about a liter exploded down my back and I turned to see a kid running off and everybody laughing.

So I'm going to hide all day. I don't mind it, but there are fireworks as well, these I do not like as they too are often thrown by children. I shall write again when I come out of hiding (they're turning the lights off in here now).

Best wishes,

John.

Dear Terri,

How are you? I'm out of hiding now and managed to pass the holi festival with just one bag of water thrown over me, so I've done quite well. Concerning your thoughts... I suppose re–assigning emotions could be considered ungenuine. I mean, if you're at someone's funeral and just turn on "independent happiness" and stand there smiling like an idiot then people would consider you cruel. Plus, of course, if you're upset at the loss and repress it then it would lead to various problems mentally, and

probably physically. So obviously, a system of training one's mind to cope well with the world would be to do with changing the way we relate to emotions we experience as negative, there has to be some kind of acceptance.

Then again, if you look at it, this is the way I'm classing it now. There are really three types of emotion, reactive, like at a funeral, the sadness is a response to what you can perceive in the world. Next, spontaneous. So you might just lie on the beach with your eyes

closed and spontaneously recall a film you saw a few years ago. The memory comes into your mind for no particular reason. Lastly, volitioned emotion, that we can choose to feel certain emotions. If we didn't ever choose to feel certain emotions, then we would be complete slaves to whatever happens in the world or spontaneously arises in our minds. True, there are some things that happens where the lesson is acceptance. But surely not always. You used the word "reassigned" in your e–mail, but it it wholly bad? I mean, say you decided to go on holiday for two weeks with a new friend, but when you get there it turns out they are the biggest sour–puss grumpy face in the whole world. So for the first two days you let it get to you and are miserable as well, but then you think, "Ah to hell with them, I'm determined to enjoy this holiday", and so you do. Is that bad? Is that "reassignment"?

Obviously, not all emotions can be chosen, it kind of comes back to changing what you can and accepting what you can't.

It's interesting what you say about faith. To get all my ideas out and work written I'm writing a private dialectic with my higher–self. That sounds stupid, but it is a good way to make sure I cover everything, from this I cull conclusions, from this, chapters. The way it's going now I'm focusing a lot on expectation. It's really deep to go into. Simply, how do you create thoughts in your mind. I mean, say you want to visualise a red rose in your mind. EXACTLY how do you create that in your inner–world? If you really, mindfully look, you kind of just blank your mind and... expect, the mental picture to emerge.

But how do you move your body. If you slowly and mindfully move your arm, how does your arm do what you want it to? It's very hard to see, but I think you kind of expect it and it moves?

How do you bring on a seperate emotion, like "contentment seperate from the ebb and flow of more superficial emotions"? Is this arising spontaneously or are you choosing it? If the latter then how, exactly, is this created?

Now the next bit is going to sound nuts, but I think if I draw enough diagrams and complete 70,000 words, I could maybe convince many people who buy the book! The same expectation that creates our inner–worlds, moves our bodies, etc. creates the world we have around us.

Yes, it does sound nuts when I say it like that, I just can't put it more clearly in a short e–mail.

But, even if you didn't quite get that, what's

the difference between faith and expectation? If you have faith that something is going to happen in the world or that you are protected no matter what happens to you, is that hoping or knowing? Wanting or expecting? I don't know, it's a rhetorical question.

I'm thinking of calling the book: "You Get What You Expect". Or maybe you'd prefer, "You Get What You Have Faith In." But that doesn't have quite the same ring! Can faith be negative, like someone who always worries about their health, convinced they won't live much longer?

What do you think?

OK, I've got to ask: what does a toy–sculpter do? Don't say "sculpt toys". I don't know a thing about kids (everybody I know advises me not to breed), but aren't "toys" incredibly expensive things in boxes made by machines?

Anyway, I'd better get on. Thanks for writing.

Best wishes,

John.

[SIC]

ba da bing, ba da boom. You're absolutely right; thanks! gb

Dear JSL,

Subject : RE–outer method 2

How has your day been? Well firstly i would like to say that your web site is great, with a lot of amazing and helpful hints in making life better. However i would like to ask you a question that has been pondering in my head for a while now. It is in relation to the 'Outer–Method 2' Cognitive Therapy. The question is about life in general but i will be basing it on the example of the dog biting me that you used. I was wondering whether you weighed up 'naivety'? I mean what happens if the owner does teach the animal to be vicious, or that the owner never liked me, and has trained the dog to purposely bite me? ETC? But i believe it is pure 'naivety' for people to think the opposite? I would love to hear what you thought about it?

Rich Thompson

Dear Rich,

Thank you for your e–mail and interest. I did indeed have a nice day, working on a new e–book and staring at the ocean.

To answer the question, you're suggesting that naivety should be one of the cognitive distortions? Maybe. Firstly, I wrote that page a long time ago and had to go back to remind myself what it said. Secondly, the ten distortions aren't my work (I think I mentioned that somewhere), but were formulated by Dr. David Burns, author of "Feeling Good". I included my version in the site because it tied in so well with the rest of my philosophy, and

also I found this method personally to be very useful.

But to answer what you are asking me. I think there are two things to say. What, specifically, is naivety? It means a state of not knowing something or assuming things to be better than they are, a state of innocence. So in this sense, all the distortions are naivety as naivety is thinking the world to be different than it is.

The second thing, I think, is that the point of finding the distortions is to be happy, so you could decide you were generalising and let the thoughts go and be happy again, or you could say, "Oh I was magnifying", and let the thoughts go and be happy again. If you say "I'm naive, my neighbour's a psycho". Well, that doesn't make you happy. Surely you were more happy when you were naive and it hadn't crossed your mind that you live next door to a psychopath who despises you, has trained his dog to attack you, has just applied for a gun license and yesterday ran out of Thorazine.

Yes, this is my answer. But it was an interesting question. Again, thank you for your mail, and, of course, compliment.

Best wishes, John.

---

hi jsl,

Wonderful go! been trying your approach and liking it. Its bloody tough of course but yields in good ways. What i especially like is the 'probability'

concept which is the key for me.

donno what u r doing now or if the book is already on the shelf; but wherever u r, godspeed.

regards,

Shine

Bangalore, India

Dear Shine,

Thank you for your e–mail. That's a great name, I'm trying to guess if it's really yours. Possible, I met an Indian man in Goa once, used to run the cybercafe, and he real name was Roulette, so who knows?

It's strange you should write from Bangalore; I'm in Delhi now, but was in Banglaore about two weeks ago. I stayed over by, I don't know if I can remember, is it called the majestic cinema area near city railway station? Anyway, I ended up getting completely scammed by the hotel, so badly in fact that I told the police about it. But it's so expensive there, I wanted to stay in MG road but every single place was full. I wasn't having much of a time, but then found an expensive place called, I think it was Tycoons in... nope, can't remember the road name, but it was a good atmosphere and I just sat there all day writing.

Anyway. My book isn't on the shelf yet. Just before New year I started on a sample chapter as part of a book proposal. Various titles, as yet undecided, possible ones are: A Happiness Blue–Print; You Get What You Expect; Happiness, The Assembly Instructions; Pain, No Gain; The Curse and Miracle of Expectation. I'm still trying to choose one.

Well I got side–tracked due to various problems over January and February, but finished the draft in Hampi about ten days ago. 35,000 words with about fifteen diagrams and countless colour photographs as illustrations. Obviously there's no way this can be a sample chapter for a book proposal, so I'm turning it into an e–book. I'm hoping it will be accepted by as they pay 70% royalties and have a good reputation. But I don't have a computer and so can't buy the compiler software I need, Plus I wouldn't know what a .pdf file is from my foot. Yet these are all far off problems that I'll worry about later, I'm just concentrating on finishing the book itself now.

But I'm in India on a tourist visa (as usual) which expires on June 6th, so I'm leaving for Nepal on Sunday. There, I must finish and submit the e–book, write a reasonably sized print proposal, submit all this and then wait three months for all these publishers to answer me. It's funny you should wish me god'sspeed as I could do with it. Money runs out February. I had a strange dream where someone was telling me I should practice my own methods. That would be nice, but I write pretty much all the time I'm awake, not even time for a quick meditation or

whatever.

However, it is indeed nice to receive your e–mail, from someone whom my ideas are obviously making some kind of difference. It's the kind of thought to keep me going when I'm faced with a seemingly never–ending project, with no guarantee of success what–so–ever. Thank you, indeed, for the encouragement.

Best Wishes,

John.

Dear John,

Looks like you are still having a ball on the hike. sorry you got scammed in blore; the majestic area is the very worst – the usual tourist trap for those just alighting there. I do not know too much about good hotels here myself though i have been in this city for over 5 years – am from cochin, kerala. Friends and relatives are taken to various hotels each time to chance their comfort level.

Thank you for sharing some of your travel notes; it creates its own happiness in a way (another reason travelogues are popular? besides the 'new'ness factor?); and you have obviously stuck to your philosophy of not picturising everything as a breeze–thru... also a bit of a rarity in being an European being able to relate so easily to things Asian. I mean when one starts to find irony and meaning in a situation, obviously one is then at ease with the place, isn't it?

i remember my early days as a programmer and so can empathise with your struggles with the funny box and confusing file extensions. If its any consolation, even coders are trying to figure out what the new fancy tech words mean – each day u get another dozen! but I guess at least, we are getting paid for it.

On the book front: My feeling is there are people, whose sensibilities are open to such ideas more often rather than discard them off–hand; But more importantly, everybody in the world has moments when a book like yours would be the best thing to happen. So on with the march, soldier! our prayers are with you.

Personally i have grown thru books by ayn rand, john fowles, iris murdoch, le carre(!), kerouc... not in absolute terms but distilling some essense from some of the characters – the idea of what a man could be (that is the possibility! again) – always true to some inner–philosophy and therefore happy! not making much sense am i? sorry for hitting you with all this... anyway, i wrote to you because i felt you had been more clearer in approaching the concept of happiness..

wishing you happy journey and good fortune.

regards,

shine (its my real name alright. I hated it when i was 10–15 yrs old – sounds like a detergent brand; but now i like it very much myself – thank god for maturity!)

ps: if your book is coming out with a ‘travelogue+happiness methods’ style, then

Happiness Hike is really the ideal title.. otherwise, happiness handbook? happiness as possibility? possible/possibility + happiness would strike it well, after all isn't expectation = possibility? besides everybody is tired of Expectations as a word – beginning with the parental/school – "we expect you to..."...

[SIC]

I admire you very much for your persistent hard work and never giving up. I am much older than you and have written many ideas and stories for young children but have no courage when it comes to submitting to a publisher. You have given me hope.

Dear Bridgid,

Thank you for letting me know you enjoyed my site and have found the courage to start sending work out. Of course, once you get the courage, then you need the perseverance; I'm sure you'll have both in ample supply.

Best wishes,

John.

Dear Sir/madam,

Is this true? Can happiness be found? I obtain

this Glorious blissful state for only fleeting moments and the rest of time is spent drearily accepting the daily drudgery of pain and resentment:–(I so, so much want, need, desire just to be happy. I've got 2 new sons to 2 beautiful loving women and I seem to shoot myself in the head daily regarding there and my happiness. I want to teach my sons the joy of life and only to be happy in whatever they do. How can I do this went to me life is so full of pain and apathy.

Can you help? I'll do anything! Please...

Dear Kevin,

Thank you for writing. I'm sorry to hear that your life isn't exactly as you wished it presently.

You asked if happiness can be found, meaning you seem to have lost that sense of possibility, but you know deep down it can because people walk into it from misery all the time.

You said, "*I obtain this Glorious blissful state for only fleeting moments and the rest of time is spent drearily accepting the daily drudgery of pain and resentment.*" What did you mean by that? People generally use the word "resentment" directed towards something/one. Let me look it up in the dictionary.
RESENTMENT Pronunciation: ri–'zent–m&nt

Function: noun Date: 1619 : a feeling of indignant displeasure or persistent ill will at something regarded as a wrong, insult, or injury

Is that how you meant to use the word? But you mention two loving women, so presumably it isn't them, but someone/thing else? When you do manage to "*obtain this Glorious blissful state for only*

fleeting moments", what are you doing? I am no God, genius or saint, just a person, but I did walk through misery into some kind of answers and lightness. I've got no idea if they're your answers also, but I don't turn people away who ask me something. I don't know if I can help you but if you say a bit more I'll try and think of something helpful to say.

Best wishes, John.

John,

Thank you so much for your response. Firstly, thank you for pointing out my use of resentment. Your right, most people do use the word towards another person and in my case that can be true as well. And that person is most likely my mother. Everyone has a tale to tell about there parents and I am no exception.

The truth is that I don't really know if I RESENT her or not and truly "I don't care". I am very angry at her for putting me in the position she has in life, but in truth I just want to move on and that's where the "I don't care" comes in.

I do however feel and resentment towards most people, and I have no idea why??? I have such love and kindness in my heart but arrogance and self–cantered "ness" are the trait's I exude to people. I have no idea how I've gained the love of the other women in my life.

One is my wife and the other is an ex–lover, both of which have given me their friendship and the most loving beautiful sons one could ever ask for. And most definitely these are not the people my

negative feelings are directed towards.

As for the moments in time that I am consumed by joy, well as you mentioned on your web page, they only come when I'm enjoying the material things in life. Buying a new car or some other toy for myself. I do gain great pleasure in spending time with my sons and when I can do something the help others.

That feeling just disappears too quickly though. I am so very happy to read your comments about your not being a saint etc as I am not a spiritual person, that's not to say I can't be I just can't believe in the almighty god or whatever! I think I believe about individuals being in charge of their own lives and happiness. That is why I've written you.

I work in IT and spend a lot of time on the web, however I have never corresponded to another person of whom I am not acquainted to. I enjoy reading the words you've written and as you can tell I so very much have to/need/desire happiness. I just seem to never get there and any help you could give my would be appreciated beyond my comprehension. I cry lonely sad tears every day yet I have some fantastic people in my life, and I am so tired of this.

I see people a million times worse off that me a million times happier????? Again, any words or advice would be helpful.

Sincerely, Kevin

Dear Kevin,

Thank you for your e–mail. I'm not sure if what I can write will be helpful, but I hope so and I'll do my best. Have you considered the exact nature of your goal? What exactly is, in pure essence, the holy grail of "happiness"?

You say you're happy, for just a fleeting time, when you've bought some new toy such as a car. So you stand there admiring the new possession and it makes you happy, for a time.

Separate all the components of "happiness". First of all there is the car itself, existing in the world. It's a physical object perceived by your senses. But it's a car, it is not in itself the happiness it causes. The car outside in the world is one thing, the happiness it causes in your mind is another thing.

Also, a car doesn't inherently cause happiness as a reaction to itself. It wouldn't make me happy for example. If someone gave me a car as a gift, it wouldn't cause happiness. The thought of selling it and getting a load of money would cause happiness, but not the car. I don't like them. In the past three years, I've been in a car maybe five times. For short distances I use a rickshaw, for a long way I go on the train. But back to the car example. You stand there in the forecourt looking at the car, and it makes you happy. But then you decide that you're thirsty and so you go inside and make a cup of tea.

You sit there relaxing on the sofa, sipping the tea and thinking random thoughts. But then you start thinking about the car again. You start imagining weekend drives with your family and envious friends. Yet the car is outside and you are inside. You can't

perceive it. Therefore, if the car's not there then it's not the car that's causing happiness. It's the thought of the car. Now while you're imagining this, somebody steals the car. But you don't know this yet, so the thought of it still makes you happy. The point I'm making is that happiness usually exists as a reaction, either to objects events or situations in the world, or as a reaction to thoughts in the mind. It all seems so fixed, that you need this and that and this to be happy, but the fact is: it isn't fixed, it's fluid.

Say you have some awful fight with a colleague. There's bad feeling for a couple of years. Every time you meet them in the world, they cause unhappiness in you as a reaction. Every time you think about them in your mind, you always think of them as doing something negative and the thought of them causes unhappiness as a reaction. But then one day you read in the local newspaper about some wonderful work they've been doing for charity. It makes you feel different about them.

You think that maybe he's not so bad after all. You imagine him involved in charitable work, and the thought of it causes happiness. When you meet them in n the world you see them in a new light. The emotional reaction is transformed. On first glance, it appears that emotion can only ever occour in reaction to something and that these reactions are fixed, but this is untrue.

Think of the way your mind works. There's usually a long stream of thoughts and mental pictures occouring, all chugging along by themselves. One minute you're thinking of the kids, the next recalling

an old school friend, then you remember you didn't pay the electric bill and you make a mental note to do so. You aren't choosing these thoughts, they just keep being created and being replaced by the next one, all by themselves. It's much like the way your heart has been beating for the whole of your life and you've never had to do anything to help it.

The thing is that you have volition. If I ask you now to name ten species of dog, then you can easily do this. You stop the stream of random consciousness and choose to think/create relevant thoughts, like Afghan hound, Doberman and poodle etc. So what role does volition have here. If all the parts in this situation are separate, so the car that makes you happy in the world is one thing, thoughts about the car are another, and the happiness one more thing. In the world, you have limited volition. If your car is blue and you want it to be red, you can choose this, but you have to pay money and then wait for the work to be done. If you want the car to defy the laws of gravity and start flying around the sky—then that's not possible. But with the thoughts in your mind, you have complete volition, if you choose. You can think of, create, a mental picture of your blue car, then will it to be red and it instantly becomes red. You can will it to start flying around the air and it will.

Why can you have complete volition in the inner–world and not the outer world? Is it because a car in the world is a great big piece of metal that weighs a tonne, while a thought is just a wispy phantom thing. Really, what actually is a thought or mental picture. When you look directly at them, they're very vague ... "kind of something" is as close

as I can get.

So, in this case, what exactly is happiness? Can you take it out your mind and roll it with a rolling pin and make biscuits? Can you sell it to someone? Can you pull it into three pieces and juggle it? No. When you really look at it all by itself, it's even vaguer than thoughts or mental pictures.

This is really hard to see, but it's crucial to mastery of both inner and outer worlds. Look, you can try this now. You say "toys" make you happy for a time. But the thoughts of them do as well. Can you look into your mind now and choose to create a thought or mental picture that causes some amount of happiness as a reaction to itself? If so, then the second that happiness is raised—separate the thought from the emotion.

So, in your mind, there is a happy thought and a happy emotion. They're not the same thing but two separate things.

Now, don't give much attention to the thought at this stage, but focus on the happiness. If you can't raise happiness with a thought like this, then do it with something in the world—go and look at the car or something until it raises happiness—then focus on the happiness in your mind, not the car in the world. So, what is it, what is happiness EXACTLY? How would you describe it?

If you're like me, the first time I looked like this I thought it was like a kind of feeling of slightly tingling lightness around my chest and back. No! That isn't it. That's a physical sensation. If emotions

were physical sensations, then people who've lost feeling inn their bodies because of illness or an accident, would also lose feeling in their mind... but they don't. So, if physical sensation and emotion are also not the same thing but two different things, again, what is happiness?

It's even vaguer than a thought, isn't it? There's just some indescribable lightness in your mind. In fact, you know it's there more from the things that radiate from it, such as a happy thought or a smile on your face.

The question is, if thoughts and mental pictures are completely under our volition because of their intangibleness, then if happiness is even more intangible than thoughts... ... is it under your volition?

Can you create it in the way that you create a thought? You can think about your car, even when you're on the sofa and you can't see it? Volition can effortlessly create a mental picture of the car. You just kind of look into your mind and will or expect the thought, and it's there.

If I say to you now, for the next ten minutes you're only allowed to think about your car. You can have any thought, like visualising the upholstery or remembering past trips you've taken, as long as each thought is related to the car.

This shouldn't be too difficult. Is it the same with emotion? If happiness is noting other than a lightness in the mind, all by itself and essentially seperate from the good thoughts and actions that it radiates, can you choose it? Try it.

Do something you HATE! It has to be for ten minutes; it's an experiment. Why not surprise your wife and say you have a sudden passion to clean the toilet for ten minutes! The experiment is that for just those ten minutes, in the same way you can create the vagueness that is a thought, can you, with the same act of will/volition that created the thought, create the even vaguer mystery that is happiness?

Every time it radiates a happy thought, can you watch the thought until it fades, then return to the essence of happiness and use the same will/volition to keep intensifying it?

I hope I'm making sense to you now. It just occoured to me that you might not be getting a word of this. I've come to the conclusion that human consciousness naturally progresses through four stages.

First off, we're like kids. Our happiness is only in reaction to things in the world, so we have a toy, we are happy for a while, get bored, get another toy etc. etc. etc.

Stage two is when we realise that there is no objective happiness in the world. We realise that even when we have every reason to be miserable because of what's existing for us in the world, we can still be happy by choosing happy thoughts and enjoying the emotional reactions to them. It's kind of a positive thinking stage, we lessen attachment to the world by learning that we can choose happiness via our thoughts.

Stage three is to realise that, really, there is

no objective happiness in thoughts either, so we begin to focus on the happiness itself. We come to see that we can bypass thought and choose happiness directly.

The last stage is when you get used to looking at emotion in its pure, naked form. For a long, long time it's a joy to simply be able to choose it, regardless of any situation in the world.

But after a long period of time (years), it begins to dawn, that the very basic essence of happiness isn't really so much different to the basic essence of unhappiness. I know you aren't going to believe that right now, but you'll just have to take my word that it's true. After this, you start to use your volition less and less, i.e. you don't actually act to create positive emotion—you just observe what's there. I know that sounds negative, like you can choose to be happy but you don't, yet it isn't like that. There are eventually just alternating emotions in the mind, neither of which hurt, they just "are", and there's no need to grasp one over another because, you just ... are vaguer still. The focus begins to turn towards the essence of consciousness. So there are thoughts in the mind and they are vague.

Then they are emotions, and they are vaguer still—and then there is consciousness, a kind of watcher in the mind that experiences all this. I wouldn't say this is again vaguer still, but question if it's even there at all, in any way that is separate from anything it perceives. But I'm jumping ahead now.

Look, you could go and see a doctor now and tell them what you've told me, and they'd say it's some kind of angst and it needs Prozac or whatever.

Yet another way to look at it is that your consciousness is waking up to the fact that there's no inherent or intrinsic happiness anywhere in the world—and so you're wondering exactly where it is. It's progress, a step forward.

Now of course, if someone had have told me this years ago when I was feeling pretty much the way you are now, it wouldn't really have been much help. Actually, I would have been offended for someone to refer to my mental pain as progress. I just really hope that what I'm saying is making some sense to you. Go and clean the toilet!

Best wishes,

John.

Hallo,

I hope that you have the time to answer back.

I read your inner-screen article it is great and I understand it.

Before I read this article I opened my inner–screen sitting in a chair looking at a white wall and sitting there with a piece of paper that said 1. on it. the one was a symbol on a thing that I did not know. then I is sitting in the chair and relaxing and saying to my self. i am open I don't know what the number one is. and then after 8 minutes a screen opens up for my open eyes and I see a large screen 3 meters from me and it is 4 times 1 meter in size and it was like looking out of an open mirror clear. i then saw it was a car. I then went out to check the car and there it was

with the same light from the street lights on it.

How can you see on your screen what time it is. Can you read books from the future with your screen.

Can you run your screen so that you can drive around with your eyes closed in traffic on a cycle.

How do you decide what is right or wrong for using the inner–screen fore. I am thinking seeing lotto–numbers and give out the lotto–money to starving people is that okay.

You here talk about the inner–screen what about psychokinesis did you also have any experiences with that.

Very sincerely,

RenE from Denmark

Dear RenE,

Thank you for your e–mail, which I presume is concerning the article about clairvoyance at The Happiness Hike. Your experience with the car reminds me of the first time I consciously experimented with this ability. I saw an envelope and a load of strange symbols. A couple of hours later a catalogue arrived in the post and the cover had all the symbols I had seen in it's cover.

The question made me smile I must say. I don't know if you can read books from the future, but there are enough books in the present! As for riding

around with your eyes closed... don't try it.

But the ethical question is interesting. I decided to try and do something similar many years ago. I tried to get a vision of which horse would win a certain race. I saw a picture of my friend, who at the time didn't have a job.

When I checked the newspapers, one of the horses was called "redundant pal"; redundant meaning without a job.

I was too young to gamble back then, so I told my mother and she agreed to put ten English pounds on for me.

The horse came in first, at seventeen to one. A hundred and seventy pounds. Mother was really thrilled and wanted me to do it again. I did it for a few more races, but although I always had a vision of a horse that was running, it wasn't always the horse that won.

I was worried that I was doing something wrong, so I gave all the winnings to a homeless charity and forgot all about it.

As to weather you should do this, it's up to you. I suppose there's no negative repercussions if you intend to give the money away, just be aware that there's no guarantee it will work and don't gamble more than you can afford to lose.

Best wishes,

John.

Hi,

Its strange but I've seen a blue flame sort of literally and mentally and i was wondering what it meant, my subconscious must have sent it too me when i prayed for something to help me. Anyway that's interesting seeing that on your site

Hi,

Thank you for the email. What could a blue flame mean? I don't think it has a specific archetypal meaning, as far as I know. Unless it has especial personal meaning to you it could either indicate a good state of relaxation and thus connection between your conscious and unconscious mind, or it could be a direct sign that whatever request you were making at the time is being noted.

Either way, it's probably a good sign.

Best wishes,

John.

Hello,

Thanks for reading my letter about the blue flame, just incase you believe in god why doesn't he pop up as much as he did in the bible in a physical type form, i mean even people with faith sometimes need answers they don't always understand from reading the bible, and once it gets into revelation type things you don't know if what you would see at that

time is going to be god or a trick of evil ,as with how it is now, i hate being confused about it and it sometimes makes me weary of life and want to die, i know its easy to say turn to faith but a lot of bad can happen to you or to someone you care about or many people you care about and I just don't know what else to do except say spare those people and take it on myself..... please help me if you can, understand that either I'm tortured by placing this burden on myself or I'm tortured by seeing bad happen to people and not being able to do anything about it

Hi,

Thank you for writing again, and sorry to hear you are struggling sometimes. I wish I had a really clever answer that would solve everything for you, but I don't. We all have to live in a world without guarantees, you're right, we just don't know what will happen, and being a really good human being doesn't seem to offer protection against the uncertainty of life.

I recall not last Christmas but the Christmas before, I was really down myself with family problems. I mean I felt so bad, I just didn't go out or even open the curtains for a few days. they were playing reviews of the year on the news all the time. So I was lying there watching the September 11th attack, with people jumping out the window. I became really morbid about it, wondering what each kind of a morning each of them had had, what they'd eaten for breakfast, what they were thinking about on the way down.

The journalist interviewed some rescue

worker who had been on the ground right near where the people were landing. She was now having all these nightmares and sometimes has to just push all her thoughts away because she's not up to dealing with them right now. And that's pretty much what I ended up doing at the time.

But I got over that a while ago, am working again and doing not too bad. I still don't have a clever answer. Yes, we live in a world that is uncertain and sometimes so awful it's a shock that such things could happen. I wake up each morning and just don't know what awaits me.

I suppose it's a question of focus. No, I can't change everything. I can change a tiny little bit with my work, but if that's the tiny little bit I can do something about, I try and focus on that. I try and look at the good. Yes, there's an awful lot of bad, but when I focus on that alone, life is very bleak. Yes, it isn't perfect even when I try to focus and notice and dwell on the positive, but at least it balances the blackness if not totally dispelling it.

I know this isn't really perfect answer, but in a world full of people and no guarantees, it's all I know.

Best wishes,

John.

[SIC]

I just wanted to say thank you for making a

web site like this. It includes all the steps I need to know...and how to help people around me. I feel more confident when I talk to people. There's a difference from acting like a counselor and being a friend, thanks to you. I have found that difference.

Thank you.

A. Martin

Dear Amber,

Thank you for your lovely email letting me know how my site has helped you. I do, of course, appreciate it when people say something nice.

Actually, I've just been offered a publishing contract. I'm sending an email today to accept and it'll come in the post. The book isn't "The Happiness Hike" in itself, but very much a progression of it. So now I can hopefully reach even more people.

The thing is, the process takes a year until the book reaches the shelves. That's a long time, but the occasional email such as yours, reminding me that everything I do is making at least some positive difference, will make the year pass more quickly!

Again, thank you.

John.

Hi,

I don't know if I experience this or not. All's

I know is my dad died last month. The evening of his death when I closed my eyes there he was. Not just a picture. He was moving about. Looked to be building something. Every time I'd close my eyes he seemed to be building something. And when I'd open my eyes because of noise then shut them again I'd see him doing something different.

But, the night before his funeral, I saw a bunch of people I didn't know young that seemed to be getting ready for a party or picnic? And every time I'd open my eyes and close them again those people would be there. I just laid back and watched it until I fell asleep. The day of his funeral, after we were leaving, I closed my eyes and seen what looked like a picture of my dad turn into his mom (passed away), she turned into my sister (living), she turned into my brother (living), he turned into one of my nieces (living) and then someone made a loud noise and brought me out of it. When I closed my eyes again I could see my dad building whatever it was he had been busy with all week.

On the 8th day after his death, I saw him but he was far far away and had his back to me. I tried to pull him in closer but fell asleep. Next thing I know I was waking up from a bad dream...the first dream I had in those 8 days. The next day I just saw blackness with little white specks all over. The same the next day.

But that night my husband woke me and when I shut my eyes again, I saw my dad and it was different. He was looking right at me and smiling. I wasn't watching him this time. We were seeing each

other. He seemed so happy. I can remember feeling myself smile and a tear rolling down my face. He seemed to be different in another way too. Like he had a blue or silverish tint around him. He was not glowing. But, seemed to shine around him. Not him but around him. I have not been able to see anything since that. But, I am back to dreaming every night again. I like to dream but I also would like to see my dad again. But, I can't figure out how to do it or what happened to cause it in the first place. I want to be able to close my eyes and see him and still dream too. Is that possible?

Hi,

Thank you for your email. Concerning your experience of the recent evenings, I'd personally say the most important thing is that you are having the right attitude concerning this.

Happiness and curiosity I think are the evident reactions, as many people worry when this kind of thing happens, and there's no need. You'd be surprised how common this kind of thing is, though folk rarely talk of it publicly so the perception is that it's rare.

About the actual things seen, you are probably a better judge of what this might mean than I as I didn't know your father. They could be a symbolic kind of message, or something a consciousness goes through when it loses its body. For example, thing your father was building. It could be symbolic, perhaps signifying he's getting on with work he was supposed to do but not during the stage of living in the particular body you knew him in. In

the same way the living are saved from death sometimes to complete some task they were supposed to finish before dying, maybe sometimes the living finish everything they came to do and the for the next stages, they don't need to be physically alive.

Then again, I could be wrong. Perhaps that's the way the afterlife actually is and he's literally building something? I'll only know for sure when I'm dead myself I suppose... so hopefully I won't be able to tell you for a long time!

To answer the last question, can you see these images and still dream? As far as I can understand, you either saw these images in the night, or you had a dream. It was one or the other, and so you've concluded that it's not possible to have both. But this is incorrect. It's possible to see the images, and then fall asleep and have a dream. The way it happened to you was to coincidence.

Just because in the morning when you woke up and thought you didn't dream, that didn't mean you didn't. It means you didn't recall the dreams. When the mind is asleep long enough, dreams start up after a set period, it's just a difference of whether you recall them or not. If you want to improve recollection, try suggesting to your mind, just before sleeping, that you will recall all your dreams, and then upon awakening, take a moment to blank your mind and see if something comes back to you, like you're trying to remember something you've forgotten, and have something to write them on handy so you don't forget.

To see the images while falling asleep, I

think I've written as much as I know on the subject on my site. From the home page, the links are on the left. This subject link is "inner–seeing".

Thank you again for your e–mail, and I hope I've been of some help.

Best wishes,

John.

[SIC]

Thanks for sharing...

Just great...continue on

With your spiritual journey

Thanks for pulling others along the way...

Upwards,

LightChaser 2012

Dear LC,

THANK YOU!

Hi,

I have a query about something on page on about developing clairvoyance.

The vague colors u speak of, sometimes they are there. But I've noticed something else. Even since young i used to see really pinpricking swirls of actively moving dots. Bright dots.

Trouble is, they are only ever one color

Red mixed with black. Always the same, never any other color. If I want i can see this even with my eyes open. Is this the same color u speak of? Or is this just some part of my eye reflecting something on the inside of my eye, hence the color, only, always red.

I hope to hear from you,

thanks..

SANJE

from singapore.

Dear Sanje,

Thank you for your email concerning your experience with clairvoyance. I'll try to answer your

question as best I can.

Are the lights you see red because of the light shinning through your eyelids? The simple way to know is to remove the light source. For example, can you see them in a dark room?

If it is not this, but at the present stage you can only see red imagery, then it's a matter of training the inner–seeing, I would say. Why don't you try staring at a piece of coloured card with your eyes fixed in the same position for a few minutes, then close your eyes and practice focusing on the afterimage, which will be the opposite colour to the card. So if you use green card, you will see red, which is what you already see. If you use red card, then the inner image you see should be green. If you use yellow, it should be blue and so on.

Hope this helps and makes sense to you. Sorry if not!

Best wishes,

John.

Hi,

Thank You so much for replying. This isnt the light from outside because i can see it very easily (in fact, most easily in pitch black conditions)

I have included a rough drawing which basically sums up how this image appears to me. It is small, but it sure is bright. As if it has a light of its own. This is what excites me.

Occasionally I do see, upon long meditation, blends of vague colors mixing, namely purple and green. But those colors are mild in nature, and usually bigger. Never seen with eyes open.

The reason I was excited about my red/black dots was because as and when they appear, they are very very vivid and precisely bright. So clear and bright, even though small, that i can see it when my eyes are open. The seeing when eyes are open correlates to what i read on the happiness hike so that's why I'm writing to you. Its very much likened to laser pointer in terms of precision and brightness.

Any ideas on what it could be or if you have seen something similar, what it could be useful for?

p.s. (i think the colors green n purple that i see when meditating sometimes are more like visualisations, as u mentioned, :not crystal clear and as if its really in front of my eyes)

Thanks for already replying once. I do eagerly await ur email even if you aren't able to explain this, I thank you greatly in advance.

Thank you SANJE.

Dear Sanje,

Thank you for writing again. Sorry about the delay but I've just met up with my sister for the first time in years and so I've been away from the computer for a while.

I think your experience is very interesting, and it's difficult to say the way it's going to go. I remember the first time this kind of thing ever

happened to me when I was a child at school. I was sitting in a classroom and all of a sudden these very bright red diamonds started falling all around me. There was no background but the memory came back to me because you said your experience was like a laser pointer and that was pretty much what I saw.

Of course, back at that time, I couldn't tune into fully clairvoyant vision. I developed my own method to do this after a spontaneous vision in my teenage years inspired a lot of reading and practice. Personally, I think the experience of the red diamonds, which happened every now and again throughout childhood, just showed some natural ability which I later deliberately developed.

So if you wanted to experiment further, I would suggest two things. One, next time it's happening, and so you're tuned into inner–seeing, you might try asking a question (mentally of course) and then wait, without straining, to see if the image changes to answer you in some way. I think it would be better to try and have this experience while you are falling asleep as things tend to be easier then, and more vivid.

Secondly, you are already at the stage of being able to tune in OK—and all the methods of development that I discovered over the years are all available, for free, at the page you've already seen on The Happiness Hike, so you might want to experiment with this.

But either way, be happy you have the chance to experience this and go with the flow and

see what it can teach you.

I hope this is helpful in some way.

Best wishes,

John.

You are doing good work here. Thanks

Don Anderson

Kingston ONtario Canada

Honorable Sir,

With kind respect to you, I like to say some thing before you :

I am author of the book “Believe in God But not in Religion! Besides this 10 books are written by me (names are mentioned in enclosed letter) which need publication. Therefore ,please be helpful ,guide even instrumental in publication of the books .

I assure you these books will fetch us good earnings as well as popularity .So , whatever and whenever you feel necessity for details kindly

intimate me .

In hope of your kind response

Yours very sincerely

Lakshmi Narayan

Dear Lakshmi,

Thank you for the email concerning publication of your books. Unfortunately I'm not sure I can do more than encourage you to have persistence in approaching publishers until success.

I'm no longer in India but returned to England after ten years and am dealing with the problems of such a long absence. Also, I'm not actually a publisher.

These things do take a lot of perseverance, so I do wish you the best of luck, and that your namesake smiles on you.

Best wishes,

John.

Hi!

I'm not a websurfer, but somehow tonight I stumbled onto your site from a "New Age" directory. At least that's the logical, physical explanation. ;–) I suspect there are finer vibrations at play.

Anyway, just wanted to tell you, I like your

stuff. It's good, practical, concise and helpful.

Thankz for putting it out there!

I wish you many blessings on your path... er, um, "hike."

May Love and blessings flow easily to you on your

open stream of conscious choice!

Eileen Lighthawk

Note: the following email refers to a free version of The Curse and Miracle of Expectation *I gave to someone who asked for it before it was available to the public.*

Hi,

Thank you ever so much for your kind gesture of the free ebook "the miracle of expectation".

The statement "You are everything you expect" is the most profound thing I've ever read and it really knocked me off my feet . Your book has set me on the path to fulfillment and peace with myself and my family. The idea that happiness is a thought or a feeling and that a person could be perpetually happy regardless of circumstance is fascinating.

I can't thank you enough and I look forward to seeing your book or books on the shelf soon. This concept transcends any of the books I've seen and I

believe could revolutionize the self actualization movement.

thanks

al baker

Dear Al,

Thank you very much for getting back to me, especially so as you had such good things to say about the work.

Concerning its publications. A US company already sent a contract for it six months ago. It wasn't a great deal because there was no advance. But another, bigger, company was interested. The MD personally replied to my letter to ask for sample chapters, then a while later asked for the whole manuscript as he and the board were 'sufficiently impressed'.

So I waited on the second company. Now, in the last week, the first company has followed up, asked why I didn't sign, and said I can if I still want to as 'we haven't given up on your work'.

I've decided that the best course of action is to phone the second company to see what happened, if not, then sign with the first and work like hell to make royalties.

But when someone such as yourself lets me know how much the work helped them, it gives me the confidence to go on.

Thank you again.

Best wishes, John.

Dear Sir.

I was inspired by your messages. I am thanking you for giving me so much of useful information.

Thank you and may God bless you.

Loga samastha sugino Bhavanthu

your's sincerely Baskaran. Malaysia.

Hi,

Thank you very much for letting me know that my writing has helped you in some way. I do appreciate the encouragement.

John.

Hello Lifemagic!

My name is Jasmine i am very interested in this whole changing your life with visualization As a matter of fact I practice magick every now and then and it has appealed to me that visualization is bringing about these very changes. You see, I am trying to change a number of things: a smaller nose, much longer and beautiful hair, bigger breast, and 3'in in height reducing. I know your probably thinking, whoa! this girl must be ugly! But I'm not, people say that I'm very beautiful. I guess I just need

these changes for a much stronger confidence level. If you could give me any tips that I could use to bring about these changes I would really appreciate it.

Thank you

Hi,

Thanks for the email. It's true that visualisation can bring about the changes you desire; and I hope it does.

You said:

"I just need these changes for a much stronger confidence level"

but a thing to realise is that you could just practice magic for a much stronger confidence level. Do you want to look different or be more confident (especially if people already say you're beautiful). They are not the same thing, but two different things. Can you think of people who are obviously far less attractive than yourself, but more confident.

You can have both the things you desire, using visualisation. The changes in your body will take time, you can have confidence and self–worth any time you choose to.

Good luck.

LifeMagic.

Hi,

I'm sure you must get a lot of mail so i will

keep it brief

What an excellent site, there are two or three things that you have said that have been "brewing" in my semiconscious mind and i dont think i have read it anywhere else before and i just so happened to stumble across your site now, what a coincidence!

god/tao= possibility.... yes i like that a lot

I have had a recurring dream for YEARS and never been able to interpret it satisfactorily... in it i search endlessly for shops selling weapons, i peruse the weapons, I may buy some but they are always substandard, or don't work properly (some are pretty but useless) and I never, never actually use them in battle...

Could u give me some insight (by the way I really like the soul–statement or core belief at the end of each dream) ... could it be that I feel impotent or is it that the various systems of personal development I've looked at over the years are pretty but useless in the "battle" for independence and peace..?!

anyway

take care

Hi,

Thanks for the email; sorry for not replying sooner.

Concerning your dream, as I said on the site, only you can really know what your dream means. OK, so you don't, and you haven't known for a long time. It's obviously significant because you keep on having it. But perhaps the meaning will become

clearer in the future even if it's not understood right now.

Perhaps from what you wrote about it, you understand it in someway already. You are looking for the weapons, to face 'the battle for peace', or whatever, but never go into that battle because you can't find the weapons that you need. So you might think along the lines of, is there something I could face up to or overcome to progress along the path to wholeness, but I don't because I feel I lack some quality I'd need to do that.

Then again I could be miles off! Sorry to not be more help, but thanks for writing and letting me know that the site was useful.

Best wishes,

John.

Dear Sirs,

Sometimes when I am lying down wit my eyes closed, but not sleeping, I will see images of people, usually one person. Two years ago, I saw a 3–D man looking at me, about a year later I met him and became engaged to him– the engagement was broken off due to some problems. Another time, I saw a person – a nun who had on a habit– a nun's dress with a small cape attached. Usually these people are looking at me. Last night, I saw an image – a profile of a white man with a serious face. which resembled pictures I have seen of my Lord and Saviour, Jesus Christ.

Does this mean that I am clairvoyant? What does all this mean? I am African–American, but all these "pictures" have been of Caucasian people. Last month, I met a wonderful Jamaican man who is a wonderful Christian and we feel very spiritually connected to each other. My husband died in '91 and my two sons died in '98 and 2002. I must admit that I am a very spiritual person and I have a close personal relationship with God. I am able to hear his messages through listening to Christian broadcasts, or TV and I have received guidance all my life from God. Please write back and tell me if you can what these images mean.(Now that I think of it, these clear 3–D images may have started after my husband died).

Sincerely,

Doris

Dear Doris,

Thank you for your e–mail.

It does seem to be some clairvoyant facility doesn't it? For myself, it's rare to see a person I don't know and then meet them. Actually, I don't think that's ever happened, I'm more likely to dream such a thing.

I'm not sure what to say. Apart from the nun, you seem to see people who are going to be in a relationship with. I think you only need to remember that clairvoyant ability can be a help in life, but it's not everything. For example, you saw the person you ended up being engaged to, but that didn't work out. Now you've met a Jamaican man who, as far as I

understand, you didn't see previously clairvoyantly. Is that right? So perhaps you have the assumption that if you are going to find a 'soul mate' or serious relationship, you would definitely see them clairvoyantly first... which may or may not actually be the case.

I think you should just be glad that you are blessed with this ability, ponder on the things you see and their possible meanings for your spiritual understanding, but not to put too much stock in the images. Yes, the future can be seen sometimes, but you can't always count on seeing it. You have to live with an element of faith also.

Relax, enjoy life, get to know your new friend better—and always try and pursue spirit no matter what happens to you.

Best wishes,

John.

Dear John,

Thanks for your reply to my letter. I shared those visual experiences with you because I was curious to try to understand why I was experiencing them. Bob's face, my ex–fiancée was the only one that I subsequently met about six months later. This vision was especially significant for me because I remember telling my son about this dream before he died in June of 20002.

When I met Bob six months after my son

died, there was a familiarity about him. I realized that I had seen his face in 3–D. All of these visions are while I am awake and am having trouble sleeping, sometimes the person turns to look at me. The vision of Bob stood out because Bob had Bell's palsy which caused a slight distortion on the left side of his face. The vision looked just like him.

I want you to know, John that I am a Christian and I have a tremendous faith in God. I do not depend on dreams on any other phenomena to help me determine my future. If anything, I reflect on these things and I am of course curious to know if these are signs of being clairvoyant. I live by faith and last month I met a wonderful Christian man and we have a wonderful spiritual connection. Incidentally, June 22nd is very significant, it is the date of my mom's birthday, my parents got married on June 22nd, my dad died on June 22nd and my son, Craig died on that day. I have experienced much sadness due to deaths, my husband died in 1991 from colon cancer my son, Brian, age 29 died in '98 in a car crash and my son, Craig, age 31 died on June 22nd from congenital heart problems. Through it all, God has been with me and I have learned to "trust in God and not to lean on my own understanding." Prov.:3:5,6. Thank you for your interest.

Sincerely,

Doris V. Lewis

[SIC]

I would ABSOLUTELY love a list of the quotes that are on your website. if you have time or anything tha'd be great. But don't feel obligated. lol I understand busy lives. Thank you for your website input!

[forwarded as requested]

[SIC]

Can you suggest how to get over this strange embarrassment I seem to feel about having to seek help for my troubles?

Your site has made me feel better– I see that I'm not going crazy.

My problem is I am all of the sudden coming up with self–doubts that are coming out of nowhere (or so it seems at the moment). I guess it's the "fortune telling error" syndrome you mention on the site.

Hi,

Thank you for the email, I'm happy the web site helped you in some way.

Every one seeks help in some way at some times, it's just the way life is. No one can do

everything on their own. It could be in some routine way, like if a shop is very busy and the owner isn't good at mathematics, then they employ an accountant to process the books for the tax people. Other times it's more significant, like asking for counseling. But, everyone is inter–connected and no one can do everything themselves.

You mention the word embarrassment. I'm not sure why you would feel this. You didn't mention exactly how you were asking for help. Possibly because you're asking for help with the self–doubt? Maybe you have the distortion that you're not supposed to ask for help, and you SHOULD always be able to cope mentally. In that case, you can write down why you have the embarrassment, as well as the self–doubt, and then find the distortion and write the answer.

But most of all, be glad that you have someone to help you. Think of the people who hide problems and struggle on alone. If there's someone there to help you, accept the help. Maybe it helps to consider other people who've had problems such as yours but managed to get through them, with a little help.

I hope this email is also a little help.

Best wishes,

JSL

[SIC]

I came across your sites, and am intrigued. not surprisingly, i was recently sent a channeled book also about helping to reprogram ourselves, depending on which state we happen to be in, from boundless optimism to unbridled depression. yet, what happens when one is saturated, and therefore the realm of possibility becomes very small or nonexistent? is it simply as written in this text, incrementally to make a small adjustment to change a vibrational state, eventually to reclaim more and more of possibility? in Zen, there is beginners mind. how can a person tap back into it when something has happened to prevent it, and a person is too full, perhaps of unfulfilled expectations and disillusionments. there needs to be a flow, a movement, a discharge reclaimed by the universe in a good way to allow more space, a larger vessel to receive possibility.

Regards

Rob Weinberger

Dear Robert,

Thank you for the email, which though fairly short, is actually pretty deep. I hope I'm going to be able to answer it.

I'm not sure what you meant by the word saturated. I mean, I know what saturated means, to be full of something. If a person is saturated, so that possibility is not possible, then I assume you mean saturated, constantly feeling, dejection or defeat?

Yes, one could change incrementally... but that's not to say that instantly isn't possible, just less frequent. Say, for example, there are two people who

suffer from constant depression. One goes for cognitive therapy and is well, bit by bit, over a year. The other goes to some religious conference and has this life changing experience and it just goes.

You mention Zen. In Zen there are two schools. Soto and ?Rishi I think. In Soto they meditate and live simply and achieve enlightenment gradually. In Rishi (I might have got that name wrong as Rishi means master) they meditate on Koans to try and achieve it instantly.

I think when healing the mind, it's better to do it gradually, because then it's sure and assured and you're getting somewhere. The thing about life changing experiences that cure everything in an instant is that, you can try and achieve conductive conditions, but if it happens it happens when it does. It can't be forced. We can't always make a huge leap, but everyone can baby–step.

You asked how to reclaim beginners' mind, then answered yourself, a release into the universe in a good way to allow more space. So how specifically to do this? I don't know, I suppose it depends specifically on the person and problem. If it was me, then I guess I would do it two ways. One, in my mind, looking at the past defeats and dejections, and feeling the assosiated emotion. Mainly feeling its sensation in my body, sinking or whatever. Whenever I look at a feeling like this, it takes time, but it won't always be there. Basically, I'd do it until I'd properly 'got over it'.

Secondly, I'd find people who inspire me. I'd find biographies of people who started far below

where I am today, and rose far past where I want to be. Then I would be reminded that it is indeed necessary to keep bouncing back when life knocks you over, because that's what these people who are where I want to be have done.

And hopefully, after time, I'd start believing in me again.

I'm not sure if I've fully answered the question you were asking... but it's my best attempt!

Thanks again for writing.

Best wishes,

John.

Hi,

Me and my boyfriend had a dream around the same time of the same thing. my dream was of a bulldog attacking me and his dream was of a bulldog attacking me. The next day he couldn't wait to tell me about it. It really scared me.

I have dreams often that come true just as I saw them in color. how do I know this because when they come true its the same color and actions as I saw them. this is a first for me with someone else sharing the same dream. Do you know what this means and is this common for two people to dream the same thing?

Hi,

Thank you for writing concerning your dream. I remember a long time ago a friend and I were really into the subject, and we saw this program on TV about lucid dreaming. In it, researchers separated off people who could lucid dream, gave each one a password known only to that individual subject. The goal was to dream of a prearranged place so they could meet up and exchange passwords.

It worked! So me and my friend decided to try and meet in a dream that night. We said we would both try and dream of the lake in a nearby park, talk about something, and see if we had the same dream.

It only kind of worked. Next day he phoned me. We'd had the same dream. We were at the lake, on opposite sides. We started running round to meet each other, but woke up before we did so!

Concerning your dream. Yes, dreams come true, as you yourself know, but not all dreams. I think everything happens for a reason, so a dream like this would never occour unless there was something you could do about it.

Did you both dream of the same place? I suppose you could just stay away from dogs if you really think that might happen.

Then again, dreams are often symbolic. Dogs often represent friends. Just as much as it could be saying to be cautious around dogs, it could mean that someone you trust is about to 'stab you in the back'.

It could also be nothing. There are different dreams. There are wish–fulfilling dreams, where we just dream of doing things and being things that we

could never be in the waking world. In some dreams we just live out our fears. I've had a few where something awful happened and I woke suddenly and was so relieved to have only been dreaming. Your dream might even have been like this, and your boyfriend had the same one because there's some bond between you and he was able to know the dream you were having?

Overall, I wouldn't worry too much.

Best wishes,

John.

Hi,

I am a 22 yr old female with social anxiety disorder and i am trying to overcome my fears without medication. your ideas seem very interesting, can you send me more info on yourself or possible your book?...

thank you, Nicole

Dear Nicole,

Thank you for your email. Sorry for the delay in replying. I'm not sure where you heard about me; I hardly ever use the hotmail address now. I removed it from all of my work for a new one. Though evidently it is still posted in a few obscure places in the Internet.

You mentioned my ‘article’ rather than my web site, so possibly didn’t find the latter, which is at

home.html. I had to stop promoting my book at the moment to concentrate on business; I’m trying to move to Europe right now, though I’ll get back to it all when I’m settled. Sorry to be ‘in between’ everything at the moment and not so much help. I’ve had similar problems myself and can look back to a time when I knew absolutely no one and it was hard to even get out of the house.

Nowadays, it’s hard to keep me in one place and not be trying to meet people. I wouldn’t have believed I would be well at the time. I know you’ll also overcome your fears. Best wishes, John.

Hey,

I’d just picked up the book “Beyond the Bleep” and was only a few pages into it when the words “Quantum Magic” popped in my head (and I thought it was something –I– made up, lol). So I googled it and found your site, and just wanted to send you my compliments! I’m barely into exploring it, but already I love what I see.

A lot of this kind of thing goes along with the “Edgar Cayce Handbook for Creating Your Future”. If you haven’t read it, I suggest spending the few bucks and adding it to your collection =]

Anyway, thanks for spending the time to put up that site, I think it speaks to a lot of people who are.. searching =]

Rebecca

[sent later same day]

I know I just dropped you an email, but your site is very intriguing (yes, I'm still reading it). I just read the blurb on dreaming and wanted to make a few comments. First, I don't know how old your dreams were concerning finding no one with similar interests/goals/fellow people who can't stand ordinary life and spend all their time seeking rather strange answers... but they're certainly out there. Usually, however, the ones who know a lot stay quiet, and the amateurs cant resist personally contacting anyone who seems similar to them (*cough*) ;] So bear with me.

As for the dreaming itself, my own personal method of interpretation is very similar. It involved going through a list (written or mentally) of the main points/characters/actions of the dream and jotting down all possible and personal meanings they have. Then I simply look at the list, in order, and connect the dots. My curiosity about your method though: what if the dream is not about you but, say, another person or a future possible situation? Or even a past one?

Let me know what you think, if you wouldn't mind striking up a conversation on this stuff =]

Rebecca

Hi,

Thanks for the email(s). Glad you like the site. Sorry not to answer sooner but this is the first time I've checked my mail since you wrote (currently

relocating to London, so haven't had time).

I've got to get to the shops before they close. I'll email again later or tomorrow when I've pondered a bit.

Best wishes,

John.

[sent later same day]

Hi,

It's me, I'm back. I went to the atm, stood in the street eating felefal and dripping tahina down the front of my coat, and decided what to think/say.

I think you can't ultimately apply one system of interpretation to all dreams. Ultimately only the person involved can decide what any dream means. I like my system, and publishing it, to counter all the stupid ideas, like dream dictionaries etc.

So, to answer the questions. What if you dream about someone else? I guess you could start with, 'why have I dreamt about this person and take it from there'. Or you might just use your intuition and intelligence to say that it won't work like that. There are a lot of reasons why you might dream about another person.

Perhaps you could dream about a person because you need to have more empathy with them and haven't really looked at things through their eyes. Maybe you could dream about someone who's insignificant now but might not always be and your

subconscious wants you to get to know them; I don't know. Lots of reasons.

If you dream of the future, then it would be... a dream of the future. If it's literal, like some specific thing happening, then it wouldn't need interpretation. You just decide if there's anything you need to do in light of what you're being told. If it was a symbolic future, then you could run the usual interpretation.

To dream of the past is, I think, most dreams in some way. In that the person we are now is a product of the past, and so dreams in this way can change who we are now by changing the way the relate to our past and the conclusions we made at the time.

Does that all make sense? Hope so. If not, I've stained my coat for no reason!

Best wishes,

John. ###

A Brief Outline of Ambrosia?

Note:This was a page where I marketed my third novel, thinking, you never know…

Hey, Ambrosia? is offered for publication. If you want to send a cheque and contract (large cheque, fair contract (big dreamer)) feel free.

Here are some quotes from rejection letters of books that went on to be famous.:

"It's impossible to sell animal stories in the USA."

Animal farm

George Orwell

"This girl doesn't, it seems to me, have a special perception or feeling which would lift that book above the 'curiosity level.".

The Diary of a Young Girl

Anne Frank

"It does not seem to us that you have been wholly successful in working out an admittedly.promising idea.."

Lord of the Flies

William Golding

"For you own good do not publish this book. "

Lady Chatterley's Lover

D.H. Lawrence

"A Long, dull novel about an artist."

Lust for life

Irvine Stone

Ambrosia? is my most recent novel. As you can read below, it contains many of the ideas in this site. It's my third full–length work but so far only my articles have been accepted.

It's been hard to submit work from abroad and there was an errant UK business centre that didn't even submit one of the books at all! But, computers solve the submission problems and Ambrosia? is the best thing I've written – so expect

to see it soon!

The plot begins with the death of a rich London eccentric (known as The Mother) and the reading of her will. She leaves her children half a million pounds each in three months time on the condition that they can convince the housekeeper they're truly happy – if even one fails then the whole amount goes to The Camden Stray Cats' Mission. The problems immediately become apparent.

There's only one daughter (who loves cats), the other eleven were unrelated misfits, drawn to The Mother's nurturing personality and were possibly the unhappiest people in London. Just three still live at home, the rest have drifted away, so the narrator (Dominic) and two 'daughters' set off to trace them.

As they travel round the country, the plot develops when it's slowly revealed that Dominic's being treated for depression, but has a novel idea of how to effect a cure (which he thinks might be a panacea for universal happiness), but it doesn't quite have the expected result. He's also confused by the unanswered questions:

What were The Mother's real motives, in adopting strangers and being so obsessed with happiness?

How will the housekeeper define 'happiness' and what was the true relationship to her employer?

Why was the locked room forbidden?

Is there a reason that photographs of their benefactor don't exist older than ten years?

Was it Chantelle who wrote the strange book he recently found, which hypnotises him with its lyrical, though ambiguous, musings of how to find happiness, and when he finds her will she have the missing second part, will it be clearer – and can it save them all?

In the sub–plot, a leading character (Karen) is employed by Kite, Britain's largest soft drink manufacturer and competitor of Pepso, where her patronising father works. In a bid to upstage him she devises new publicity and sponsorship deals for Kite in the situation of each heir they locate, and – though each scheme eventually turns sour and returns to torment her – she finds an unforeseen peace.

The story has an unexpected ending as a comment on modern corporate sponsorship. Plus the meaning of life itself.

Well, that's the outline, I'm still sending it to people, maybe by the time you read this it'll be on the shelves. But if you're a publisher, or know someone... who might want to... you know, see it, well... feel free to... you know.

Below is a sample marketing letter that I use to try and sell the manuscript. It;'s my fourth novel – so I really am a struggling writer!

Dear ,

SUB: SUBMISSION QUERY.

I am writing to inquire if **business name here** might consider either publish or represent here my third novel: Ambrosia? I'm enclosing a brief outline and, as you will see, it's really about our desire for happiness – as are all novels essentially, though not quite as mine.

Yesterday I used the on–line book company Amazon to search the key word happiness and it returned with 1475 hits. Titles included: The Art of Happiness; Absolute Happiness etc, and many were bestsellers. They were all non–fiction, but I think people buy novels in the line of what resonates with or mirrors their lives. Every life is about searching for happiness and each of us ponders questions concerning it. All people look within and without for it and everything we ever plan or do is towards that end in some way. As finding contentment concerns us all then I'm guessing the potential readership may be large.

In certain respects *Ambrosia*? reminds me of two well–known books. Although my work doesn't cover classical ideas like Sophie's world, nor does it read as a fairytale, it does have a similar light feel and accessibility. Also Zen and the Art of Motorcycle maintenance comes to mind, though I think my project flows easily from start to finish as the ideas/speculations are woven into the fictional plot

rather than explained in–between true–life reminiscences. *Ambrosia*? also has a humorous side, and over the course of the story the reader watches as two very different characters reverse their personalities due to their changing perception of what happiness is, and where.

I have been writing for ten years. In England, I had two offers to publish psychology/self–improvement non–fiction, but one was dropped due to (my) poor photography, the other when the list was cut. I returned to college to pass in English and photography, then shortly after left the country.

I traveled Asia researching religion and meditation, then went to Perth where I worked for Nova, western Australia's largest selling alternative newspaper, where I covered New Age/psychology articles to a different theme each month. I returned to Asia and completed two novels, which were difficult to submit due to distance and an errant U.K. business center.

These problems are now solved as I work entirely on computers and handle my own correspondence. After writing *Ambrosia*? I spent a considerable time reading the techniques of fiction – then completely rewrote it. Now it's the first thing I'm truly happy with – hence I need a publisher/agent

I intend to raise interest in my work by being very accessible via the Internet. I'm currently working on a web page concerning the ideas contained in my book and also their development in the novel I am about to begin. I plan to publicize the site with reciprocal links to related pages and search

engines. Because it offers the genuine benefit of practical and original ideas with links I'll constantly update, I shall also promote it with press–releases to suitable print–publications. If any electronic publishers carry my work, I'll obviously link to those too. Most electronic–sellers, such as Amazon or Barnes and Noble, allow authors to leave blurb about their books. I was surprised to find so few writers bothering, I certainly will. I'd like to publish my work under a pen name and include an e–mail address to correspond with readers. If it were well received, I'd possibly advertise scheduled chats via the home page.

I'm an avid diarist and always have been. Over my travels I've filled them with research, but also my own ideas and discoveries – new ideas that work – concerning psychology, self–improvement, even religion in some ways – but mostly who we are and who we can be. These ideas can become fiction and non–fiction, the kind of fresh, inner–thought–provoking work that is so popular in these new and searching times.

In June, the web page will be finished and I'll start work on my fourth novel.

Ambrosia? is in England and if you think it may be suitable it shall be dispatched as three chapters, synopsis and S.A.E. I hope you are able to consider my project and I look forward to your reply.

Yours faithfully,

(ENC).

Other Promotional material written afterwards

Audience/readership

This is a work of fiction – with a little extra. I think the readers of Ambrosia? would be the type of people who enjoyed the originality and thought–inspiring qualities of 'Sophie's World', or the depth of 'Zen and the Art of Motorcycle Maintenance'.

The Author

Ambrosia? (my third novel) is 70,000 words and completed. I am a full–time writer and have spent the last six months working on my web site 'The Happiness Hike' at

It contains many of the ideas/methods pursued by the main character in the novel. These are original and unpublished elsewhere. AOL, Hotbot and The Netscape Centre have included the site in their directories and the hits so far are +4000. People keep e–mailing me to ask where they can buy the book!

Both the site and the novel contain practical techniques of achieving moment–to–moment happiness and are gleamed from a life–long quest to banish depression. Currently I'm writing the site as a non–fiction book proposal, which may be titled 'Quantum Happiness'. Also, I intend to angle the different ideas as articles in various media to support

the proposal.

I've limped a very uneven road to find a technique of happiness that works. Now I've arrived, I'm on a kind of mission to spread the good news.

My motto is simply: Yes!

UPDATE: Well, it was a while since I wrote this. The following is an e–mail from Michael Gutteridge with some useful advice on how this query could have been improved. He's probably right as it never did see a printing press. I'll have to use all the advice for the next query!

Dear JSL,

I came to your Happiness Hike web site, via the New Writer's Network whilst looking for potential publishers for a large, non–fiction work I've just finished writing, and after looking around it for a while, noticed your submission letter regarding your novel Ambrosia? and felt I just had to write to offer some hopefully potentially helpful opinions, in relation to that.

You sound like a very nice, kindly person, so I hope I do not upset you with my opinions, but to be frank, I don't think your submission letter as it stands is as good as it could be. If you get a copy of The Writer's And Artist's Yearbook (2003) there is a good chapter on page 237 called 'The Do's And Don'ts Of Approaching A Publisher' which gives very good advice on what exactly to include in a preliminary letter to a publisher, and also, of course, what not to include. It's well worth tracking down

and reading.

My suggestions regarding your submit letter (generally in the context of the info in Writers & Artists) are:

1) Shorten it by cutting out lots of the detail, especially about yourself personally and your life story . Publishers are busy people and to them such information is not really relevant to what is essentially a business communication. If you really feel it is important for them to know something of your background, keep it succinct and restrain it to a single paragraph perhaps headed BIOGRAPHY.

2) One exception to the above is the details regarding your previous writing success with the Australian New Age magazine. This is the kind of information publishers DO want to hear about, it being relevant to the business they are in, and so such a success is a good card to play in your favour. Consequently, personally, I would move elements of that particular paragraph nearer to the opening of the letter as part of a general, but brief, introduction of yourself. Not the first paragraph (which stands okay as it is) but maybe the second.

Remember, impressions are often made in the first few seconds of any encounter and so once you have lodged the idea in the mind of the reader that you are a professional writer, it will sway and influence their judgment as they read through the rest of the letter, making information contained in any subsequent paragraphs enhanced in its light. Similar in theory, perhaps, to your ideas about quantum

happiness.

3) The information you give regarding your novel contain too much detail of the sort that publishers don't necessarily want to know about and not enough of the sort of detail they do. For example, you don't have to sell them on the saleability of books about happiness, or at least not as excessively as you have. (Most already have a clear idea of what they are looking for.) What they do want to know about however, is such things as the length of the novel (word count etc), genre, brief outline of plot etc. the market it is aimed for (this could be when you mention (briefly) about the popularity of books on happiness.)

More detailed information about these matters can be included in a synopsis, yet whether such a thing should always be included with a preliminary letter when a publisher hasn't requested it, is a debatable point. The Writer's & Artist's book recommends briefly mentioning that either sample chapters, a synopsis, or the full novel, are available on request. However, some publishers prefer a synopsis to be included in the initial approach to them.

4) I think references to your web site and willingness to promote your work, is helpful and may help sway a publisher slightly; yet, as mentioned above, the stuff after it about being an avid diarist etc, is not really the kind of information a publisher wants to hear about. At the end of the day, a publisher is a businessman, and the business he is in is selling books and it's to that end that he wants the

correspondence to him to relate to. Not very idealistic, but that's the world!

Well, there is some of my ideas. I hope (and this is the motive for me sending this email) they will be useful in increasing the likelihood of your novel being published. If it already has been, then forget everything I've just said!

As for happiness! Hey JSL, unhappiness is a part of life, why not just accept that? And remember, for a perfectionist, things are always in a bad way.

The search for happiness, The seeking of happiness, The craving for happiness, That's the problem.

Best wishes,

Michael Gutteridge

After the Words…

"I will prepare, and some day my chance will come."

Abraham Lincoln

"In the depths of winter I finally learned there was in me an invincible summer."

Albert Camus

Note: The following was an afterward to the website

So, after reading all this, you've probably concluded that I'm one of those annoying people who always smile, never feel down and everybody loves?

Er, not really. Actually, I'm on the Happiness Hike – just like you and everybody else. Truth is, I've always had to battle my moods more than most people – and have decided not to lie about it. All these self–help writers seem to portray themselves as perfect and having all the answers – maybe worrying that people wouldn't but their work unless they appeared as anything other than totally happy and fulfilled (forget human). Being happy and fulfilled is

what qualifies them to write and give advice. You wouldn't buy a book about investment written by someone who just went broke; but maybe a person who just went broke could write an honest book about how to bounce back, and still retain their integrity.

I was born in 1971 in England and am Eurasian. I started having fits of depression as a teenager. I wrote non–fiction books about religion and after a few false starts, was accepted for publication, but the company went broke before they could produce it!

I returned to college, finished college, realised I couldn't stand the life I was living and left to live in Asia on 22nd February 1993.

And I'm still here. I worked as a teacher and had some stuff published in Australia. I wrote three novels in various countries, which I'm still trying to sell! And now I've written this web –page, which I shall also try and sell. I got sick a few years ago with joint disease, God knows what, but I've lost some mobility and battle that too.

And I'm still on the Happiness Hike – and resolutely won't lie about it. If you've read this whole site then it's obviously that I've considered the question of happiness very deeply. No one would ponder, dwell on or meditate something they didn't aspire to. People born into money can't write about how to obtain it – they always had it. The fact that I've been unhappy (and still am sometimes), that fact that I'm like you is what qualifies me to write.

The fact that I look for my answers – and they're everyone's answers, and if they work I want everyone to be happy.

And now you know the truth. There are no masters with all the answers. There's just you and me – all the same. As long as I'm breathing I'll be looking, and whatever I find – I'll give it to you.

See you around.

JSL.

And then...

[The following pages featured (features) on the home page below the contents. Superfluous links and information is removed, but it's reprinted to retain the, sometimes ad hoc, spirit of the site.]

There's even more (do I ever rest?). As I'm on a Happiness Hike, just like you, and since I recently lost half the records and journals of my own quest (don't ask) they're now all on–line at [External site].

And after that...

As mentioned somewhere else, my last novel was based on the ideas in this site. It's looking for a publisher, but now uploaded is the blurb for Ambrosia?. If you know any one who would buy it...

Finally

This really is the last thing, after that I promise to stop ruining the Internet with all my silliness. I've written yet another site for professional writers, so if by chance you are one, it's here (Separate site).

P.S.

There's a collection of my other writings, journalism, fiction, non–fiction (together with a marketing record) here [*Link to external site*]

P.P.S.

Readers have written and said so many nice things about the site, all the e–mails are available in the Letters page. But this is large now :–), so I've culled the nicest quotes. They're at the very bottom of this page [*Selected appear at front of print book*].

P.P.P.S.

Four years on and The Happiness Hike is still going strong, regularly updated, as many people helped, or inspired as possible (go and see the letters page!)

The site is free. If you have been particularly changed by the site and would like to put something back, then do feel free to support my favourite charities.

At your donation can help people affected throughout the world with leprosy. Living often in India I see this all the time. Your money will be well spent.

is a worthwhile suicide prevention charity, providing free counseling to anyone who needs it.

And I'm sure you all know the work of the Red Cross. This link goes to the Indian branch and this to the British

Remember, if you give any of these charities

money after being inspired by my site, I'll get good karma!

P.P.P.P.S.

If I'm on–line at Yahoo, feel free to say hello.

P.P.P.P.P.S.

Finally, the book is finished!

[Talked generally about the book and my trouble getting a domain.]

P.P.P.P.P.P.S.

If you want to check if I'm on–line I tend to sign in to Yahoo when I'm online. I rarely use chat though.

P.P.P.P.P.P.P.S.

Wow, life is speeding up. The book is selling. Thank you to everyone who bought a copy.

I might publish a longer conventional book which I'm currently working on—LIFE MAGIC.

Watch this space!

P.P.P.P.P.P.P.P.S.

[*Offering free articles in return for book plugs.]*

P.P.P.P.P.P.P.P.P.S.

Ooooh, I've been busy. It's my birthday today (honestly), so I thought I'd announce to the world my upcoming projects.

Coming Soon!

The follow up to the first book. In this site, you've used various things to manifest your dreams. The main thing is visualisation, obviously with emotion (physically felt) and possibility.

But what exactly is a mental picture? What's it made from? How is it created? Where does it exist? If you were able to direct the pure energy behind visualisation, then what could be achieved?

Also to be released as a single work, book one and two, to be known as Life Magic.

The file is to big to make pdf with the free service I use, so I'm not sure of the format.

If it sells well, I'll self–publish it and offer a print version.

P.P.P.P.P.P.P.P.P.P.S.

FINISHED!

I've finished the on–line demo. Well, kind of, the slide–show it a bit patchy right now, the complete version isn't all there, but the demo is looking good. There's a lot there, six chapters, colour diagrams and inspirational art (takes a while to load though).

P.P.P.P.P.P.P.P.P.P.P.S.

[*Invitation to post at a since removed message board.]*

P.P.P.P.P.P.P.P.P.P.P.S.

[*Invitation to use a link swapping page.]*

P.P.P.P.P.P.P.P.P.P.P.P.S.

Two large pieces of news. One, a contract from a publisher has been offered on Life Magic, another company has requested and is considering the whole manuscript, and a literary agency has asked to represent it... so hopefully, finally, at some point... expect to see it in book form.

Secondly, the trip is over, almost. After all this time and all these countries and adventures, I leave tomorrow and should be back very soon. This was, of course, only my journey around the world. The Happiness Hike is always ongoing, until we get there! I hope I'll get a chance to add something meaningful just before I cross the last border.

P.P.P.P.P.P.P.P.P.P.P.P.S.

Ah, I was lucky, there was indeed time for a last word, or a conclusion if you like. If you've just arrived here, better read all the pages first and then come back to it. If you want to see it, then it's above the picture at the end of this page, or click here [*Included in the print version*].

P.P.P.P.P.P.P.P.P.P.P.P.S.

Well, I went back to England last year, but am now on the road again. I know The Happiness Hike is officially finished, but I couldn't resist a little update.

The publishing deal fell through. At Hampton Roads the ceo personally asked for it, kept if fifteen months, then I spoke to the secretary who told me they didn't want to go ahead with it.

There are three more publishers, so I'll try there and let you know. Don't worry, you WILL be seeing the book in print form at some point.

P.P.P.P.P.P.P.P.P.P.P.P.P.P.P.S.

[Talking about my domain (OK, showing off).]

P.P.P.P.P.P.P.P.P.P.P.P.P.P.P.P.P.S.

AT LAST, can you believe it, but a book is finally available. True, it's prepublication, i.e. needing a final edit, but it's a proper book you can buy online. Go and see it at

P.P.P.P.P.P.P.P.P.P.P.P.P.P.P.P.P.S.

I wrote that last thing yesterday. It came to me that if you just came to this site, it looks like I did it straight away. I actually wrote the first P.S. about six or seven years ago, and have kept updating the site and everything current because... that's what I do; heal my own mind, use it's abilities to be what I can, and distribute the methods and techniques I discover.

Yesterday my mother was buried. I'm abroad at the time (of course) but I went to a church and meditated. In the afternoon I came across the site that lets me publish the print version, so I uploaded it and it's available.

In light of all the support and encouragement, I would like to dedicate *The Curse and Miracle of Expectation* (however it ends up looking), and this entire web–site to her memory:

Josine Florida Lowet.

Conclusion

Note: This conclusion was the last thing written after all the pps updates on the homepage.

I think, in conclusion to the whole thing, which I've put at the end of the home page to show how eccentric I am, I'd say one last thing.

In life creation, which is life itself, honesty is paramount; it's important never to lie to yourself. I'm talking about the way, for example, you might have a dream but give up on it because it takes too long and hope is lost, or perhaps it's obtained and then lost. It seems easier to give up and say you don't want it.

Now it won't hurt you, but you have to lie about your emotions; you're a fake.

You see people like this all the time. They're easily spotted because they're always talking down the dreams of other people. They look at the people gazing to the stars and talk them down to the 'real' world to be 'realistic'.

They have to, as a compulsion, because if a dreamer is seen to achieve their dreams, it's a reminder of the lie – then they have nothing.

Never be sour grapes. Unfulfilled desires can hurt because we indelibly attach them to things in the world. You think you need this object or that situation to feel a desired emotion – but emotions are free, they can be chosen and riches experienced each time you decide to.

Life is evolution. Amoebas became fish, who then walked onto the land – everything is a progression. Emotions are also a progression. A bird instinctively wants and obtains a nest.

We can want mundane things in the world, love, a house or whatever. They can be achieved.

But by seeing that emotions are ultimately free of the world, the fulfilled and attached desire for a new house can become a higher appreciation of beauty. Desire for escape from loneliness or attached romantic love, with insight, becomes a deeper, inward quest.

The bitter people of faded dreams avoid pain be denying desire. But if everything evolves, stopping something dead can never be an answer. The whole of nature manifests on desire, like plants growing to the sun. We are the last product of evolution and have the option of living our emotions free of the world, by choosing to.

Desire things. Obtain them. Be happy from them. Free happiness from dreams. Choose happiness, and dance with the dream that is life. Look within. Get to know each emotion so well that they all become the same, then find out who feels them.

Free emotions

Free yourself
Shine into the world

The End?

An Afterward to the Book Version

So, after all this, am I still on The Happiness Hike? Do I stand by what I did with my life so far?

Uh–huh.

I think that a large part of growing up is accepting all the things you are not. When young, we look at all the media role models and feel regrets at not being all of them (at least I did).

A bit of life–experience teaches us that lots of things in life are fun to think about or imagine, but not actually fun to do or be. We can swap lives with envied people, but we'd have to live with their problems as well… so we might as well be ourselves, as long as it's known who that person is.

I'm still eventually the same soul. Right now, I'm sitting in a café, my bag is back in the hotel room full of psychology books, new age printouts, hand–scribbled mind maps and meditation diary notes. I still have no address or permanence. I still lie on my

back and look at the sky on clear days and nights for no reason.

I returned to Europe after a decade, for personal reasons. I returned to Asia but had obe's and premonitions of my mother's demise, date included, so I returned to be with her even though she was in good health at that point. Now she's gone, I wanted to make this retrospective of the work available in her memory. After this, I don't know and I don't worry.

About six years ago, I discovered that all of my early problems, and why I'm so generally different to everyone, are actually an undiagnosed genetic condition. For a while I was angry at being hobbled from the start, but looking back at what I have tried to achieve, I like to choose to think that I was given a life–challenge with a life purpose, and beyond all the (many) mistakes, I hope I did (am doing) the best I can, and still enjoying the ride.

Did I get the private jet?

Nope. But I only wanted one when I was twelve. It's fun fantasising it… not having to clean it.

… The trophy wife?

No.

Do I still want one? Is it really fun or just fun thinking of it?

Send me a photo; I'll let you know.

Do I still make stupid jokes that no one laughs at?

Bye!

Jay Moon.

Appendix

[*Note: This essay was added at the end of The Happiness Hike. It was an article circulated to promote the* The Curse and Miracle of Expectation, *and was considered at the time and extension of the site; it was actually the start of something new.*]

Living Abundance

Do beliefs really create our reality, the lives we live, who and where we are, our wealth and happiness, or lack of these things? If there's something in your life that you don't like or wish to change, can it really be linked to a belief, and will changing this truly transform your life?

To answer this we have to look at exactly how 'beliefs create reality', by separating the process into four parts:

- Possibility
- Belief
- Focus
- Emotion

Anything is possible. A multitude of events and circumstances occur to billions of very different people every day. Therefore, we all live with infinite possibility, yet we limit this with our beliefs of what could possibly happen (or not happen).

As well as our beliefs in what is possible, we have focus and emotion. Think of the millions of beliefs in your mind: how old you look, how much you earn, how lucky you are, how it always rains when you begin to do the garden. Yet they all remain in the subconscious, i.e. hidden until each one is occasionally recalled; it's one thing to have beliefs and another to keep on repeatedly believing them. At any time only one belief is focused on, and this inspires an associated emotion.

Imagine that you're driving to the supermarket and worrying that you won't find a parking space. That's a belief, but how, exactly, is it going to create reality?

On the way there you are driving and mental pictures of various possibilities come into your mind – a crammed car park, going round in circles for hours, getting stuck in a queue that you can't back out of.

Look deeply, these mental pictures aren't constant, they keep popping in and out of the mind. Each time one does there's an associated emotion, which you might label dread, worry, annoyance etc. Yet looking even deeper, this is an energy. Forget the label, separate the feeling from the mental picture that inspired it, and you will find its 'basic' existence is a very vague experience of energy in the mind and an associated bodily sensation, maybe a heaviness in the stomach or a tingling around your lower back – or whatever.

THAT is a belief, a focused on belief, or a Habitually Repeated Knowing. Separate the flashing

mental pictures (or possibilities you choose to focus on) from the associated emotion (or the way you feel when you believe a certain thing is going to happen). Then separate the labels and concepts of the emotion from the 'basic experience' of it. Watching this basic experience, you can begin to see how the beliefs we repeatedly focus on – or rather their basic 'energy' – creates our life experience. Then, when you end up driving round for two hours looking for a parking space, you'll stop saying silly things like, 'I just knew this would happen.'

Do you believe anything is possible? Out of all the beliefs stored in your mind, which ones do you repeatedly focus on? Do you keep living in the same kind of energy? Do these Habitually Repeated Knowings correspond to the life you have created around you?

The first step towards genuine transformation is watching this process on a moment–to–moment basis. Every time you find yourself saying, 'This always happens to me,' or complaining about your life, feeling hopeless or negative, stop and try this:

1. Watch the mental pictures coming and going.
2. Separate them from the emotion, and notice the natural tendency to label this emotion.
3. Separate the label from the emotion.
4. Focus on the energy of the emotion alone.

5. Feel the energy of the emotion, touch it gently without wishing it wasn't there or was something else. Just experience it for what it is.

Thought is Karma

Is everything fated, or do we have free will. Imagine of when a comet from outer space hits a certain point on the earth. If you think about it, the time and location of the impact were fated at the creation of the universe, the big bang, in the same way the end position of every ball in a game of pool is fated the moment the cue ball is struck.

However, if you were standing at the exact point where the comet was due to fall, watching it hurtle towards you, then you have free will as to weather you run away or stand still. The comet is fated; your reaction is not.

This also applies to the thoughts in our minds. Go sit at the beach and look at the sea, with all the bills paid and nothing to worry about – and keep your mind completely blank. Even though there isn't anything in the environment to stimulate any thoughts (you could even have your eyes closed), you'll very quickly find that thoughts, with their associated emotions, keep on coming and going all by themselves.

Now imagine that you've just bought a new house and are trying to decide how to decorate. You go to the park specifically to think it over, visualizing new wall–paper, imagining how various color schemes would look, and so on.

So in the first instance, thoughts come and go without your volition, simply randomly, in the second, you chose to think certain thoughts.

We can think of the mind as a huge repository of possible thoughts, beliefs, mental pictures and emotions. Sometimes (most of the time) they just come up and then leave by themselves. Other times they are inspired by the environment. Lastly, you can choose to focus on certain ones by volition, by your own decision.

Now, as your watchfulness over the mind improves on a moment–to–moment basis throughout the day, you can use your volition to inspire a certain belief. You imagine that you are successful and happy, believe it (or keep affirming it until you believe it) and then experience the positive mental emotion in its raw, bare form, separate from the mental picture that inspired it. Good, now we're getting somewhere.

But then a mental picture comes up, without your volition, of the bill that arrived this morning that there's no money for. You think, 'Who are you kidding? You're as broke as ever.' and feel an associated emotion labeled 'hopelessness'. So what should you do, change it all back to positivity?

You'd think so wouldn't you? Once you start this practice you'll find that it's like weaving a large tapestry that is your future, but at the same time you're also in charge of a naughty child. So there you sit weaving (your future) but then the child starts tugging at it and being naughty. The more you ignore

it or push it away, the harder it will strive for your attention.

The trick is (again) in separation. Focus on and feel the emotion of positive beliefs. When the mental states you've created with your volition are interrupted by doubts or fears, separate the mental pictures from the concept of emotion to the power of the emotion itself – and just watch the basic, raw energy with an attitude of detached love. It won't last forever, nothing ever does, simply watch it until it begins to disperse. The moment it quietens down, back to the weaving!

So now you return to the practice of inspiring thoughts, or creating them even. What in essence is that? Say you've lost your car keys and are trying to remember where you put them. You sit down and try to think, and all the possible places start to pop up in your mind. How did you pull out those specific thoughts, exactly how? You sat down, blanked your mind, and waited with expectancy. Try it now. Can you name three breeds of dog? How do you use your volition to pull out those specific three thoughts? You just expect, or will them, and they come. This 'expectancy' is a belief (in something that's going to happen) and expectancy doesn't just pull out desired thoughts, but life experiences and events as well.

Everything we experience in life can only be felt inside of us. So when you feel the energy of a positive belief, that some cherished dream has already come to pass, you already own as much as it's possible to own – you're rich right now!

Touch your doubts and fears, live your hopes and dreams – and then any possibility can become just a matter of time.