

Sample



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AUTHOR'S NOTE

Beware! This book contains information that could change your life forever. You are reading it at your own risk and the author accepts no responsibility whatsoever for drastic changes in your life.

It all comes down to a choice. Do you really want to change your life? Tony de Mello is of the opinion that people don't really want to change or to grow up. To change, means to experience discomfort and people just want to stick with the safe and familiar ways. He puts it in his book, Awareness, as follows: "Don't try to teach a pig to sing, it wastes your time and it irritates the pig." So, ask yourself if you really want to change, because this book will help you do that.

There is a saying: "The teacher will appear if the student is ready to learn." Your level of consciousness will determine if you are ready for this book or not.

This is not just an average story to read for relaxation. It is packed with life changing information and it will present itself throughout the story. Your current awareness and consciousness will determine how much value you will get out of the book.

People tend to worry too much about everything. This journey will help you to get rid of negativity and worries. The good news is that if you get at the stage of no worries, you'll get more of the same. It will snowball and you'll be surprised how your life has changed for the better.

A little advice, before we start....Do the things you are capable of doing and stop worrying about the things you can do nothing about.

Come on this journey with me, and let us change your life together, forever....

1. THE PROBLEM

The one bedroom flat is covered with dust and the way the furniture is arranged, indicates the absence of a woman's touch. Sitting on a couch with a steaming hot cup of coffee is a young attractive man in his early thirties. He is unshaven, wearing a cream coloured shirt with jeans and his hair looks like the nest of a Song Sparrow. On the opposite side of the room, is his friend standing next to the window, looking to the outside.

“This is it.... I can't go on. I need to have my rent paid by the end of the week or I'm living on the street. I have sold all my valuable possessions the last two months, just to get by. I only have a few pieces of clothing left... and a bed. It's not worth a lot, so it's of no use selling it.

This morning I had to sell my great, great grandmothers diamond ring. I had to choose between survival and sentiment... , if something is not going to change fast, I'll have nothing left! ”

Egan's tired eyes are red and sad as he scratches his unshaved face. His friend looks at him quietly with a feeling of despair. Jimmy is an old high school friend of Egan and has a fuller body structure... what some people may call fat. Jimmy usually jokes that he is just more visible than others or that he is just too short for his weight.

"You know I would like to help you, but I'm struggling as well."

"No, I'm not here to beg for money. I need advice and I need it fast! I just don't get it... some people just have all the money they can spend! The joke is that I'm more qualified than most of them!"

Jimmy suddenly gets a smile on his face: "Why don't we start our own business? Nobody will get rich working for somebody else. You are struggling to find work, so you have nothing to loose."

“Exactly, I have nothing left. You can’t start something with nothing. Stick with the job you have, even if it’s bad....at least you can pay the bills. Where am I going to get the capital to start something anyhow ?! You need money to make money.”

The evening continues on the same level of discussion and the friends soon find themselves in a mild depression. Later the evening Egan sets of to his own flat.

It is late and Egan’s mind is very restless as he walks at a steady pace. He keeps on imagining all the worst-case scenarios. His forehead is sweating, not from the exercise he is getting, but it’s sweat of anguish and fear.

How did he end up in this position? He realises that he did get some early signs that his financial position is going down, but he didn’t act on them. Even if he did take action, what could he have done?

He is too proud to ask one of his friends for a loan and in which case he would just go even deeper into debt. There are no guarantees that he would be able to pay back the money, but at least he will survive another month or two.

The door of his flat swung open and he stares into the dark. The emptiness of the place he calls home, greets him and he feels a knot in his stomach. Is this it ? The end of the line ?

He takes a shower and is grateful he still has hot water. The water streams down his face and as he closes his eyes. The thoughts suddenly seem to attack him from all over. "Why, why?"

"O.K. What do I have, except no hope ?"

"You have a brain your idiot ! Think of something !" His thoughts are not very kind with him.

He realises that scolding himself is not going to bring him anywhere. He decides to enjoy the shower and quiet his mind. For the first time in months he enjoys a few minutes of quiet and relaxation.

Ten minutes later, Egan is lying on the bed and the thoughts had somehow managed to crawl back into his mind. He grabs his favourite book, which is lying on the floor, and starts reading:

Every person in life is equipped with a powerful brain to help him with his life's journey. In order to help you survive, the brain established patterns on everything you experience in life.

END OF CHAPTER SAMPLE

2. WHO ARE YOU ?

He stares into the fire and listens to the hyena howling at a distance. Even the hyenas are not laughing this evening, because this is serious stuff... Egan thinks to himself with a smile.

“Spink, I really don’t know how all this information is going to help me to make more money ?”

“Let’s just say this information forms the foundation of your house or in this case, your finances. Without a foundation, the house will not be standing for a long time, will it ?”

“When are we getting to the real important stuff ?”

“You still don’t get it, do you ? People are not rich, because they have lots of money. They have lots of money, because they have a wealth consciousness. Isn’t it then logical to start with consciousness ?”

“Consciousness like BEing in the moment of NOW?”

“It’s not the whole answer, but it is a start. Since you are so impatient, let me give you a golden rule to think about this evening. ‘To have it, you must first BE it.’”

Egan smiles “I guess that is why we are called human BEings and not human DOings.”

Spink throws more wood on the fire and continues.

“A new life starts only with a choice. If you have made the choice to live a successful life, then you just follow my formula and see what happens! ...but you have to choose first.

If you make the decision, then you must change who you ARE, your BEing. That is why it is so difficult to change a behaviour. Don’t stop the smoking, for example... change

the person who you ARE. See yourself as a non-smoking person and act like that.”

Spink stands up, stretching. Egan senses that their discussion for the evening is coming to a close.

END OF CHAPTER SAMPLE

3. THE POWER OF BEING

It was just about sunrise as he sat down next to the fire with his steaming hot cup of coffee. The beauty of the nature left him breathless. All around the camping site, all sorts of animal noises were beginning to become more prominent. He definitely didn't experience Mother Nature in this intensity ever before !

Minutes past as Egan reflects on the conversation the previous evening. If he understands it correctly, the right consciousness is the most important thing to have. He is spirit in a temporary human body, and he will one day return to his origin, which is God. No need to fear death. There is actually no need to fear anything !

He knows now that he must tune into his spirit and get into the right mindset in order to just BE. The consciousness state of BEing implies a condition of peace, love and acceptance.

The sentence which keeps on echoing in his mind is ‘ ...in order to have it, you must first BE it.’

“Good morning !” Spink seems to appear out of nowhere with his usual big smile.

Egan greets back and wonder if Spink can keep up with this happiness of him. Surely he must only be human and eventually he must get distracted ! Suddenly Egan realises that he actually has a negative belief about total happiness. It seems as if the few hours of talking is already starting to pay off !

After breakfast, and one of the most stunning sunrises he had ever seen, they depart on feet to a nearby waterfall. Obviously his interpretation of ‘nearby’ is totally different from that of Spink’s ! After four hours of walking they reach the nearby mountains.

“It’s always good to clean your head in the beauty of nature. Nature has the ability to recharge your energy.”

Spink doesn’t appear to be tired.

Egan on the other hand, was relatively tired and he didn’t even carry a backpack like Spink ! They rested for a while and continued for another half an hour. As they approach a big waterfall, the thundering sound of falling water becomes harder by the moment.

Exhausted Egan fell on the grass next to the large pool of water. The spray of the waterfall kisses his face and for a moment he got the feeling how it must feel like in heaven.

It is with a big splash that Spink jumps into the pool. Egan lifts his head and sees the well build body of Spink and the familiar unshaved smile. Egan silently prays that Spink is wearing his shorts ! Without an invitation, Egan strips off his shirt and he too dives into the ice-cold water.

Twenty minutes later, as they sit to recover some heat in the sun, Spink starts his next lecture.

“You see the stream of water coming down the waterfall ?

That is similar to God’s love and abundance. He is pouring it to us without limitation. The problem with most people is that they had find ways to prevent that flow into their lives.

They created false beliefs, like the fact that they are not worthy enough to receive a lot of love or money in their lives.

The worst part is that they then start blaming God for all their limitations and lack. It’s almost like blaming the sun for getting sunburn!”

END OF CHAPTER SAMPLE

4. BELIEFS

The tears run down his dirty cheeks. He is hungry and tired. The people who are passing by, ignore his outstretched hands. Egan decides to try begging on his knees, but the result remains the same.

The heat is unbearable and he begins to walk around the building. His ten-year-old legs are thin and shaky. At least the water is for free. Water has been his saviour for the last few days.

He approaches the tap at the back of the building and start drinking the warmish water vigorously. He splashes his dirty face with the water and feels some relief. A loud noise let him swing around. In one of the corners of the building he notices a stray dog sniffing in an overturned garbage can.

Delighted with the company he walks over, but the growls of the dog let him retreat in defeat. Egan is used to rejection, so he returns to his “office” on the sidewalk. At the end of the day Egan counts his earnings for the day....fifty five cents. He realises that he would need to double his efforts if he wants to buy a bread by the weekend. Twenty minutes later he arrives at his self-made shack, which he calls home and he starts chewing on the last piece of dry bread he has.

He must have fallen asleep, because a wet tongue licking him in the face wakens him. Dunga ! In the dark he notices the friendly eyes of his companion. “Sorry Dunga, I’m all out of food today.” Egan rubs the dirty black dog and then holds him tightly. “Tomorrow I’ll get us some real food, my boy. Don’t you worry...”

Dunga departed soon afterwards, probably to find some food on his own. Egan regularly gets a visit from Dunga... the only family he has, so to speak. Egan lies down again

and soon finds himself thinking about his mom. He really misses his mom. It is six months now since he last had seen her. He never knew his dad.

The guilt starts to build up in him. Perhaps he was not behaving himself, as he should have. He gives a sniff, determined not to let sadness run him over...

....strange how certain parts of your life can flash before your eyes in such detail....and only in a split second !

Perhaps that is what saved him in the earlier months, while being alone. His determination not to give way to sadness.....

END OF CHAPTER SAMPLE

5. CONSCIOUSNESS

Egan is very relieved to discover that the journey is by vehicle. After a bumpy ride of about twenty minutes, the Land Rover enters the gate of a camping site filled with huts. A bunch of small children is running after the Land Rover as they enter the gate.

The people living in the camp is an African tribe and they seem quite excited by their visit... obviously they don't get visitors very often. A tall warrior with a red and white painted face, greets Spink in his foreign language. Egan is left speechless as Spink replies in the same language and starts talking to the warrior.

Egan follows them as they start to walk to one of the huts at the back of the camp. Inside the hut they find an older member of the tribe sitting crossed-legs with his back to the entrance. The tall warrior says something to the older

gentleman and leaves Spink and Egan behind as he disappears through the opening.

It felt like ages for Egan, before the old tribe member starts to talk to Spink. Spink replies something and without turning around, the old tribe member introduces himself to Egan. Egan is surprised by the fact that this old man can speak English. “ I’m Yangja. My old friend did tell me about you and the planned visit.”

The voice of Yangja is clear and full of vibrancy, not what one would expect from an old man.

“Please sit down.”

A young woman enters the hut and put down a wooden bowl, filled with some sort of liquor, in the middle of the hut. She leaves quietly and Egan wonders whether Yangja did notice her entrance and disappearance.

Yangja slowly comes to his knees and without standing up, he turns around and sits on the leopard skin. Egan immediately notices the sparkling aliveness of Yangja's eyes. It definitely is a big contrast with the wrinkled skin surrounding the sparkling eyes.

“The secret of life is in your heart, my son.” Egan gets a bit uncomfortable as Yangja's eyes penetrates his. “The secret is to get out of your head and into your heart. People think too much and in the process, they worry too much. You see, if you can quiet your mind, you'll hear the calling of your soul. Your soul will provide you with valuable information.”

“Here, have a drink....” he picks up the bowl and hand it over to Egan.

Egan takes a mouth full of the strange liquor ...it's awful!
Not to embarrass Yangja by not accepting the friendly

gesture, he swallows. Moments later the world starts spinning around him and he is struggling to breath freely.

In a flash of a moment a hundred thoughts run through Egan's mind. I'm dying ! Why did you come to this forsaken place ? Why did you trust these people?

END OF CHAPTER SAMPLE

7. ABUNDANCE

The drinking hole is quiet and the sun is reflecting on the water. In a short while the animals will arrive to enjoy the water. Egan and Spink are settled in a comfortable tree, down wind so that the animals cannot smell them. Egan knows he will have to be quiet when the animals start to arrive, so he takes his opportunity.

“Spink, I’ve been here for a few days now. You have taught me some interesting things, but call me impatient, I want to get to the root of it all. How can I increase my wealth ?”

“All is happening in good time. A house is build brick by brick. You cannot put on the roof without having any walls ! However, I understand your eagerness to get to the point, so I’ll give you some thoughts to dissect.

The first thing you need to know is that you are not looking for wealth”

“I’m not?!”

“No. Your aim must be to get abundance.”

“What is the difference ?”

“Wealth refers to money and possessions only. Abundance includes it all, from good health, happiness to the money you are seeking. The reason I make this distinction is not for you to wish for a broader spectrum than money only. It all comes down to your feelings or attitude towards the world. I think that a better word to use should be JOY.”

He notices that Egan is a bit confused, so he continues.

“Let me explain. Do you know any people in the world who have obtained a lot of money, but have lost it ?”

“No personal friends or relatives, but I do know about a lot of lotto winners who seems to loose their millions overnight.”

“Do you know anybody who has a lot of money, but is also miserable ?”

“I know of a few movie stars who committed suicide. I thought they had it all and couldn't believe that they would commit suicide, while having all that money and fame!”

“Egan, if you only have a lot of money, you have wealth, but it doesn't mean the money is going to make you happy. That is why your aim should be abundance, which includes happiness and joy.

Happiness is an inner concept. The outside world cannot make you happy, you, and only you, can make yourself happy.

Another benefit of focusing on abundance, is that you take your attention away from money. The problem with the average person is that when he thinks of money, he usually thinks of the lack of money. If you keep focusing on the lack of money, that is what you will get in your life.”

“O.K. So I’m focusing on abundance on all fields. But what about the people who lost their millions in a short period of time ? Was it because they focused on money only ?”

“Let’s use my earlier example of building a house. The foundation of this house is the acknowledging of all the good things you already have in your life. People are so focused on lack that they don’t even know it.

If you listen to the news and read the newspapers, you are informed 24 hours a day, on the lack of the world. We are programmed to believe in lack. It all started from childhood when you were told that there isn’t enough money.

From that focus point, you'll never get rich. So, by starting to appreciate the good things you already have in your life, you shift your focus away from lack.”

END OF CHAPTER SAMPLE

9. THE HAUNTED HOUSE

Denver hasn't spoken a word to Egan, since their short meeting a few minutes ago. They continued their journey for another twenty minutes before they reach an old house. Denver's voice surprises Egan...

"The rumour has it that this house is haunted."

Denver's voice is as clear as crystal water. He seems to be intrigued by the house in front of them.

"This house has been empty for some ten years now. Interesting enough, it is still in such a good condition that you can move in at any time.... that is after you spend some time cleaning it, of course."

END OF CHAPTER SAMPLE

FINAL NOTE

I hope you get an idea of what the book will be like. The amount of valuable information you can take from it, depends on the level of your consciousness.

If you want to learn more, my new book was just released!

“Subconscious Beliefs – The blueprint for change.”

Available at <http://www.subconsciousbeliefs.com>.

Other recommendations

If you want to loose weight and not your mind, I have just the place for you to go to. No diets, strange exercise techniques and funny stuff like that. Your body is overweight, because it wants to be overweight. Did you get that? And the SOLUTION?

Just change your body's mind!

Have a look at the [Gabriel Method](#). Definitely a recommendation from my side.

Also available from this author, the book – [Subconscious Beliefs](#).