

# Quantum Success: Now or Never

By

Thomas L. Pauley

# Introduction

Do you ever feel out of control? Do you struggle with success? Do you see success as an adversary? Do you feel like something or someone is killing all your good?

Do your relationships lack the spark of permanence your heart cries out for? Do ideas and businesses that make others rich leave you wondering what went wrong?

Do you feel like there is some monstrous, invisible thing following you, killing every major success you manage to find?

Do you feel like no matter what you do or how hard you try, sooner or later all your efforts will come to naught?

Do you feel like your past haunts you, still? Do you continue to pay for mistakes you made long ago?

Do you feel any of these things?

I did.

I lived most of my life believing I had an ancient, success-killing shadow following me everywhere.

I am continually intrigued by the fact that we human beings are dramatically and almost invisibly influenced by events from our long distant past.

We think that what happened yesterday is gone and vanished, but not so. What happened to you yesterday has changed you forever.

For every action there is an opposite but equal reaction. We are the sum of our life's experience.

We couldn't be where we are now if we hadn't been where we were then.

So it stands to reason that what happened to you days, weeks, months, years...yes, even ages ago can still affect you today.

I know because past events adversely affected me most of my life.

## Rich Now

Today I am a rich man.

In fact, I'm Rich Beyond My Wildest Dreams. I am. I am. I am.

I live a vacation life. I do not worry about bills or obligations. I have a wonderful business growing bigger every day. My work is creative and rewarding. I drive a great car. I live in paradise. I have a beautiful home. I do pretty much what I want to do. I go where I want to go. I paint when I want to paint. I am living the life of my dreams.

But it wasn't always that way.

Until I found *Quantum Success: Now Or Never*, I felt uneasy all the time.

It didn't matter how much money I made. It didn't matter how big the deal. Or how rich the prize. I always felt unsuccessful, insecure, vulnerable.

Regardless of the success, I always felt that sooner or later, Zap! Something beyond my control would strike like a lightning bolt. My success would vanish before my eyes and there was nothing I could do to stop it.

Oh, how little I knew then.

## You Name It

I've had 43 different jobs or occupations so far in my life. I've been fired or forced to resign more often than most people get hired.

And each time I had to move on I was stunned.

Mystified that things had gone so bad so quickly. I always thought I was doing a great job. I didn't know what it was, but there was something following me.

I wrote the advertising that put Summit Capitol Fund in the big leagues. I wrote incredibly successful fund raising letters for a past-President of the United States.

I sold power factor correction and IRC 125 Cafeteria Benefit Packages. I owned a construction company and built two direct mail advertising venues.

I ran the sales department for a large, dominant radio station, an AM/FM combo. I increased sales and collections 524% the first year.

I created image advertising for Gulf Oil, Holiday Inn and ABC Radio. (Image advertising is the prestige stuff ad writers drool over and few get to write.)

I wrote and produced over 300 radio and TV commercials.

I created the annual Independent Oil Dealers Show for Shell Oil two years in a row.

I worked with Shell to change and dramatically improve their relationship with their independent oil jobbers. My suggestions made them millions in bonus revenue the first year.

I've written three movies and sold one.

I have held professional licenses in real estate, life and health insurance and as a general contractor for multi-story buildings.

I have sold everything from soap and pills to million dollar ad campaigns.

I do not lack for ambition, versatility or confidence.

You name it, I've probably done it.

And yet most of my life seemed to consist of one small step forward followed by two big steps backward.

Obviously I needed help.

The information in this book is one big reason I am successful today.

*Quantum Success: Now Or Never* is the key for unlocking the chains that have bound you to failure and unhappiness.

*Quantum Success: Now Or Never* is a simple and permanent step forward on the road to the rich, happy and successful life you deserve to live.

*Quantum Success: Now Or Never* is one of the great talismans of this life. With it you can vanquish, once and for all, that success-killing shadow that has followed you to this day.

It can blow wide open the doors to your boundless prosperity.

In less than one hour.

In less than one hour, the barriers, detours and bad luck that have waylaid your success in the past can disappear in a puff of smoke before your very eyes.

Yesterday's trouble can be gone, forever.

## First Things First

First, before we do anything else. I must tell you how this information came to me.

If you have read any of our other books or attended our classes or seminars, you've probably heard this story before.

Congratulations, you get to hear it again. We tell this story a little differently each time, but we always tell it.

How could we not?

It reveals the ultimate source of everything we teach. And you deserve to know that.

The first time we told this story was in the book I wrote with Penelope J. Pauley, my oldest daughter, *I'm Rich Beyond My Wildest Dreams. I am. I am. I am.*

But I'm younger than that now, so you'll probably enjoy this telling even more.

## Saved By A Hawk

Much of my life has been a roller-coaster ride. I've had periods of great success, but they seemed always to be followed by equally long or longer periods of failure and pain.

This is evidenced by the fact I have declared personal bankruptcy twice.

In fact, it wasn't until after my second bankruptcy that I discovered Quantum Success.

Sometimes you have to hit rock bottom before you are willing to learn.

Sometimes you have to fail before you can succeed.

Sometimes you have to exhaust your own ideas of how things work before you are willing to try something new.

That's how it was for me.

You might say my life was saved by a red-tailed hawk.

It was the summer after our second bankruptcy was discharged. I had opened a small advertising agency, leased office space and was feeling very conservative about the future.

I took the second bankruptcy much harder than the first and I didn't want to go down that primrose path to financial disaster ever again.

I was determined to work hard, keep my nose to the grindstone and eek out a living for my family.

Risk and opportunity were words I didn't want to hear.

Fortunately, the Universe knew what I needed better than I did.

My youngest daughter, Heather, had put a deal together. She asked us to spend a day at the beach with her friend, Brooke, Brooke's father, Bob and new step-mom, Lisa.

It was hot a Sunday in August and we welcomed the opportunity to get away from our troubles for a while.

Today Bob and Lisa are our close friends, but that day we were just getting to know each other and that always takes some doing.

Bob is smart as a tack. I think he remembers every line from every book he's ever read. And he reads a lot.

Lisa is quite independent and strong minded. She was full of exotic and esoteric information. The kind of thing I loved, but which didn't mix all that well with my new found conservatism.

Funny how the Universe often gives you a double serving of what you're trying to avoid. Just when you need it most.

Lisa told me about the healing powers of silver-colloidal. And the amazing effects certain essential oils have on your body and spirit.

She was full of enthusiasm for seeing the world from a non-conventional point of view.

I was off-handedly discounting most of what she said.

Until she got to the hawk.

That got my attention.

As we all lay there on the beach, we noticed a red-tailed hawk practically floating in the deep blue summer sky above.

I couldn't help but notice what a magnificent creature he was. Effortlessly floating in the warm sea breeze.

That's when Lisa said, "You know the Native Americans in this area believe that hawks are messengers of God because they can fly to heaven and retrieve messages. And if one lands next to you, it means God has a message for you."

I had just finished a big Independent Oil Dealer's show for Shell Oil. We had used a Native American theme to whitewash the raping of Mother Earth in the name of profit, so I was well-versed in Indian lore.

I was about to pontificate when a remarkable thing happened.

Without a moment's hesitation, our friendly hawk dove from the sky and landed within my arm's reach.

I didn't know what to say. What can you say to a thing like that?

The hawk landed about 5 to 6 feet from me.

Lisa finally said what we were all thinking. "Well, Tom, it looks like you have a message from God."

I was way too "conservative" at the time to openly accept that kind of thinking. Let's face it, that kind of thinking is not consistent with conventional wisdom.

And I was afraid to open that alternative door.

I made a joke about the world being full of strange coincidences, something I never really believed in.

The hawk stayed about 10 minutes and left, which was in itself remarkable.

I expected him to realize that he'd made a mistake and landed too close to people. I expected him to fly off quickly.

After he left, I started to make another joke when Lisa interrupted, "It's a good thing he didn't bring his mate. That would have meant your message from God was extremely important. A gift from God."

OK, here's what really bothered me.

She was saying this stuff like it was true. You know that deep confident voice that seems to come from another place and time. That voice of authority that people have when they are telling the absolute truth.

That's how she sounded. It was frightening.

I was searching my data base for something to say, anything, when that red-tailed hawk did an even more-than-remarkable thing.

He appeared out of nowhere. Circled once above our heads and landed, once again, next to me.

Only this time he brought his mate.

They both landed only a few feet from me.

Hey, I grew up in Nebraska. I spent practically every weekend on my uncle's farm. Hawks don't do that. They don't land near people. They have no interest in people. They look for rodents, rabbits, chickens, things they can eat. Not people, not the ultimate predator. They stay away from people.

Obviously, these hawks were not from Nebraska.

These hawks were from another place entirely.

The short of the story is that I did receive a message, a gift from the unknowable Source of all Knowledge and Wisdom.

That day. That eventful day at the beach began a whirlwind of learning for me and my family. Learning that led us to prosperity and happiness.

We saw our income triple practically overnight.

We went from struggling to survive to living a vacation life. We saw a huge business rise up from the most humble beginnings.

Somewhere in the next few years, somewhere in that blur of learning and growing we discovered the incredible power of *Quantum Success: Now Or Never*.

We learned how to change failure into success.

How to unlock the chains that bind us to low self-esteem, anger, hatred, lack of confidence, self-loathing and loss.

We learned how to do what so few ever do.

We learned how to eliminate that success-killing shadow, once and for all.

# Education

Before Quantum Success when I first started out in business, I believed education was the secret to my success.

If I could just get enough of the right education, I could ring the brass bell of happiness.

I used to think that if I learned all the right sales techniques, if I learned all the right marketing methods, and if I maintained a great attitude, then I would be successful.

If I could just learn what successful people knew, then I could join them in the winner's circle.

Unfortunately education was only part of the equation.

I learned how to think and grow rich. I learned the best time to close was all the time. I learned to have a positive mental attitude.

I learned to use business school strategies with street-smart quickness.

If there was an edge to know, I'd find it and learn it.

Yet, sooner or later my success would come to a dead end. And I was left wondering why.

I tried everything.

Education, new business ideas, hard work and long hours.

I'm from Nebraska; hard work and long hours are part of the residency requirement.

I read everything I could get my hands on. I listened to motivational tapes. I took seminars guaranteed to fill my pockets with gold. I learned to re-program myself to be more positive.

I learned to better manage my time and structure my thinking.

I went to every lecture on mind, body and soul I could find.

And I moved.

Did I mentioned I moved.

About every six months to a year I packed up my family of five and moved to greener pastures.

I tried everything, but my success was always just a little farther down the line. Nothing it seemed could save me from that terrible shadow.

That terrible success-killing shadow that followed me everywhere.

It's funny, really; we spend so much time learning how to control ourselves and others. We spend years learning how to manipulate, change and control the world around us in hopes of bringing success to our front door.

Then one day we realize the door won't open.

We realize it's locked and sealed, tight.

We see success all around us, yet the door to our success won't open.

What have we gained? What use is any education if we cannot reach our prize once we've dragged it to the door?

## Pure Gold

See, I never got it.

I missed the forest right there in front of my eyes.

All I could see was the failure. I damned everything I did.

I never saw all the wonderful benefits the Universe was sending me. I was so myopic that the world was literally out of focus nine inches past my face.

I could have been staring at a pile of pure gold and all I would have seen was a blurry yellow wall waiting to fall on me.

Today, if I see a blurry yellow wall, I expect it to be a pile of gold. Heck, regardless of the color, I assume all walls are priceless opportunities.

Yes, I know every motivational speaker in the world says that's what you have to train yourself to see.

But the thing is, I didn't train myself to see that.

I didn't say a lot of fancy words or phrases that changed my view. I didn't memorize a thought process to go through every time I hit a wall. I didn't consciously change my perception. Or re-define reality in more glowing terms.

This is not what I did.

My new vision of the world is the result of the secrets I'm about to show you. It's the result of permanently eliminating my success-killing shadow.

I simply evaporated the forces of bad luck and disaster that followed me for most of my life.

And I did that in less than one hour.

## Winning Isn't Everything

What is failure? Failure is the opposite of success, right?

Wrong.

Failure is a precious gift from the Creative Force of Eternity.

It is undoubtedly the finest teaching tool in existence. Its importance and value is beyond our comprehension as inhabitants of this physical plane.

Mark Twain once said, "If a man wants to carry the cat home by the tail, I say let him. That cat will teach him a thousand lessons which I could never explain."

Failure is the highest level of learning.

Failure teaches with crystal clarity exactly what not to do.

That's how Edison invented the light bulb. He failed 10,000 times. But he learned from each failure.

You can't always win.

It's not possible and more than that you don't learn anything by winning. You are here in this plane of existence to learn and grow.

Winning only confirms what you have learned from failure.

Yet, you have undoubtedly damned yourself for every single failure in your life. The most precious of all gifts, you damn.

And by damning your failure you dam yourself – you block and restrict the natural flow of the quantum healing energies of your life experiences.

Only by accepting the gift of your failure can you ever understand and benefit from the experience.

## The Same Boat

Everybody has difficulty in their lives.

Everybody experiences failure.

You can't even learn to walk unless you fall down. The falling down is failure, of course.

Yet, without this failure, you would never learn balance or the value of speed or the accomplishment of not falling.

If not for that jarring thud of your bottom hitting the hardwood floor, you would still be crawling today.

Everybody fails.

It's as natural as breathing.

Because we all fail.

We learn tolerance.

How can you judge someone for doing that which you have done? This is the essence of human relationships.

Shared experiences.

Have you ever been skiing? Everyone on a ski slope is compassionate and understanding because they have all fallen down and know what it feels like.

How fun would a class reunion be were it not for all those stories of battles lost and deeds undone.

That's the chili pepper that makes the enchiladas taste so good.

It's the cabbage in your runza.

It's the saffron in the rice.

Failure is the reason life is good.

So, why damn your failure? Rejoice in your difficulties. Your hard times are, in truth, showers of blessings.

They are baskets full of precious gems. Jewels of the highest order.

Your failures, your hard times, your difficulties, your bad luck has made you rich.

Whether you consciously know it or not, you have volumes of wisdom and knowledge at your fingertips. Right now. At this very instant you are filled with amazing insight and information.

All because you are a hard core, unrepentant failure.

Congratulations!

$$E = mc^2$$

How many people spend their lives worrying about the price of their company's stock. Will it go up or down? Will I still have a job next week? Will I have enough money to live on when it's my turn to retire?

Or is this or that relationship right for me? Is there a better one around the corner? Will I ever have the joy of true love and a family? Is this relationship, which I want so desperately, doomed to end?

Heaven's sakes alive, all things end, including relationships. Some with death, some sooner. But they all end.

Everything in this world ends.

Stock ends. Employment ends. Relationships end.

In fact, life is so risky none of us will make it out alive.

So what's the point?

How do we make our lives better? How do we accept the horror of failure as a lesson? How do we let go of all our fears and step out into a world of fun and joy?

I do that every day now. I'm not worried about trouble because I have the secret of living "Now or Never." And I'm going to tell you that secret right now.

Actually, Albert Einstein is going to help explain part of it.

His Special Theory of Relativity explains how, at the speed of light, all things happen at once. Time ceases to exist and what we really have is a space-time continuum.

Let's say your space-time is 100 earth years.

That's how long you will exist in this particular life.

Since there is no time, the past, the present and the future simply become the Now.

And the Now is the only place you ever find true happiness. It can't be anywhere else.

Nothing else exists.

You either live in the Now.

Or you live in the Never.

There's no in between.

It is Now or Never.

These are your only choices.

The Now is where all the action in your life exists.

You cannot get a drink of water yesterday any more than you can eat steak tomorrow. There is no yesterday and no tomorrow. You exist only in the present.

The Now.

This is the only place you can ever realize your hopes and dreams. The Now is the only place where you can turn failure into a blessing.

And realize your long-awaited success.

In *Quantum Marketing: Unleashing A Higher Power* you learn the concept of expanding universes by constructing specific parameters defining your success. This works on the same concepts that make your computer work.

But it works only if the parameters are constructed in the present tense.

See, constructing the parameters in the present tense puts you in the present tense. It puts you in the only place where you can have everything you want in life.

The Now.

## Living In The Now

Have you ever watched two little boys having a Kung Fu fight? I don't mean trained athletes. I mean have you ever watched two boys, who maybe just watched a martial arts movie, have a Kung Fu fight?

It could be Tai Chi, Karate or whatever, that's beside the point.

The point is they have a real Kung Fu fight.

To them they are doing the real thing.

You don't need anybody to tell you they are having a Kung Fu fight because you can see it happening.

These kids don't know any more Kung Fu than their mother, but they don't care.

They are living in the Now. They are totally immersed in a Kung Fu fight.

Nothing else is relevant.

Or maybe they watch a superhero movie and now they are superheroes.

They invariably jump from the sofa and fly through the house, defeating evil and upholding justice for all. Those kids are superheroes.

They are living in the Now.

The word "imagination" does not apply.

They are not pretending to be superheroes.

They are superheroes.

Do you see the difference?

These kids are drawing on a power you also have.

When you live in the Now, you are adding jet fuel to your success vehicle. You are empowering yourself naturally and organically.

The Universe is very literal and simplistic.

If your hand hurts, you could be having trouble grasping your wealth. If you're having back trouble and it hurts to bend over, then maybe you are resisting bending over to pick up your own good.

Why does your body reflect and personify the spiritual and emotional changes you are going through? Because your body lives in the Now.

Your body, literally, is your place in the world.

It is your home in the Now.

## Living Outside Your Body

I'm going about to tell you something that sounds absurd. I know it. It sounded absurd the first time I heard it. But it's true.

Many people live outside their body.

I told you it would sound absurd. How can anyone possibly live outside their body? Maybe after they're dead, but not during life.

Sure, we can accept that people live outside their body when they're dead. Their spirit lives on, right?

Well, why can't that same spirit avoid living in the body while you're alive?

Haven't you ever known or seen someone who really wasn't there? What's the expression, the lights are on, but nobody's home?

That person is living outside their body. It happens all the time. Some people live their whole lives outside the body. And some live outside their body occasionally.

We do this as a protective device. If your eternal life force is disengaged from your physical presence, then you don't have to own the pain of the experiences you have.

Of course, you also don't get the lesson that comes with the pain of the experience.

Living outside your body means you are not living in the Now. You are living in a place where reality Never exists.

You are not grounded in the physical plane.

When I wrote the first draft of *Quantum Selling: Reaching Through The Portal*, I was living completely outside my body.

I was so afraid of the power and impact that book would have that I hid from myself. I rambled on for over a hundred pages until I realized I wasn't there.

I was writing page after page of nonsense. I was so threatened by what I intended to write, my spiritual essence refused to participate in the effort.

And since I was not living in the Now, the work I did was worthless.

When I finally found the courage to write the truth, regardless of how shocking or outrageous it seemed, I had to start from the beginning.

I had to do a page one re-write. Something I've never had to do in over thirty years of professional writing.

All because I was living outside my body.

Living outside your body is one of the most destructive things you do to your own success.

And one of the easiest.

Someone who has lost hope of paying the rent will often be the life of the party. Why not? They're out of their body, avoiding the pain. Might as well spend the money they have left on a good time.

Someone in the middle of a divorce will do "crazy" things. Things they'd never do otherwise. Why, not? They're out of their

body, avoiding the pain. How can they possibly make a good decision?

Anytime your life seems too painful you are likely to jump right out of your skin. And live outside your body.

It is the easiest way to avoid the pain of life's tests and difficulties.

Unfortunately, by avoiding the pain of life, you miss the lesson that makes the pain go away.

Because you're not living in the Now.

## Bullet Proof

Even in ordinary every day life we often live outside our bodies.

We are all immersed in the rhetoric and jargon of our culture and sometimes we forget where we live and buy into the rhetoric.

We say we'd like to be ten feet tall and bullet proof. We talk about having killer ideas. And vicious closing techniques. We work over-time creating a dominating public image.

But we really don't want any of that.

Not literally.

Who do you want to kill, hurt or dominate?

Do you want somebody shooting at you? That's what you're asking for. Otherwise you wouldn't need to be bullet proof, would you?

This jargon is garbage.

Lose it.

Sooner or later it's going to come home to roost.

The Universe is simplistic and literal. You get exactly what you ask for. Forget the jargon. Start living in your body. Start living in the Now.

Living in the Now is the only way to lose that shadow of failure that follows you everywhere you go.

Living in the Now is your protection against failure.

Living in the Now is the secret to unlocking that success of which you've dreamed for so long.

Here's an exercise you can use any time to get you back in your body and firmly in the Now.

## Quantum Success Exercise: 1

### Seeing Now.

Physical objects exist only in the Now. A car, a hat, a painting exist only in the now.

It's true that they could be antiques and could have existed for over a hundred years or more. But that doesn't matter because the Now encompasses the entire life span of all things.

When you recognize or see a thing in its physical state, you are seeing it in the Now. To do this you must also be in the Now.

Look around you.

Can you see something red? What is it? I see a plastic pencil sharpener.

Can you see something purple? I see a purple rock. A piece of sugilite.

What do you see? Do this, now. Look for something green.

Stop reading and look. I'll wait.

## **Waiting.....**

OK, you found something green. Or whatever color you chose.

By recognizing the thing the color attracted you to, you are recognizing the Now.

Focus on the literal. If it's a green figurine.

It's a green figurine.

It's not the green figurine you bought on that wonderful trip to New Orleans which was ruined by so-and-so that dirty-double-crossing son-a-very-nasty-mother....

You have to leave the emotion out of it.

All you focus on is the literal and acknowledge it in the present tense.

Out loud or in your head say, "that figurine is green." This is simple stuff.

OK, look at the door to your room. How high is it? Seven feet? Six and a half? Say it, "That door is seven feet high."

How wide. Be specific and literal.

"That door is three feet wide." I could be three feet and two inches, but the idea is to recognize what it is.

Recognizing your surroundings in the material sense will ground you in the Now.

You can do this while you're driving. What color is the car behind you. "That car is black. That one is Red."

How fast are you going? "I am going 60 miles per hour."

What's the next exit? "The next exit is Pico."

I wouldn't be surprised if all accidents occur while people are living outside their bodies?

Does that sound far fetched? Maybe not, think about it.

Have you ever missed your own exit? Driven right past your street or exit and never even noticed? Like you were swept away, instantaneously, into another universe where your street didn't exist?

I have.

Last week my wife and I were coming home from watching a musical with our youngest daughter, Heather.

We had a chance to re-experience all the joy of college angst through our daughter. In our college days, we called it anti-disestablishmentarianism or supercalofragilisticexpealidocious. I don't remember exactly what we called it, to be honest.

For Heather, I think it's called radical-social-feminism.

Either way it's painful.

An important part of everyone's growth as a human is to recognize the inequities in life and realize the destructive effects of injustice.

It guides young people to identify the kind of adult they want to be. And this is a good thing.

Of course, once you've done that, you don't ever want to go back. It hurts too much to dwell on the sorrows of unrighted wrongs.

But it was Heather's time to right the unwinnable wrongs and we got a full dose that night.

Apparently, the angst experience was too painful and left us ungrounded. We were not living in our bodies.

Because even though we were watching attentively for our exit, we drove right past it. In fact, we missed it by ten miles. But I'd swear it happened in the blink of an eye.

We've taken that same exit hundreds of times. The car practically goes on auto pilot at the two mile sign. We slow down, pull over and exit. And yet we missed it.

We were both watching. And we drove ten miles too far.

Diane was the first to notice something was wrong. She wondered when they put one of our favorite restaurants close to us. They hadn't, of course, we'd just gone too far.

She recognized something from our physical world. A steakhouse. That's what pulled her back into her body. Recognizing the familiar image of the restaurant grounded her.

Seeing and recognizing the physical world around you will keep you grounded and in your body.

Focus on the present and live in the Now.

## Quantum Exercise: 2

### Breathing Now

Breathing is another excellent way to bring yourself into the Now.

Obviously your body breathes air in the Now. It requires physical existence where your spirit does not.

Your body will breathe whether you are living there or not. So what's important in this exercise is that you focus on your breathing. And while doing so fill your physical presence with an abundance of oxygen.

Actors know how essential it is to perform in the Now. Good acting requires that you become another character. It requires that you breathe life into a writer's idea of one particular human being.

To do that you must be living in the Now or your character will be ephemeral, unreal, unrealistic, unbelievable.

So, many actors use the following exercise before they begin their performance.

What you are doing with the following exercise is re-circulating the air inside your body. The air you breathe into you body is, of course, in the Now.

Air can't be anyplace else.

Focus on the feeling you get as the air fills your lungs and refreshes every cell in your body.

Feel your oxygen-rich blood rushing to your brain.

Focus on the physical experience.

Do this: Take in a breath of air through your nose for three seconds. Count in your mind, one alligator, two alligator, three alligator.

Now, hold your breath for three seconds. Count in your mind, one alligator, two alligator, three alligator.

Exhale for six seconds. One alligator, two alligator, three alligator, four alligator, five alligator, six alligator.

You have completed one cycle. Immediately inhale again for three seconds and start the process all over.

Do this for five or six cycles.

Counting is very important. This is part of the process.

If you are from the South and the whole thought of alligators makes you uncomfortable, you may want to use Mississippi instead of alligator, that's fine.

I lived in the South; I have alligator stories, too. And they're not pretty.

Breathe in for 3 seconds. Hold it for 3 seconds and then exhale for 6 seconds.

Focus on the physical effect of enriching your body with oxygen.

Do this for a couple of minutes and you will find yourself firmly in the Now.

## Calm Wins

When I was 26 years old I decided that corporate life was not my path to wealth and happiness.

I left my position as a senior writer/producer with the world's largest advertising agency to become a real estate salesman.

This was a huge jump for me. Especially, when you consider that I knew absolutely nothing about selling at the time.

Oh, the real estate broker I went to work for convinced me that I was a "natural born salesman." That and a dollar would buy coffee at that time.

Needless to say, I had no idea what challenges lay ahead of me.

Naturally, it didn't take long for the first challenge to come my way.

My very first listing was a single-family house in an area called the Houston Heights.

This area was very close to downtown Houston and ripe for renovation. The houses were priced well below construction costs and the fact that they were "close-in" to the city made them ideal starter homes for young real estate investors.

They'd buy cheap, paint, put in new carpet and sell at a higher price a year later.

This first listing of mine sold for the amazingly low price of \$28,250.00. I remember the exact amount because the \$847.50 commission represented the only income that I'd made in over six weeks.

And my wife, daughter and I were getting very tired of eating beans.

Of course, no commission is paid until the deal closes.

And the only reason this deal closed is because my hunger to collect that commission forced me to remain calm and focused in the midst of chaos.

Something these breathing and seeing techniques can help you do.

As it turned out this was the buyers' first deal, too, and they asked for everything they could possibly ask for, including the living room drapes. The sellers declined to include the drapes in the purchase and eventually both sides agreed to a price and we set a closing date.

Today, every good real estate agent knows the answer to the age-old question: When is the best time to get the buyer and seller together?

Unfortunately, back then, I didn't know the answer was – Never!

So, I set up a closing with the buyer and seller sitting at the same table at the same time.

Bad idea. Very bad.

To make matters worse, both buyer and seller brought attorneys along. Maybe they sensed I was new, I don't really know.

But there all eight of us sat. The closer, two couples, two lawyers and me in the middle.

All for a \$28,250.00 house sale.

Everything seemed to be going well, until Mrs. Seller leaned back behind me and said to Mrs. Buyer, "Oh, we decided to leave those drapes for you after all."

Which I thought was considerate since the buyers had asked for them in the first place.

Unfortunately, Mrs. Buyer didn't see it that way. She said, "You know we decided the color of the drapes is all wrong. It doesn't go with anything. You can keep them."

Now, here's where it got interesting.

Mrs. Seller then said, “My mother picked out that fabric and we made those drapes together. If you don’t like the drapes maybe you don’t like the house.”

At this point everybody stopped signing papers and started arguing.

The Buyer’s lawyer jumped on the opportunity to earn his keep and said, “I don’t believe we should close until those drapes have been removed from the property and we’ve had a chance to make a final inspection.”

Not to be out done the Seller’s attorney said, “If you don’t close today, we will consider your earnest money forfeit and you’ll have to renegotiate the sales price.”

My dreams of a fried chicken dinner with all the trimmings was dissolving into a mouth full of feathers before my eyes.

This deal was dying a very fast death.

I remember staring at the closer’s pen. It was bright red, her favorite color. Back then, I didn’t know anything about staying in the Now, but that’s what I did.

I remained calm while everyone became embroiled with the negative emotional arguments being thrown back and forth.

It all seemed so silly to me.

It was like they slipped into another universe where insanity ruled.

Both sides wanted to close this deal, but they were going to walk away because they were afraid someone was going to get the best of them.

They were afraid they would look weak or foolish.

They were not living in the Now.

In the Now we were closing a house deal. Not proving how smart or right everybody was.

Without thinking, I did the first thing that came into my mind. I slapped both hands down on the table as hard as I could.

WHAM!

Everyone stopped talking.

I looked at the Sellers and said, "I apologize to both you and your mother; this is all my fault."

Then I turned and looked at the buyers and said, "Please accept my sincere apology; this is all my fault."

Amazingly that did it. Both sides calmed down and finished signing the papers.

Of course, neither buyer nor seller would talk to me afterwards and both lawyers threatened suit, but the deal closed.

And I had chicken dinner.

Because I stayed in the Now. I remained calm.

And calm wins. Calm always wins.

You can use either the "seeing" or the "breathing" technique in difficult business meetings or closing sessions and nobody will ever know.

Stay calm, stay in the Now and you put yourself in a very advantageous position. As the meeting heats up you will see opportunity while others see only chaos.

Living in the Now puts you in a position to receive every good thing in life. Because,

No matter how dreadful the situation seems, you'll see the truth.

By living in the Now you can see the great lessons and the amazing opportunities.

## There's More To Life Than Appears

One of the great advantages of living in the Now is having clear vision.

You can see with your own eyes what works and what doesn't. While others see an altered state, you see the truth.

One of the first times I ever recognized the fact that people see the same reality from different universes was an Advertising Club Christmas party back in Houston.

Someone had sponsored the bar, so most everyone at the party was moving into an altered state of consciousness. I had a cold and was taking some over-the-counter drug, so I stuck to straight orange juice.

As all my friends took advantage of the free bar, I soon realized that we were in two different places.

I knew nothing about Quantum Theory at the time. I don't think I'd even heard of the concept of parallel universes, but what I saw convinced me that my reality was completely different than my friends' reality.

It wasn't that I saw everyone else's behavior as altered. It was, of course, but the thing that held my interest was that everyone who was drinking was somehow distanced from me.

They all communicated freely with each other, but it was as if they didn't even see me. It was very much like I was invisible and had stepped into another time and place.

Today I would say I stayed in the Now while everyone else moved into a parallel universe. I could see them, but they couldn't really see me.

This experience opened my eyes to the fact that there is much more to this life than appears.

## 3 Big Losers

Living in the Now can give you an amazing advantage in everything you do.

First of all, it puts you in the company of a select few.

Most people are either unaware of what they are doing and where they are living. Or they have no idea of the benefits Living in the Now can bring them.

Perhaps more importantly, Living in the Now is really the only way you can live your life authentically.

Since, by definition, every other state of mind is an altered state of mind, only Living in the Now can keep you in touch with the life you came here to live.

Granted it takes effort to Live in the Now. Constant effort. It's not a particularly easy task.

There are constant pressures in everyday life that will distract you from Living in the Now. In particular, there are 3 big losers you need to watch out for.

These 3 Big Losers will take you out of the Now faster than you can say, "I don't want to live authentically." They will take you out of the Now and put a strangle hold on your success.

What are the three biggest killers of success? These 3 Big Losers?

They are stress, fear, and doubt.

These three little demons bounce around our lives like steel balls in a giant pin ball machine.

They take us out of our bodies and away from the power of the Now. We don't need them. They don't help us find success.

In fact, they do everything to kill our success.

The ring leader of these devils is, of course, fear. In fact, all 3 Big Losers are simple variations of fear.

Fear sucks the life out of success.

If you are afraid, that is exactly what you will get.

If you are afraid of going to a friend's home for dinner because they might serve fish. Guess what's for dinner? Some sea creature you would probably never order in a million years.

If you are afraid of losing a client or your job or your marriage. Guess what's coming?

If you are afraid you are not going to be successful, you have taken the first step toward failure.

Fear is nothing more than your concern about what has already happened. Or what can happen.

You are worrying about something outside of the Now. Something in the past or the future.

You are making your fear the focus of your life. Which means you're asking most for that which you want least.

If you live in the present, these worries have not happened, and need not happen.

In fact, they can't happen because you're not in the past or the future. You're in the Now.

The Now is whatever you make it.

Stress, of course, is such a nasty villain he can do terrible damage to your success. He can actually kill you. Enough stress and you'll develop heart problems. A little more and POP, you're gone. Dead.

You don't need this grief.

Stress is confusion in the Now. You are looking back. Or you're looking ahead. Trying to figure your life out. Will this happen? Will that happen?

Or you are trying to do too much at one time. Your work load is out of proportion to what your mind is willing to deal with. And you

become confused because you are not able to focus on a clear course of action.

Should I do this first? Or should I do that first? Or maybe I should move, change jobs, get married or just hide?

Stress is confusion in the Now.

Well, there's a lot more to life than appears. You can't always figure it out.

What you might see as trouble is in reality a gift from the Master Mind of Creation.

If traffic is bad, it could be that you are being protected from arriving at a place where you would have an accident.

If you can't pay your bills and you get evicted from a house, or have your car repossessed, it may be to save your life.

Maybe your water heater is going to explode and you don't know it. Maybe you need to move to another location to find the opportunity that will make you rich beyond your wildest dreams.

There is more to life than appears.

Stress means you're confused about what this all means to you. Should I do this? Should I do that?

Lighten up. This is life, not death. Relax and let the universe take care of your troubles.

Do your breathing exercises. See the world precisely as it is.

Live in the Now and stress will evaporate from your life.

Doubt is lack of confidence. Doubt stops you from taking action.

What if I hadn't said that stupid thing about the client's shoes? What if I had arrived on time or even a little early?

What if I hadn't gone through that door? Or what if I had gone through that other door?

I don't know if I can succeed. I don't know if this system will work for me. I'm not sure about anything.

I could be making a mistake. What should I do? Where should I go? Who should I listen to?

Maybe I should just wait. And wait. And wait....

All this questioning does is take you away from the present. It takes you out of your body and into trouble.

You are not focusing on what is right in front of you.

You are trying to control the future or the past.

You don't have that right, power or capability. It is not in our job description as human beings. Sorry, we are not God.

You do not get absolute control over your life or anyone else's.

You can ask for what you want, that's it.

But you need to stay in the Now to even ask.

Hey, maybe you weren't supposed to close that sale. Maybe that client was more trouble than she was worth. It could have led you down a road to nowhere.

There are endless reasons why something happens one way and not another.

Maybe you're not allowed to know. Why make it a big deal? It doesn't really matter.

It's so much easier to let go. Let go of the doubt. Let go of the stress. Let go of the fear.

And simply trust the Universe to lead you, guide you and protect you always. Live in the Now

Success is waiting for you in the Now.

# Having Fun

It seems like I'm always telling people to have fun. Like I think it's some kind of all-purpose cure for the ills of modern life.

Well, that's exactly it.

Fun is one of the best ways to find and stay in the Now. It keeps you on your path to success better than any other single thing.

Having Fun is so important to success I don't think I could ever say it enough.

Having Fun allows you to step out of yourself for a while. It allows you to stop worrying about all the annoying things in your life.

How am I going to pay this or that bill? How can I develop passive income. How can I ever have a family on my salary? How will I survive if all the doomsayers are correct?

There's so much to worry about if you really wanted to. The world can be a frightening place, if you let it.

That's where Fun comes in. Fun takes you away from all that.

You want to have Fun. So do something. Anything. Go to a ball game. A walk in the park. A museum. A movie.

Take up a hobby.

Paint. Sculpt. Climb mountains. Take up Karate. Collect baseball cards or rocks.

Get out and do something that doesn't involve a computer.

Get out and away from your thoughts for while. Enjoy the goodness of this life.

You only get a few precious years on this planet. You may not think you have much now, but as long as you can breathe air, you have an amazing bounty.

Have Fun! It's the fastest and easiest way to make sure you Live in the Now.

## The Big Kahuna

OK, friends and neighbors, here it is.

This is what you've all been waiting for your whole life.

At least it was for me.

The following two Quantum Success exercises are the biggest secrets I have ever found to securing my health, wealth and well-being.

Once I learned these two exercises, I stopped living in the Never. My life blossomed into the beautiful flower garden I always knew it could be.

Sure, I learned other things that promoted my success and made getting there easier.

But these twin Quantum Success exercises are the secret to vaporizing that destructive shadow that follows you everywhere.

These two exercises can make living in the Now a natural and organic part of your life.

You won't have to say special words or phrases. You won't have to remember complicated reversals of connection. You can simply live your life and find the success that is, at this very moment, waiting for you.

The techniques I mentioned above are a great help keeping you on track, but these Quantum Success exercises you are about to do are the foundation to finding and realizing your success.

This is how you destroy the shadow forever.

## Quantum Success Exercise: 3

### Done Me Wrong List

The first exercise is Writing a Forgiveness Letter.

The idea is very simple.

Find time when you are alone and will not be disturbed because this work will open up a lot of emotion and you don't want anyone else involved.

This is very intimate work.

For your eyes only. Do not involve your spouse, your friends, your parents. No one. This is for you only.

No exceptions!

Are you alone? Are you in a private situation? Make sure you will not be disturbed.

You don't want anyone interrupting you while you do this work. I'll say it again...**this is very intimate work. For your eyes only!**

This is probably not something you can easily do at work.

Do you have at least an hour to give to this exercise?

OK. Let's do it.

Sit down and take out a piece of paper and write down everyone who has ever hurt you. Or injured you. Treated you badly. Caused you pain or difficulties.

Make a list of those who have done you wrong. Injured you in some way.

It doesn't matter how severe the injury or how culpable you may have been in this action. If you perceived their action or actions as doing you wrong, then you need to put them on this list.

**WRITE YOUR LIST NOW.**

Do not include what they did.  
Just write down their names.

No do not read on. Start by writing your list. Now.

This is your Done Me Wrong List. Put everybody who ever done you wrong on this list.

If someone comes to mind and you don't even know what they did or why you're thinking of them. Put them on the list, too. Put everybody that comes to mind on this list.

You will add to this list later. This list always gets bigger as you complete the Quantum Success exercises.

Think of this list as your Gold Claim. This list is as valuable to you as any land claim filed by any gold miner in history. This list is the foundation of your Quantum Success.

**DO NOT read any further until you have finished this list.**

## Forgiving Is Receiving

What you are going to do in this exercise may shock you.

It may anger you. You may decide it is unfair and unjust.

It may trigger prideful resentment. Even disgust.

But these emotions are insignificant compared to the tremendous benefit awaiting you at the completion of these Quantum Success exercises.

Regardless of what you initially feel, the effect of this work can open doors you didn't know existed. Heal your body and mind. Clear the path to your success.

And it can, once and for all, delete, destroy, eradicate, eliminate and disperse that success-killing shadow that has followed you for way too long.

You are going to forgive those who hurt you, whether they deserve it or not.

Why?

Because you need this, desperately.

When you forgive someone, you are releasing yourself from the bondage that incident created for you.

You are releasing the past so you can Live in the Now

Forgiving is the first step in allowing you to receive all the success and happiness that's waiting for you right now.

Forgiving is Receiving.

You are doing this for you. Not them.

You are not saying what they did is right.

You are saying that you no longer choose to live in that time.

According to the Theory of Relativity, since time does not exist separate from space, you live your whole life in one instant. The Past, Present and Future combine to form the Now.

If you hold on to a highly charged emotional event in the past, you are still living your life under the conditions and effects of that event.

You cannot move past that moment until you've let go of that moment.

Once you let go, instantly, you are transported to a time/place where that event no longer exists. It, therefore, cannot affect you.

Quantum Theory tells us that we live in a multiverse. It tells us that there are an infinite number of possible universes in which we might live.

There is a universe where we brush our teeth every morning. And one where we don't. One where we brush most mornings and one where we brush some mornings. And on and on.

That means there is a universe where you live your life affected by the events of your past. And one where live your life unaffected by the events of the past.

All we're doing is choosing which universe we live in by severing our ties with the other.

Holding on to the past only punishes you.

Forgive the past, say goodbye to the Never. And say hello to the Now.

## Start With One

You are going to have to choose one name to start with. This isn't difficult, start with the first name on your Done Me Wrong List.

I started with my father. He was the first on my list. How could he do me wrong, you ask?

He was my father.

Whether you believe it or not you can harbor anger and ill-will toward your father and mother very easily.

It's natural.

They wouldn't let you go in the street when you were little and that had to hurt your pride. Then they made you eat peas and they knew you hated peas. They rarely changed your diaper fast enough.

And, of course, they always knew what was best for you. They knew better than you did yourself.

Your parents or whoever raised you embodied all the socialization and maturation you needed before you left home.

Of course, you are angry at them.

So forgive them.

If your parents died, divorced, abused you or abandoned you. You need to forgive them for that.

**Even if what they did was unforgivable! You must forgive them to be free.**

**Remember this forgiveness is for you – not them.**

Forgive them and everyone else who has ever done you wrong.

Eventually you will forgive everyone on your list.

I say this can take an hour and it can. In fact, if you did nothing more than spend one hour forgiving everyone on your list as a group, your life would take on a new and powerful vitality.

And you can choose to do exactly that.

I suggest, however, that you consider doing a more thorough job. My dad always said, "If a job's worth doing, it's worth doing right."

I always hated it when he said stuff like that. I knew he was right, but I didn't want to work hard. It wanted life to be easy.

Oh, well...we all know the name of that tune.

So, this can take an hour, but it may also take longer than that. Don't rush, enjoy yourself.

Just make sure you give yourself at least an hour when you start this Quantum Success Exercise. Once you get into it, you won't want to stop.

Remember, you are forgiving these people for you.

Not for them.

This is why you do not wait until they ask for forgiveness. They do not have to be repentant. That's your ego talking.

You are going to forgive all the wrongdoers in your life, not because they need it.

But because you need it.

When you are angry at someone or something that happened, part of you is still living at that place.

You are living in the past.

The essence of your being is still tied to the past.

Anger, hate, envy, lost love, pain...perceived failure of any kind will bind you with the past. And if you are in the past, you are not in the present.

You cannot occupy two places at the same time.

It's not possible.

How can you Live in the Now when you are still angry at that friend for forgetting to feed your bird when you went on vacation? That was twenty years ago.

And you're still there.

Or you're still angry at your husband for not providing for you and the kids the way you had hoped he would.

Or you still pine for a lover who left your life years ago.

Or you are furious at the hypocrisy of your church group for not being more sensitive to your feelings when you lost your job.

Or you're still slowly burning because your supervisor never recognized your full potential.

Or you regret your ill-spent youth.

You can't live in two places at the same time.

So forgive those who have done you wrong. Stop living in the Never.

And move into the power and might of the Now.

## Writing Your Forgiveness Letters

This is where it gets good.

The way you write this letter is to start off with the following sentence:

"I (Your Name Here) do totally and without prejudice forgive (Their Name Here) for all the terrible things you knowingly or unknowingly did to me."

Now, you start enumerating these slights, offences and down right mean and nasty things they did.

Do this in great and lavish detail.

In your mind go back to that time.

Remember exactly what they did. Do not sugar coat this in any way. Even if you were partly culpable, it doesn't matter.

This is all about you letting go of them.

Write down all the dirty details. Call them every name in the book. "You no good blankety blank piece of yak yuck!"

Feel the pain. Then tell it like it feels. Get it all out.

Pour your heart out.

These people hurt you. They have ruined your life. They are still causing you pain and anguish over something that happened years ago.

Write it all out.

When you have finished write this sentence:

"I now forgive you and release this injury forever. All debt is now clear between us. This time is now over for me."

After you have finished one letter do your breathing and seeing exercises.

Make sure you are back in the present. Old bonds are strong bonds. Make sure that tie is cut. Look around and acknowledge a few things.

Then sign the letter.

Sit back and let the moment sink in. You are living in the Now.

Sometimes when dealing with a Strong Wrong I even visualize a bonding line or rope extending from me Now to that incident in the past. Then I take a large and powerful sword and cut that bond to pieces. Just to make sure.

Of course, I cut only the bond, not the person or the incident. That would create more anger and bond me even more to the past.

That's it. You have eliminated your ties to the Never. You are Living in the Now.

You're here, baby.

## Bury the past

It's time to bury your past so it won't come back to haunt you ever again.

Time to destroy the letter. You can burn it. You can drown it. You can tear it up into little pieces. Or you can use a combination.

Do whichever method helps you let go. Shredding may be a little too impersonal. I like a more hands-on feel.

But whatever you do...do not keep the letter. And do not deliver the letter to the person you forgave.

That letter connects you to the past. It represents your bond of pain, anger and heartache.

You don't want it in your life anymore. And you certainly don't want to deliver it or leave it where someone might find it.

Doing that could cause more pain and create another bond to failure and disappointment.

So, get rid of the letter once you are finished.

This is not about vengeance or getting even. It's about forgiveness.

Let go of the Never and come back to the Now.

You have forgiven them. It's over. You are in the Now. You have absolutely nothing binding you to that person or situation.

It's over.

You are free.

Do this for everyone on your Done Me Wrong List. Forgive everyone who has ever slighted you in any way.

Even God, and yourself.

You must forgive yourself to be free. You have no right to hold on to self-directed anger any more than anger directed at other people.

This may be the hardest letter of all to write. And you may have to write it many times before you are free from your own self-blame.

We are tougher on ourselves than anyone else.

You might want to put your name at the top of the list.

I would, also, wager that almost every single human has at one time or another blamed God or the Universe for their sad state of affairs.

If you can't pay your bills, ultimately that's God's fault for not taking care of you, right? If your lover leaves you or your child gets hurt or you lose your job....the list goes on and on.

Because of our perception of the events in our life we often blame God.

It doesn't matter that the pain you experienced was designed to help you grow and learn. Or that it protected you from a worse pain or injury.

We blame God when things don't go exactly as we expected or hoped.

Make sure God, the Great Spirit, the Universe, however you understand that Eternal and Infinite Prime Moving Force of All Creation...make sure God is on your Done Me Wrong List.

Then write that letter, too.

You cannot live in the Now and hold a grudge of any kind. Including one against yourself.

My son Alex is an amazing music composer.

He has produced some of the most beautiful music I've ever heard. OK, you can say I'm prejudiced, but this is not strictly my opinion.

Shortly after graduating from UCSB with an honor's degree in music composition, Alex headed to Hollywood.

He was bound and determined to write scores for movies.

Trouble was he didn't have a job.

And the first rule of writing music for the movies is being in town long enough to get the chance.

Which meant getting a job.

He looked and looked and nobody would hire him. He did everything. Went to industry association meetings. Applied to want ads and every temp job he could find. He applied for work as a waiter at every restaurant in a ten mile radius.

But his hopes of success were fading fast when he called me one Thursday night at 11:30 p.m.

I asked if he had ever forgiven me for being poor when he grew up.

Bingo.

I'd never told him about writing the Forgiveness Letter.

Well, the short story is he wrote for about an hour after we hung up. I have no idea what he wrote; that's his business. It doesn't matter to me.

He wrote for one hour and then burned his Forgiveness Letters over the commode.

The next day a miracle happened.

He was offered not one...not two... but three jobs.

You can cry coincidence all day long, but those who have written a forgiveness letter will know the truth.

Because the truth set them free.

## Write Your Forgiveness Letters Now.

**Stop reading and write. When you come back we have one more Quantum Success exercise.**

But you must write these letters first. If you feel tired when you finish, don't push yourself.

Take a break before going on to the next exercise.

You are changing life patterns and breaking old bonds. This work can be very tiring.

Take as long as you need to write your letters. Do not limit yourself in any way.

I've said many times that this can be done in one hour. Which it can. But it can also take many hours...days...weeks.

The important thing is that you forgive everyone and everything that ever done you wrong.

**Do Not read any further until you write your letters.**

**Do this now.**

## Quantum Success Exercise: 4

### Thank You For Everything

Doesn't that sound wonderful?

Thank you for everything.

We say that easily enough when we enjoyed a wonderful meal at our friend's home. We say thank you when someone gives us a present or does something nice. If we're smart we even say thank you to the cop who gave us the ticket that saved our life or someone else's.

But do you ever say thank you for everything you have?

Have you thanked the Universe for all the Good in your life?

Gratefulness is a sure way to ground yourself in the present. How can anyone be ungrateful if they are alive?

Isn't life itself the greatest gift of all?

Take a deep breath. Those are your lungs you feel. That's your blood that is now surging through your heart. That's your mind that comes alive as the oxygen rushes to your brain.

Are you not grateful?

Of course you are.

Here's your next Quantum Success exercise.

Give yourself the same time and privacy as you did when you wrote the Forgiveness Letters.

Take out paper and pen. And it is always best to do this by hand rather than computer, if you can. Paper and pen are more intimate.

Write this sentence:

"I am forever grateful for everything I have and will have and I thank the Universe, in advance, for allowing me to have it."

Now, start listing everything for which you are grateful.

Thank the Universe. Thank God. Thank the Eternal Provider for everything you have. However you see that eternal, omnipresent, unknowable essence which guides our lives...say thank you.

Thank you for my wonderful family. My job. My trusty computer. Thank you for my crystal collection and my dog and my cat. My clothes. My food.

Thank you for the fine sushi dinner I just enjoyed.

Thank you for my car. It is a beauty. Thank you for not giving me a car. Walking is so healthy and wonderful.

Thanks for my pots and pans. Thanks for all my fingers and toes.

Thank you for my friends, indoor plumbing, carpeting, water, Mexican food. Thank you for movies, for TV, for basketball, for the capacity to love, for the beauty of flowers.....

Make a long list of things for which you are grateful. It's time to be grateful for what you do have.

Shortly after our web site sold to a large public corporation, my wife and I retired to this incredibly beautiful home on the top of a mountain overlooking the ocean in San Clemente, California.

It was off the beaten path, far away from everything we loved. Far away from our kids, the movies, grocery stores. But it seemed to be everything we thought we wanted and we bought it.

At first we'd take long walks just to stop and gaze at the incredible view. It was undoubtedly the most beautiful place I've ever lived.

But after a few months we took fewer walks and eventually I was overcome with a desire to actually do something.

Visits from friends and family became rare events.

I started to become restless and a little tiny bit grouchy.

Eventually, I complained about everything.

Finally, Diane came into my office one day and in her sweetest voice said, “When was the last time you wrote a Thank You Letter?”

What could I say? She was right; I had forgotten what I had to be thankful for.

I immediately took out pen and paper and started writing.

I also wrote a Forgiveness Letter to myself for moving to the lonely and secluded paradise that had become a living hell.

I wrote about everything I was thankful for and it felt wonderful. The next morning I got up and decided to look in the newspaper for work.

The first ad I saw was for a job selling advertising on the internet in San Clemente. Right up my ally. And right down the road. They hired me on the spot.

And because I was there doing that job, I met a man who encouraged me to write e-books. He even suggested I read the one that got me started doing this work.

Within a few months we sold the house, moved near my oldest daughter and I started writing again.

Today I am living a dream life.

All this happened because I wrote a Thank You Letter.

Goodness and success surrounded us all the time. The job that led to my dream life was just down the street. It had been there all along.

The Thank You Letter opened the door that let our Good in. It opened the door to our new, happy, successful life.

Every time you feel low and think the world's against you, write a Thank You Letter.

Be grateful for what you have and you will forever Live in the Now.

## Write Your Thank You Letter Now.

**Do Not reread this book until you've written your Thank  
You Letter.**

**Do it now while it's fresh on your mind.**

**And be thankful you did.**

That's it.

You've got the one secret that makes all the other secrets work.

**Unless you are living in the Now, success  
cannot find you!**

If you are outside your body, ungrounded, in the Never, trouble  
will follow you all the days of your life.

Live in the Now.

Regardless of where your path takes you.

Regardless of who you meet or how difficult your life becomes.

Regardless of how much money you make. Or how much  
success you have.

It is all for naught if you are not here to enjoy it or learn from it.

Live in the Now.

Plant your feet firmly in the present and goodness and love will  
be your constant companions.

You will still have tests and difficulties.

Everybody has tests and difficulties.

That's how we grow.

The difference is those tests and difficulties will become your lessons. They will teach you.

And that, my friends, is the first step on the road to becoming Rich Beyond Your Wildest Dreams.

Good luck and great adventures.

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