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NEW LANGUAGE
FOR LIFE

Happy No Matter What!

LOUIS KOSTER

Foreword by EWALD EINODER, MD

A NEW LANGUAGE FOR LIFE

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FOR LIFE
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Happy No Matter What!



LOUIS KOSTER



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“The world of the happy is quite another
than the world of the unhappy.”

—Ludwig Wittgenstein

“The trick is in what one emphasizes.
We either make ourselves miserable,
or we make ourselves happy.
The amount of work is the same.”

—Carlos Castaneda

“The thing is to find the truth that is true for me,
to find the idea for which I can live and die.”

—Soren Kierkegaard

“Only where there is language is there world.”

—Martin Heidegger

“I don't know what your destiny will be,
but one thing I do know;
the only ones among you who will be truly happy
will be those who have sought and found
how to serve.”

—Dr. Albert Schweitzer

DEDICATION

To my beautiful wife, Francesca, and my wonderful daughter, Carmen. You are the lights of my life.

To my parents, the late Dr. Bernard Koster and the late Marguerite Koster, for their love and support and for giving me a great education.

To the Achuar people of the Amazon rainforest for reaching out to create a partnership with the modern world.

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Thanks to Laura Wijsman for our great friendship and inspiring conversations many years ago that inspired me on a life-long journey of inquiry into the nature of higher awareness, the nature of reality and communication, and living life as my true nature.

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I also want to acknowledge the help and kindness of Kerry Thaxter, David Beattie, Sherrileen Sheehan, Eddie and Madeleine Lieberman, Kate Kootmans, Damian Saunders—an indigenous person of Australia—Kandis Leigh, Mark Boyce and others for their generosity in sharing with me how living *The Choice* and *The Insight* have made a difference in their lives. Writing this book was like a puzzle. Every contribution to the book by someone living *The Choice* and *The Insight* opened up a window to a wider panorama of *being*, no matter what the circumstances of their lives were. Your contribution to the evolution and expansion of this book has been invaluable.

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Thank you!

FOREWORD

As both a colleague and friend of the author over the past ten years, I have had the privilege to actually witness a true and lasting transformation—a new way of seeing and perceiving life on earth.

While the author has had several previous mind-shattering experiences that forged his extraordinary character, what occurred several years ago has given him an all-pervading, lasting sense of joy, which is inherent in all life and that is everyone's birth right.

The authenticity of his experience is validated by what the author calls the pearls of wisdom and by the observed fact that following his transformation his whole environment, especially his interactions with people, all changed for the better.

A sincere wish that everyone could feel and sense that presence of joy and love willingly compelled him to share what he discovered by writing this book and gathering together a small group of people.

He realized the difficulties in articulating his subjective state starting with our usual descriptive language, which gave rise to the title of the book—*A New Language for Life*. From my experience, it could also be called the language of the Heart.

He also knew very well that no amount of describing this new reality will ever get another to know this joy;

it must be experienced to be known. He also expressed an ongoing feeling that the teachings of the “gurus” over the past 40 years had failed to provide easy access to that awareness; that there is—beside the material world, which is bound by time and space and plagued by sickness, accident and death—a world that is eternal, whole, and harmonious; a world where you realize that happiness is the essence of your very being. I believe that his awareness of this other reality and the implicit trust that touched him, inspired him to come up with *The Choice* and *The Insight*—two elegant simple affirmations which, if practiced whole heartedly, inevitably open you up to the realization that joy and happiness is your true nature.

—Ewald Einoder, MD

INTRODUCTION

We all want to be happy, but somehow things conspire to get in the way. We also want to be fulfilled, enjoy great relationships, and lead wonderful lives. I know how easy it can be to lose your direction and feel lost, and how hard it can be to find your bearings and get back on the right track.

A New Language for Life will help you get back on the right track. It will show that the power already lies within you and it will show you *how*. Start by making a commitment to be happy—*no matter what*. Isn't that really what you want?

Focusing on being happy has numerous benefits. You'll learn a lot about yourself. You'll learn what you think you need to be happy and that happiness already resides within you. As you do, you'll find your authentic core, which will enable you to be true to yourself. When you're true to yourself, you will trust yourself and find inner peace and happiness.

A New Language for Life will take you on a journey that will expand your world and enrich your life. *Sharing and living A New Language for Life* will raise the level of consciousness for you and your family. It also raises the level of consciousness of your organization, your community, and ultimately may contribute to the healing of our planet Earth.

Please pass this book along to a family member, a friend, or a colleague that you know will find this book helpful and inspiring. You will be giving a great gift to them. Together let's raise the level of consciousness of humanity!

Thank you for reading *A New Language for Life*. Enjoy your journey. It will open your eyes, your heart, and your mind.

—Louis Koster, MD
Fall 2015

SHARE WITH ME

I would love to hear from you about how *A New Language for Life* has made a difference in your life, in the lives of your family, friends, and community. Please let me know what your favorite parts of the book are and how they affected you. Also, please let me know how the book affected you overall.

I invite you to send me stories you would like to see published in future editions of *A New Language for Life*. Send submissions to:

A New Language for Life

P.O. Box 85

Crafers, 5152 South Australia

Australia

You can also email your questions, comments, or stories at www.LouisKoster.com/contact

MY STORY



When I was five years old, I wrote on a small piece of paper that I wanted to be a surgeon. Of course, I misspelled the word “surgeon.” My father was a surgeon and I admired him. He often took me to the hospital where I tagged along on his rounds. I loved going to his office. Since I frequently had to wait for him, I did my homework and his nurses gave me cookies.

When I was about to finish high school, I was in doubt whether to study psychology, or medicine. There was something that I liked about the presence of my father and the way he interacted with his patients that spoke to me. I started to dream of being of service, contributing to mankind, and helping others. So naturally, I enrolled in medical school. It held the promise for me of doing something that was worthwhile and would create a life-long contribution to other people.

Medical school was a real trial for me. Academic subjects like anatomy, physiology, and biochemistry

involved none of the human interaction I craved. I felt disconnected, as if I was being forced to abandon my dreams. Memorizing without any meaningful context was difficult, too abstract for me. It was not the way my brain worked. Throughout med school, I felt out of place and as if my life was suspended. My father encouraged me by saying: “Louis, next year will be better when you get more clinically oriented subjects.” But *next* year was the same as the previous year, just a bit different in subject matter.

I worked myself through medical school, passing exams, never losing a year. After my fourth year, I interned in a hospital. Finally, I was working with patients! I thought everything would come together—fall in place.

My initial excitement after four years of studying hard, passing exams and finally entering the clinical phase quickly faded away. The rush of the hospital intimidated me along with the inapproachability of senior doctors and their sense of self-importance. The environment was not to my liking—in the coffee room, there was a lot of gossip about the doctors; a lot of talk of who the nurses liked and didn’t like. I wanted to learn how to be a doctor and care for my patients. Instead, as a junior resident I was limited to running errands for the ward doctors, delivering urine samples to the laboratory, taking blood—the only doctoring was making initial assessments when patients were admitted.

I found it difficult to balance the pressure of excelling at my tasks with my desire to genuinely learn. I felt that I

was more a part of a production process than a learning environment. Often, I stayed late, talking with patients, making notes, and directing questions to senior doctors. Everyone was rushed. I felt exhausted when I came home around midnight and felt scattered in my being.

When I had completed three months of residency, I was summoned to meet with the head of the Pediatrics Department. When I entered the room, he didn't look at me, but gestured for me to sit. Then he said, "I've spoken with doctors on the wards and other specialists who observed you with patients." Then he took a long pause.

"You stammer!" he declared, finally looking at me. "Doctors are not supposed to stammer. Being a doctor doesn't suit you. I don't recommend that you become a doctor, but you could work in laboratory."

I was stunned. I didn't respond, and I left the room.

My stammering

For as long as I can remember, my speaking was fast and I stumbled over words. It didn't happen all the time, but fairly often when I spoke. It wasn't a problem until I was called to speak in class in fourth grade for an oral exam. Even though I knew the answers, it took time and effort for me to get the first word out in a sentence. If you saw the Oscar® winning film, *The King's Speech*, you would understand what I went through. When I spoke and stumbled over my words, children started laughing. I made an effort to speak without stammering, but it only made it worse.

At first, I didn't realize what was going on. I felt frustrated and entangled in my speech. For the first time in my life, my speaking was not just fast; it was struggling to find a way to express itself. Now, a new awareness had set in . . . "I was a stammerer."

With that realization, I sentenced myself to be a stammerer. From that moment, I was defined by my speech and felt entrapped inside of something that negated my spirit, my very *being*. The solution to my dilemma was to hide how I spoke. I invalidated myself and avoided situations where people could find out that I had a speech impediment. I built my own prison of being. My life now was about how *not* to be a stammerer.

Persevering

Despite being rebuked by the head of the Pediatrics Department, I was still determined to become a doctor. I continued my residency and when I assisted during surgeries, I excelled. Some procedures were apparent to me; I had observed them many times. I also discovered that I had a keen eye for surgical anatomy, particularly with respect to difficult abdominal operations, where knowledge of the anatomy could spare an artery, prevent a major bleeding, and preserve vital structures.

One day on morning rounds, a senior surgeon asked me to brief him on patients' conditions. I was thoroughly prepared, but when I began speaking, I stammered. The surgeon glared at me impatiently, he was obviously annoyed. He snapped questions at me hoping to speed

my response, but when I hesitated, he told another resident to take over the briefing. I was mortified in the presence of my peers, a flock of white-clad colleagues, and nurses.

Finishing rounds, I left the hospital to go home. I was fed up. Then and there, I decided to discontinue my studies and stop pursuing a medical career. I wrote a letter to the governing board at the university; I basically gave them “the finger.” Then I told my father.

Breaking down

That evening, while I was telling my girlfriend about my experience, my body suddenly went off on its own. Without my conscious permission, it began to curl into the fetal position. I was now fully aware this was happening and could witness my body moving. Since I didn't want my body to curl, I stopped the movement. Immediately, I felt an overwhelming anxiety, and had a sense that there was no future or past, and it occurred to me that if I were to allow this experience to continue, I would disintegrate.



Instantly, in that moment, I knew that I was seeing things the wrong way and was holding life the wrong way. I realized that the solution to my struggles was not found in blaming or in holding on to resentments. Intuitively, I knew that healing my being was only found in forgiveness.

Because I was a medical student, my head vibrated with all kind of thoughts. Is this a psychotic event? I mentally went through the different criteria that make up psychiatric diagnoses. Intuitively, I knew that the support standard medical practice could offer me was limited. Just a few months before, I had finished a residency in psychiatry, where I had spent three months on a psychiatric ward interviewing patients, taking their history, listening to my supervisors talking about the patient in ways that I found disgusting and dehumanizing. I thought, “If I was at the hospital and was seen by a resident, he or she would immediately admit me, pump me full of drugs against my will. I might even see my colleagues from the university looking at me with ‘fascination.’” I decided that psychiatry was not the direction I wanted to go.

For the next two months, I lived literally from moment to moment and tried to sort out my life. I found that there was really no language that expressed who I was; there was no language that set up the next heartbeat. Although I was unsure as to what I should do, I was determined to move on, and reclaim my life. To make it through, I blocked out debilitating thoughts that could drag me into a valley of despair.

Throughout it all, I was acutely aware of my *being*. It was crystal clear to me that all of this was not really who I was. I sensed the essence of my *being* beyond the struggle. My feelings and my present state were out of synch with the essence of who I *truly* was. Something spoke in me

that there was more to life than *this*. I realized that I had to hold life in another way.

I realized that something had to shift in me to reclaim my life. So I made a plan to heal myself and get back on track.

Getting myself together

I took a small room and lived alone. To avoid falling in a dark hole, I made sure to keep myself occupied. I decided to no longer allow myself to be immobilized in my present moments. I started by giving myself small, simple tasks. Then I took on more complex assignments.

I set out a plan to confront my fears. I went out in the city, and struck up conversations with strangers, in particular, people I thought that I might stammer with. I took it upon myself to deliberately stammer and challenge whether I could stand the discomfort of their frowning looks. With each encounter I expanded my zone of discomfort. I said to myself,

It is awful, but what makes it *too* awful?

Where is the evidence that I *can't* stand it?

It is uncomfortable, but what makes it *too* uncomfortable?

Is this discomfort going to kill me?

The answers were, of course, that I *could* stand it; it *wouldn't* kill me. "No!"

I learned to be courageous. I realized that who I really am was not going to fall apart by feeling diminished in the face of people's ridicule. I stopped resisting my stammering and was able to stand the discomfort. I realized that the feeling of diminishment was not going to destroy my *being*. On the contrary, to my amazement, I discovered that being able to stand the diminishment, *allowing for the experience*, left me in a space of *an authentic freedom to be*. I started to reclaim my capacity to speak fluently.

With every step I took of challenging my fears, I was reclaiming part of me that I had forgotten. As I gained more confidence, I thought about the future. I asked myself,

What's next?

What should I do with my life?

What do I really like doing for no other reason than that I like it?

What can I throw myself into and be passionate about?

I realized that I didn't have to act to please my parents, to fulfill their expectations, or to look good in their or other people's eyes. I needed to pursue things that I could be passionate about, experiences that would give me genuine joy and excitement.

When I was a child, our family vacationed in Spain. I remembered the smell of dust and the terracotta rocks of the little fishing village along the coast. I loved the uplifting sound of the Spanish language. I thought about

the dancing in the village square where I joined hands with strangers as we danced with abandon in circles. It sounded silly, or trivial, but this was the only thing in my life that literally inspired me at that moment.

So I decided to learn to speak Spanish and dance the flamenco.

The passion of the flamenco inspired me. After a lifetime of doing what was expected and following everyone else's rules, I was going to take command of my own destiny. For the first time in ages, I felt excited about my plans.

I enrolled in a language school in Pedregalejo, a small fishing village near Malaga. To heighten my adventure, I decided to hitchhike to Spain. I wanted a challenge, to leave the familiar, and enter the unknown. My plan was to go from gas station to gas station, checking out people, and deciding which of them to approach for rides.

Hitchhiking

A series of those rides got me to the border of France and Spain. At that crossroad, I stood in the hot midday sun watching long lines of cars as they stopped before resuming their journey. When I saw a woman driving with two young children, I gathered courage, waved to her, and vowed not to stammer. In broken French, I ask her for a ride.

“Sure, where are you going?” she answered.

“Malaga,” I said.

“Bien sure,” she replied and showed me where to put

my luggage. Then I slipped into the rear seat. We drove all that day and night to the South of Spain, and spoke continually. Her husband worked in Geneva with the United Nations High Commissioner for Refugees. I told her that I had been a medical student, and filled her in on my experience.

Marie had a refreshing openness, great kindness, and a worldly view that opened my eyes to another panorama of life. She and her husband had worked for the International Rescue Committee in Asian refugee camps, mainly with Vietnamese boat people. She told me how a young French doctor had made an enormous difference working in those camps helping people in need. I was engrossed and inspired so I barraged her with questions. Marie told me about her husband and her efforts, about the refugees, their living conditions, suffering, and the dangers they endured.

Our talks struck a nerve and rekindled dreams that I had buried. I thought about what it would be like to work as a doctor for the needy and underprivileged; to practice humanitarian medicine. The idea of applying my knowledge to help others excited and inspired me.

Malaga

We arrived in Malaga at 5:30 a.m. after talking non-stop. I wasn't the slightest bit tired, in fact, just the opposite: I was energized, super-charged. As we drove, the first rays of sun were breaking through the half-darkness, and

caused a luminous light to sweep across the houses we passed. That glow seemed to herald a new beginning. It lifted my spirits and infused me with hope. Finally, after months of despair, I knew I had turned a corner.

We departed company at a coffee shop, but what I learned from Marie remained with me. At the coffee shop, I tried to speak Spanish. Since I only knew a few words, I spoke French with what I thought was a Spanish twist. On this journey, I had decided to challenge every “I am” that I was about to utter because they limited me. I stopped myself from making statements like: “I am not good enough”; “I am not liked”; “I am a stammerer.” I made a decision to no longer be paralyzed by my fears and to confront them.

As I tried to communicate in “my Spanish,” my waitress looked at me as if I was from another planet. Then she started speaking Spanish to me at break-neck speed. After two or three sentences, we both burst into laughter, and in that laughter, we were able to connect. She slowed her speech, welcomed me, and made me feel at ease. This first encounter set the tone for the rest of my journey. I knew I would stumble, fumble and fall. I might even stammer, but I could take it and I would press on.

I went to the language school to register, strolled around town, and then to the lodging I had been assigned. At 4 a.m. the following morning, I went to the beach. During my walk the previous day, I had seen small boats at the beach and discovered that they went out to

fish early each morning. I approached one of the fishermen and asked in “my Spanish,” whether I could go with him that day. He gestured for me to get aboard, and he prepared to launch the boat.

Soon we were at sea. I was thrilled. As the cool breeze invigorated my skin, I felt a sense of wonder, awe, and the feeling that I was genuinely alive. In the morning darkness, we laid out nets, which we would collect when they were filled with fish. Then we moved further out to sea to lay more nets.

We had silent intervals and, at times, I lost myself in the quiet. I never felt so relaxed. The stress of medical school was a distant past. From time to time, my reverie was shattered when the fisherman started the engine to venture further out. When it was time to harvest the catch, I helped haul in the nets and corral the fish. It was hard, but exhilarating work.

The next day, I went to my first Spanish lesson. My class was made up of nine students, all beginners of different nationalities. Lola, our teacher, introduced herself and asked us to state our names, where we came from, and tell the class something about ourselves. When my turn came, I decided to relate my experience on the fishing boat, which still excited me.

As I spoke, our teacher looked at me strangely. Then she broke into a great big smile and said, “That fisherman is my father. So, you’re the stranger who approached him and he took to sea!”

The flamenco

I was driven to get a deeper sense of the city. So I walked the streets. I took in the sights, the sounds, tastes, and smells. I got lost, found my way again, and then got lost again. At some point, I knew every crack in the sidewalks, every bump in the roads. Even some faces seemed familiar. The Spanish language became musical and less confounding to me. I was beginning to understand more words and phrases.

As I walked, I realized that for the first time in my life, I was where I alone chose to be, doing what I alone chose to do on my own timetable and terms. Since it was my decision to come to Malaga, I—and only I—was completely responsible for every experience I had. There was no room for complaining or doing anything that would take me away from the full experience I came to Malaga to enjoy.

I started to take weekly lessons from a private flamenco teacher. She taught me the Paso Doble. In the beginning, my steps were like my speech: stuttering, stumbling, and struggling. But with practice, I improved. At night, I went to bars where I practiced my dancing. I focused on my movements, and ignored my internal chatter and people's looks and words.

After a few weeks, I took a bus to Seville, where flamenco dancing is a way of life. I found little bars where people came to dance. At these bars, people encouraged one another to dance; they danced freely, gracefully, and put on an amazing show.

As each song began, people, mostly couples, stepped onto the tiny dance floor. Then they passionately let loose. It was a celebration of life. Elegantly, the dancers stood erect, proud, and poised. As they turned, posed, and postured, each movement was deliberate and emphatic. I had tears in my eyes.

As I was watching, I held an internal dialog with myself.

“You can do it.” I said. But then something inside of me replied, “Louis, you’re a foreigner, this is not your dance. You’re an amateur, while these people have danced the flamenco all their lives.”

During this debate, palpitations gripped me, my mouth was dry. Slowly, cautiously, I rose, navigated between the chairs, and moved onto the little dance floor. People shouted words of encouragement tinged with surprise and even some laughter. All eyes were on the Gringo. Not only was I in the spotlight, but my presence on the dance floor was being sent by satellite all over the universe, even to undiscovered planets—and everyone was watching.

Despite my fears, or perhaps because of them, I threw myself into the dance. I threw myself into *being*. To clear my mind, I closed my eyes and I focused on the music. All of a sudden, the music of the flamenco caught me. It entered my arteries and flowed through me. At that moment, I felt that no one else was in the room. I was alive, flowing smoothly, gracefully.

When I opened my eyes, people were silent and awe

struck. The expressions on everyone's faces told me that I was one with the music.

As I danced, I felt aliveness. In being one with the dance and being one with the music, I experienced oneness in my action. "I had come home to *being*." I had found my voice. This was my defining moment, where I left any concern for people's opinions behind me. This was the moment, where I was not being *something*, but just *being*. I was immersed in the true joy of being. At that moment, I left my identity behind, became free and what I was meant to be. I felt rich, appreciative, and in love with life. I was just *being*. I felt I now had the freedom to choose how to live my life.

Redemption

My three months in this small fishing village near Malaga was quickly coming to a close. I had just finished my last class and had two remaining days to say good-bye to Malaga and my many new friends.

The mountains beckoned to me as I ventured over the curling streets that headed toward them with no clear destination in sight. Finding a low, stone wall, I sat absorbing the warmth of the passing summer afternoon with my legs dangling over the side. My five-year old kid-self yearned to pop out to any passerby, "Who wants to play with me?" "Who wants to play with me?"

This was the moment to say good-bye. I contemplated the remarkable journey that I was part of and was part of

me. I felt energized, excited. I felt as if I had reclaimed my life, and all that had happened before my journey did not matter anymore. I had come home to *being*. Now I was *going home*. Then I thought:

What was I going home to?

What was I going to do?

How can I make my life meaningful and incorporate the experiences, growth, peace, and enlightenment that I recently gained?

What was my calling?

And then it dawned on me. Marie's voice resurfaced. I suddenly remembered the conversation where she shared about a young doctor doing extraordinary work in refugee camps and in war zones. I thought, "I *can* do that."

I can go back to The Netherlands, confront the people at the University when I withdrew from Medical School. I would let them know that I had a recent experience that changed my life; that I was not the same person, and ask them to accept me back at the University to finish my studies to become a doctor. *Yes*, I could do that.

They may let me start my senior residencies again with certain conditions, but I knew I could do it. I thought of my journey to Spain, accomplishing what I committed and put my mind to, learning to speak Spanish and dancing the flamenco. How I became fluent in Spanish and mastered the flamenco. *Yes*, I did that.

I thought, “If I could do *that*, then I can do *this*.” I made then and there a vow that I would be back in three years at exactly the same spot, sitting on the wall and would say to myself, *Yes, I’ve done it. I’ve finished my medical studies and reclaimed my life.*”



I realized that I was the source of my entrapment. I am the source of all that manifests in my life. No one else or nothing else. I am the source.

For a few seconds, I had a surge of intense energy that remained in my mind. I looked deliberately at my environment, the passing cars below, the horizon out at sea, and the silhouette of Malaga. I held this promise in my mind, long enough until I got that *Malaga got it*.

“I will be back here, having fulfilled on this promise.”

I was the new me . . . the new Louis. Malaga had changed my life.

Returning home

When I arrived back in my home town, Utrecht, it felt as if I was speaking another language. I was no longer dwelling in a language that was accusatory, a language of complaining, a language of “shoulds” and “musts.” I felt completely responsible for my life. It was as if I was in touch with another dimension. I felt empowered by life. I had reclaimed my voice.

I went to see my parents, and let them know that I was committed to finish medical school and was intending to work for “Doctors without Borders.” My father was genuinely delighted. In his delight, there was a recognition shining through of fully embracing my decision as in keeping with the true spirit of medicine. He wrote a letter to the governing board of medical school, letting them know that his son had seen the light and regretted his letter to the board six months earlier—the infamous letter that told them that they could all stuff themselves. He then made an appeal to give me a chance to finish medical school and dedicate my life to humanity.

My father was well-respected in the medical community and knew most people on this board. He received a reply that I was to appear with him before a panel to make our case. I was thrilled and excited—I had another chance, this time as the new me . . . the real me.

When we appeared, my father was asked if he could guarantee that I would not display any further rebellious behavior, and he answered with an unqualified, “Yes.”

Then one of the senior professors looked at me and said, “We will allow you to resume your studies, but under one condition . . .” His pause gave me a chill, but I was willing to take any condition, thinking of my conversation with Marie on that long drive through the night from the French border to Malaga. I said “Yes, what is your condition?”

“Our condition is . . . *one* word of stammering, and you are out!”

I said, "Okay, I can accept that condition."

There was a pause and without waiting for their response, I turned sharply and walked out with my father. I was both stupefied and excited. Inside, I said to myself, "I can do this."

Losing my voice

Next, I went to see my now ex-girlfriend. I don't know why, but I had this urge to share my recent journey with her and reconnect with her now that I had a new awareness. I was very nervous, and didn't know how to begin. So I just jumped in, told her about my journey and the key decisions I made that led me to my new freedom to be.

She listened attentively. She was very encouraging and showed a genuine interest. I was energized and pleased that she didn't think I was speaking a foreign language to her . . . I was happy that we parted amicably.

A few weeks later, when I saw her again, she was talking about her family, how she felt about her life, As she spoke, it dawned on me that none of the things that I said to her had made a difference in her; none had shifted concerns that preoccupied her.

It was then that I realized that the fact I had shared my transformation with her had not made any difference, and my way of communicating did not give her a new awareness. It took me totally by surprise, and it floored me. The sense of presence that I treasured after my return

from Spain was totally wiped out in *one* conversation. It felt as if I had lost my voice again. I felt devastated.

After a few days dwelling in my own misery, I recollected myself, and vowed to recapture the spirit of this awareness that had escaped me. I vowed to recapture the spirit of the language that allowed me to be authentic to the core of myself. I also decided to learn what I was oblivious to at that time.

What had to become transparent for me to communicate effectively was:

What was the nature of the transformation I had experienced in my journey to Spain?

What was the nature of the language that allowed me to be myself and express who I am, so I could be completely authentic to my core?

What was the nature of the reality in my new awareness that would show me how to share with others about the possibility of their attaining a higher awareness?

For the next 27 years, I asked myself the question *how* to reclaim this sense of authenticity and higher awareness that I awakened to during my journey to Spain.

Keeping my promise

I finished medical school without stammering *one* word and kept my promise to work for “Doctors without Borders.” I worked for 10 years on and off in war zones, Bosnia, Angola, Liberia, the Southern-Sudan, with refugees

in Pakistan close to the border with Afghanistan, and with refugees from Cuba and Haiti in Guantanamo Bay. In Romania, my medical skills reached out to underprivileged families and children in orphanages.

During this time, I received several awards for my humanitarian work. Many of my missions found me in a variety of compromising and life-threatening situations. On one of my overseas missions, the plane I was traveling in was hijacked and I saved a security guard's life who was hit by a bullet. On another, I was threatened with a gun to my head, and a boot planted on my face and nailed to the surface of the road. I freed myself by raising my voice saying that I was there to make a difference for his people and demanded that he bring me to his leader. His leader was Charles Taylor, who became President of Liberia and was subsequently imprisoned for committing war crimes, crimes against humanity, terror, murder, and rape.

Testing my beliefs

If you really want to know who and what you are, try working as a doctor in a war zone. Five years had passed since my first awakening. When serving as a medical coordinator of a surgical unit for the International Committee of the Red Cross in Southeast Angola during the civil war, I got my first real test.

We heard in the early morning, the far away rumble of a truck. In the Angolan bush, you don't see . . . you *hear*. As it approached, we saw what looked to be several

soldiers resting in the back. People ran to the truck and started shouting. When I came close to the truck, I saw eight young men in blood-soaked uniforms. It took me a few seconds to realize that there was nothing in the lower parts of those blood-soaked uniforms—one or both of their legs were missing. It was as if the upper bodies of a puppet had been cast aside in the back of that truck, forgotten by the owner.

It was a surreal experience. I expected to hear moans and faces expressing agony. What I heard instead was nothing—there was silence. Some of the young men were already dead as we carried them from the truck. We learned that they were rebel child-soldiers who had stepped on mines. They had travelled at least one day by the truck and mostly during the night to our surgical unit. We quickly realized that they were severely dehydrated and were in shock due to blood loss. My team worked all day and night under primitive conditions in our attempt to prevent infections and sepsis. Those that we could operate on and save, we did.

To this day, I'm still haunted by the faces of these young men. They were quiet and confused, not comprehending or understanding what had just happened to them.

I felt our common humanity and at the same time, I understood the futility of war. I saw the insanity; how we can get lost in life and caught up in our circumstances. I realized that my work had dealt with *obvious* life and death situations. Now I felt a compelling urge to address

matters of life and death that were *not* so obvious. I realized that finding that authentic core in oneself and accessing it through one's own language was urgent, it was a matter of life and death.

I made then and there a commitment to be a lifelong student of what sets the human spirit free from its self-imposed limitations. In addition, I made a commitment to create an organization that would contribute to peaceful resolution of conflicts, rather than dealing with the effects of friction and fighting.

When I moved to Los Angeles in the early 90s to study international public health, the Rodney King riots broke out the day I arrived just a few miles from where I lived. As I watched gas stations burning on TV, I quickly realized that they were around the corner from where I lived. Despite my apprehension, I drove in the early morning into the heart of Los Angeles, avoiding the areas where the riots were still active and offered my services to the local Red Cross. I was put in charge of a refuge for displaced people. I was honored to receive an award for my efforts of aiding those who were affected by the Los Angeles Disturbance in 1992.

In 1995, Bosnia was making headlines. Doctors without Borders in New York contacted me to work in the war-torn area. Four days later, I flew to Split, a city in Croatia—the former Yugoslavia. Before I left, I cleared out my apartment, stored my stuff, gave away what I didn't need, and once again, changed my life.

I was sent to Bihac, a large town in the hills of Bosnia that was under artillery attack from Serbs entrenched in the surrounding mountains. The bombardment started around 7:30 a.m. and stopped usually at exactly 8:30 a.m., only to start up again later in the morning, just like clock-work. The ground shook with each round—it was never clear to me what the Serbs were aiming at. My quarters were in a building that used to be a hotel. It had no hot water, just numbing cold. Men and women were on the streets, moving about in a normal pace, just going about their business.

This appearance of normality relaxed me somewhat, despite the ever-present rumble of the artillery, firing away in the background, as if it was a cloud passing over. I made friends with many and enjoyed evenings in their homes over dinner. In one home, one of the men picked up his gun at the end of the meal, left and returned the next morning—it was time for his shift at the front.

I traveled through Bosnia in a helmet and a flak jacket. We drove our armored land cruiser and visited hospitals and medical posts in village after village. Many were deserted—many had been burned down. The devastation was massive, the death toll huge.

Four years later, and after the war had ended, I went to visit Bosnia with a group of donors and volunteers to inspect projects and consider funding requests. We were visiting areas close to where I used to work in 1995 and

had stopped the car to ask for directions. A very tall, thin man walked up to us and started a casual conversation saying that he was a Serb and knew the area very well.

Since I spoke a few words in the Bosnian language, he asked me where I had learned it. I said, "In Bihac."

"Ooh, that is interesting. I was stationed near Bihac."

With a genuine curiosity and excitement of someone who had found something in common with another person, I asked him what he did during the war. His response peaked my interest even more.

"Well, I was part of an artillery unit," he said.

Going back and forth asking questions, I came to realize that he was stationed in the hills surrounding Bihac during the same time I was there. I said, "So, were you firing shells at Bihac?"

"Yes."

I now realized that I was actually speaking with someone, who was once firing shells on the place where I lived. I said, "May I ask you, I am just curious . . . I always wondered why the artillery started at 7:30 a.m. and suddenly stopped at 8:30 a.m.?"

He looked at me with a smile and seemed surprised that I was asking him something so obvious. "Sure, at 8:30 a.m. we stopped shooting, because that was the moment we had breakfast!"

Yes, war is surreal.

Fulfilling on my dream

Returning to Los Angeles after my mission in Bosnia, I started a company that provided consulting services for small businesses and organizations on effective communication and teamwork. It helped fulfill my dream of contributing to humanity by creating partnerships and fostering community building. I worked with dedicated volunteers, young emerging leaders in Mexico and The Netherlands, gang leaders in South Central Los Angeles, health organizations in Romania, and civic leaders in Serbia. We brought transformational programs to schools in Los Angeles and to Muslims and Christians as an interfaith initiative after 9/11.

In 1997, Russian President Michael Gorbachev personally invited me to become a founding member of an organization dedicated to helping children in Russia.

Being humble

Then in 2002, I went bankrupt due to an unfortunate and unwise investment. Bankruptcy brought an end to my independent existence in Los Angeles and to the humanitarian work I had created and had invited others to join in. I went back to my father to let him know that the money that he had set aside to support my projects was gone. I felt that I had let my father down. I thought that my dream of what was possible for humanity was gone. When I visited my father, I sensed that he already knew.

I humbled myself in asking my brother and friends

to lend me money. To support myself, I asked business contacts to give me consulting contracts for low fees. I felt as if I could be homeless any moment, and I was always on the verge not being able to pay my bills and, particularly those high interest credit cards.

I had to close the office of my consulting company and let go of people I employed and volunteers who had been working with me. It was heartbreaking. I started looking for a job. On the Internet, I found a position as CEO of one of the largest homeless shelter organizations in Los Angeles. The day of the interview, the thought occurred to me, “Either this organization will hire me as their CEO, or I will have to apply to it for a grant that will prevent me from being homeless!” I thought of the irony of this situation, which made me smile—it was an ironic joke . . . I got the job.

Finding my soul mate

It was during this part of my life that I met my soul mate. In Los Angeles it is not easy to find a soul mate, but I was ready for her. Los Angeles is a big city and I had met a lot of people, but not really someone who touched my soul. I decided to register for an Internet dating service. After a while I received an email that caught my attention—the sender was from Australia. Australia? I was in California. Her name was Francesca. We started an exchange of emails and we spoke on the phone. Our conversations were light and silly as if we were two primary school

children having fun. I was the one who was pulling her pony tail.

Five months later we were married, eventually moving to Australia where our beautiful daughter was born and I practiced medicine in a small country town in Victoria for nine years.

The Choice

Then the clouds moved in. In the fall of 2008, Australia was struck by the Great Recession, and like many others, I was hit hard. At one point, it was just a matter of days until I ran out of money. I was wondering what to say to the people I had employed in my medical practice. There were moments that driving my car into a tree seemed like an attractive option. Driving to work and sizing up my life situation, it suddenly came to me that I had a fundamental *trust* in life.

✿ I realized that if I really trusted life, and believed that life was fundamentally good, *I could then trust that what was occurring in my life was fundamentally good*, although it may not have been what I wanted at that moment.

The worst thing that could happen to me was declaring bankruptcy—something that I was forced to do years ago in Los Angeles. The worst thing that could

happen to me was that people I respected and knew me as a hard-working doctor and a good provider for my family would be disappointed. My reputation would be trashed. I realized that if this were to happen, the *essence* of who I am was not going to die. I could always start over again.

Since this experience, I felt connected with a true sense of who I was. I had come into a new awareness of both myself and life. I was no longer condemning what was happening in my life, but considered myself as a space that *allowed* for the content of my life. I was no longer *what* was happening in my life, but the space that *allowed* it to occur. I realized that the way to keep this space of *allowing* alive, as an ongoing awareness, was by *choosing* to be happy, fulfilled, and content, no matter what the circumstances of my life were. This choice required *me* to change and expand myself in the midst of my daily challenges, *rather than* demanding that the circumstances of my life change to suit my preference and comfort.



As soon as I had this revelation, a profound peace came over me. I realized that I was the source of my own entrapment and unhappiness. *The Choice* to be happy, fulfilled and content, no matter what the circumstances of my life were, brought me a new awareness.

I made *The Choice* unconditionally—with passion. It started me on a remarkable journey of discovering my own truth and coming to new awareness.

Living *The Choice* radically changed how I viewed myself, which changed how language shaped my life. I call this shift in how language shaped my life *A New Language for Life*; a language that connects me from a place of authenticity and enriches how I relate to others; a language that honors and expresses the essence of my being; a language that speaks me.

After I made *The Choice*, I was no longer immobilized and caught like a deer in the headlights by my circumstances. It brought me in touch again with the experience of *being*, one that I lost so many years ago in *one* conversation.

The Choice led me to *The Insight*, another essential pillar of *A New Language for Life*.

This new awareness allowed me to find that authentic core in myself and access it through my own language. It interrupted the cycle of despair that consists of striving and never arriving. It brought me to a place of *oneness of being* that allowed me to be true to myself. I turned my finances around and became more successful than I could have imagined. I had turned my word into my *magic wand*.

Now, let me share with you how you can do the same.

BEING TRUE TO YOURSELF



People are unhappy, frustrated, unfulfilled. They want more from life. Most don't know what to do about it, and many of the solutions they try only make their situations worse. Not only does their unhappiness ruin their lives, but it can spill over and infect their friends, families and their communities. Their feelings set a tone that can drain their vitality and dominate their lives. It is not surprising that most feel trapped, discouraged, and depressed.

I believe the reason people are unhappy is because they have forgotten how to trust themselves. They don't trust themselves because they don't know how to be true to themselves. Instead of living authentically—doing what feels right and natural to them—they listen to other voices, other language, that tells them what to do and how to feel.

✿ The fact that people don't trust themselves has a lot to do with language and how they experience themselves through the language that shapes their lives.

When I use the word “language” in this book, I'm not just referring to speaking another tongue such as Italian, French or Japanese.

I'm referring to all the influences we have been exposed to that shape who we think we are, or who we think we should be. For example, the messages we received from our family, friends, cultures, education, and religions. I call them our birth languages.

The impact of language

Although we usually don't think too much about it, language plays an enormous role in our lives. From early childhood, it shapes our thoughts, feelings, actions, and our sense of who we are.

Our birth languages are imbedded with customs and rules that are often unique to all the various groups. We are expected to accept and follow these customs and rules, and pass them on. Our birth languages create expectations that we feel compelled to fulfill. These languages influence how we view ourselves, what we feel and how we act. They can divide us from life, and from each other.

All too often, the messages we receive from our birth languages, and the way we define ourselves, do not feel

comfortable to us; they don't seem to fit. Rules that our birth languages convey, address the needs of other people and other times, not always ours. When we feel that a language does not reflect us, it separates us from our family, friends, community, and most important, from life.

Our solutions often amplify our problems

As a physician, I constantly see people grasping for solutions. They try to solve their problems in many ways, including changing their lives, acquiring things, throwing themselves into their careers, or stockpiling material possessions. Or they may think that if they get rid of people or things in their lives, it will give them peace. Others try to suppress their feelings and pretend that they don't exist. Usually, none of these solutions work. Paradoxically, the solutions we bring to our challenges often amplify our problems.

Changing the view you have of yourself

I believe that the answer is in making a commitment to be happy, fulfilled, and content, no matter what the circumstances of our lives are. This commitment allows you to radically change the view you have of yourself, which leads you to express yourself and experience life *in a new way*. It allows you to find that unique core within yourself and access it through your own language. A commitment to be happy, *no matter what*, brings you to a place of *oneness of being*, where you experience an authentic

freedom to be, and your language communicates who you are. You no longer feel entrapped and say, “I can’t,” or “I’m not capable.” You say, “I *can*.” “I *am* capable.” “I *do* have the power to manifest life *as I am*.” I call this new awareness and this new way of language expressing yourself and experiencing life, *A New Language for Life*.



Changing the view you have of yourself,
changes your language.

A New Language for Life is generated from you and reflects you. It breaks with the tradition of your birth language which is descriptive in nature and leaves the essence of who you are untouched. It’s a language that renews you to the essence of your *being* when you are stuck in life and riddled by challenges. It connects you from a place of authenticity and enriches how you relate to others. It also brings you solutions that do not alienate and separate you from life.

A new way of experiencing life

A New Language for Life transforms your relationship to language itself. Unlike your birth language, it doesn’t tell you what you should do. Instead, *A New Language for Life* introduces you to a new way of experiencing life. Rather than merely labeling, representing, and describing, *A New Language for Life* brings about a new openness, where language reveals the essential features

of life in all its infinite possibilities—including those we never knew and many that we've overlooked.

Reclaiming the power of language

A New Language for Life will lead you on a pathway that will enable you to align with your true nature, transcend the limitations that language places on you and restore yourself to the oneness of *being*—the place of authentic happiness and higher awareness. This new awareness will enable you to reclaim the power of language and *manifest* your most heartfelt desires.



A New Language for Life gives you a clean canvas. As the artist, *you* hold the brush and are free to paint your version of life.

Living *A New Language for Life* makes you present to a profound sense of peace, and enables you to trust yourself and life. *A New Language for Life* changes the way you view yourself and the language you use shifts to become more gentle and wholesome. It breaks the shackles of your birth language so you can move forward, enjoy life, and grow.

In the following chapters, you will discover how making a commitment to being happy, *no matter what*, will help you find your unique core, which lets you be true to yourself and conquer life's challenges. It allows you to reclaim the *true* joy of being and raise your life to a higher level of awareness.

— PART ONE —



THE CHOICE

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THE CHOICE

 Make a firm commitment to be happy, fulfilled, and satisfied with your current circumstances. I call this making *The Choice*. Commit yourself to repeating the following words at least once a day for three weeks. In fact, repeat them regularly and as often as you can.

 I am committed to being happy, fulfilled, and satisfied, no matter what the circumstances of my life are.

Make it a point to utter these words. Say them aloud or to yourself. Remind yourself by writing this commitment into your schedule, posting it on your calendar, and leaving it on notes on your bed stand, your bathroom mirror, or your desk.

Making *The Choice* will give you a new focus; it will bring about remarkable changes in your life. It will let

you discover a new perspective that will fundamentally change the quality of your life. As the ancient Chinese philosopher Lao-tzu wrote:

If you correct your mind, the rest of your life
will fall into place.¹

As you read in my story, the power of *The Choice* turned my life around.

Declare to the universe who you choose to be. When you make *The Choice*, you express a reverence for life, which is sacred. You align yourself with life. In committing to *The Choice* seek what Buddhists call the “right vision.” I wholeheartedly believe that if you live *The Choice*, the rest of your life will fall into place, *naturally*.

When you make *The Choice*, you break away from your birth language, its rules, and beliefs. You no longer have to be concerned what other people think or say. *The Choice* interrupts the voice of your birth language, and changes how you view life. It allows you to be true to yourself and gives you a new sense of direction in life. It dispels the feeling that you are sentenced to strive and never arrive. When you live *The Choice*, you will be less consumed by the events that occur in your life.

In living *The Choice*, you undertake the first step in finding your authentic core and accessing it through your own language.

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HOW DO I LIVE *THE CHOICE*?



Start the day in a quiet place and say,

I am committed to being happy, fulfilled, and satisfied, no matter what the circumstances of my life are.

When you say it at the beginning of your day, you will leave your home peacefully.

Repeat the saying during your quiet time. State it when your mind is at ease. Then, repeat it during the day. Remind yourself of *The Choice* when you are walking, taking a shower, at work, doing household chores, or at leisure. Many of my best ideas and insights come when I am driving to my office and concentrating on the road.

Integrate living *The Choice* in your life; bring it to your daily concerns. Observe how your life starts to shift, and what opens up for you. Notice how life responds to you, and in turn, how you now respond to events.

Don't try to understand

Avoid intellectualizing and trying to understand *The Choice*. Just let it soak in. Postpone any tendency to compare *The Choice* with other approaches, because it will keep you from experiencing the full power of *The Choice*.

Give it a chance. Embrace *The Choice* as if it was an experiment, and you don't know how it will turn out. Allow it to surprise you. Be curious, go where it takes you, and be open to discover how it will affect you.

Remind Yourself

After I made a commitment to *The Choice*, I was excited and enthusiastic. However, after a day or so, I noticed that my commitment waned. So, I reminded myself, which got me back on track.

Remind yourself. When you do, it will come to you more often and more powerfully. You'll gain a new perspective that will help you realize where you went off track, and where you were not aligned with your objectives.

If you think it will help, post affirmations or reminders. Put up notes that say, "I am committed to being happy, fulfilled, and satisfied, no matter what the circumstances of my life are."

Document your progress

When you live *The Choice*, keep a diary of your changes, feelings, and discoveries. Writing about them will give

you greater clarity and understanding, and it will also help you track your progress. When you keep your diary, consider the following questions and be as detailed as possible:

- What has opened up for you in living *The Choice*?
- Are you experiencing more freedom?
- Can you see how *The Choice* is not reflected in your current language?
- Has living *The Choice* expanded your sense of what is possible in your life?
- Has living *The Choice* changed your sense of who you are?
- Have you experienced being more in charge of your life?
- Has living *The Choice* changed the way you relate to others?
- Has *The Choice* changed the way you communicate? If so, how?
- Do you notice how living *The Choice* shifts your language?

SHIFTING TO A NEW PERSPECTIVE



When you commit to *The Choice*, some of your familiar responses, your habits, and patterns start to shift. You may notice that you're developing new awarenesses that you can't quite identify yet. Although you may not know what precisely is changing, one thing is certain: some of your old ways of looking at life, even some of your old habits, are starting to fade away.

This shift produces insights, new understandings and perspectives, that I call *Pearls of Wisdom*. The *Pearls of Wisdom* allow you to remember what you have forgotten, have not been able to utilize, or take to their fullest potential. They let you obtain what you always wanted in life, but somehow were not able to attain.



Each *Pearl of Wisdom* illuminates a unique *modality of being*, a unique facet of the *diamond of being*—your full presence and

participation in life, which lets you become your highest vision of yourself. The *Pearls of Wisdom* allow the *diamond of being*—You—to fully shine in all its wondrous splendor.

I want to make it clear that the *Pearls of Wisdom* are not standards to live by; they are not a set of iron-clad rules. They are beacons that you recognize on your path towards harmony and peace when you incorporate *The Choice* in your everyday life. They will germinate in your mind and, with time, flower, and bloom.

Examine whether each of the *Pearls of Wisdom* applies to you. You may not see how each *Pearl of Wisdom* is relevant to you, at least not at the start of your journey, but give yourself some time. The more you bring *The Choice* into your life, the more meaningful the *Pearls of Wisdom* will be to you.

The *Pearls of Wisdom* are:

YOU HAVE THE *POWER* TO:

RECLAIM YOUR BEING

REENERGIZE YOUR SENSE OF FULFILLMENT

RAISE YOUR LIFE TO A HIGER LEVEL OF INTEGRITY

BE PRESENT

BE GRATEFUL

BRING GRACE TO LIFE

EVOKE SYNCHRONICITY

SHIFTING TO A NEW PERSPECTIVE

The *Pearls of Wisdom* reveal to you where you are likely to shift into a new perspective of life, and you notice a subtle shift in the way you allow language to express yourself. The *Pearls of Wisdom* are how you shift into *A New Language for Life*. In the following chapters, I'll discuss each *Pearl of Wisdom*.

THE POWER TO RECLAIM YOUR BEING



After you have practiced *The Choice* for a while, you may notice a subtle shift in how you handle your everyday challenges. Your desire to get more and your inclination to strive, slowly melt away.

In living *The Choice*, you are witness to this remarkable transformation as you move away from a state of always wanting and striving to a state of just *being*. Isn't this amazing? You now see how your life has been driven by your wants and desires. You are now actually in a place where you reclaim your *being*.



Give yourself permission to just *be*. When you want and strive less, you give yourself permission to just *be*. You take the pressure off yourself, feel more peaceful, and feel less of a sense of struggle in your life. Peace takes on a heightened

importance to you, and you realize that there is nothing outside of yourself that you need to actually *be* peaceful. It all rests within you.

Just *being* liberates the human spirit. When you move away from always striving and wanting, you become free to *be*. At first, it may seem awkward, even uncomfortable, because you may have forgotten the freedom of just *being* before. When you're free to just *be*, you still have wants, but your life revolves less around them. You are no longer devastated or immobilized when your wants or desires don't materialize.

A new awakening

Living *The Choice* becomes a passage to a new awakening. You realize that you have the power to access your own happiness, regardless of the circumstances.

You now realize how you have been postponing your inner sense of fulfillment and peace, and how you have been waiting for things to work out. But now you know better. You now have the courage to consider something different in your life. You are committing to *being* happy and fulfilled, *no matter what*. You are bringing fulfillment to your life, rather than waiting for the “right” circumstance to give you fulfillment.

At times, you have glimpses of *being*—you experience moments of profound peace and happiness. They may actually catch you off guard. You may think that the set of

circumstances that was present at the time was responsible for your newfound peace and happiness, and that you have to go back to that place to enjoy the same experience. However, if you try, you will be disappointed. You will realize that you can't recreate the experience of *being*, because you can't recreate *being*. You can only just *be*!

It becomes clear that you don't have to hang on to your experience of being happy because living *The Choice* gives you ongoing access to it. You are released from the worry that you may lose your newfound peace and happiness, and are released from your attachment to it, because you now know that at any time, you can make it available simply by living *The Choice*.

You manifest what you already are

Have you noticed that the more you want abundance in your life, the more it escapes you? In most cases, the more you *strive* for abundance, the more you wind up with scarcity. How is this possible?

In our birth language we *strive* for abundance. Wanting and striving reflect a state of scarcity. It is a statement to the universe that you see yourself as *not* having enough. Since the universe gives you exactly what you *already* are, you most likely manifest *more* scarcity!

Abundance no longer eludes you

In living *The Choice*, you have the power to manifest abundance in your life.

When my financial situation was difficult, I decided to move my attention away from what I was *lacking*. I started to acknowledge what I was grateful for in my life.

Realizing that life manifests as a response to my *state of being*, I created a focus on serving and giving with every patient who came into my surgery. Serving and giving reflect a state of abundance. Slowly my finances turned around and abundance manifested in my life.

Being in a state of serving and giving brings you in a relationship of abundance with the universe. Rather than focused on what is lacking, *being* abundance in the way you relate to people, the universe will respond to you as *you are*.



When you transition to a state of serving and giving, it will displace the despair that may consume you when you lack financial resources. It allows you to enter into a relationship of trust with the universe and leaves you in a peaceful place, *knowing* that abundance will come to you.

Now, I'm not telling you to lie back and give up your job, to stop setting financial goals, or stop being responsible for how you spend your money. But I am saying that when you are *being* abundance, rather than *striving* for abundance, you enter into a different relationship with life.

In living *The Choice*, the universe will respond to you as *you are*. When you are in a state of always serving and giving and integrating it into your daily life with every interaction and with every person you connect with, the universe will respond to you with abundance. The universe knows no other way! Abundance no longer eludes you.

Freedom to play

Living *The Choice* allows you to restore one of the most fundamental relationships with life: that of play. You realize that you don't always need a reason for doing something, but that you can just *be* and play. You can engage in an activity for no particular reason other than that you like it. And when you do, you feel happy and free.

Language that is more wholesome

In living *The Choice*, you notice that the language you use becomes more gentle and wholesome. You become more immersed in life and experience a new sense of fulfillment. This helps you develop closer more meaningful relationships with others and yourself.

Opening a door to *being*

Living *The Choice* leads you to a peaceful place. It opens a door to *being*. The door has always been there. You just had to find the key in order to open it. The key is living *The Choice*. You awaken to the fact, that the passage to happiness is *being* happy.

✿ Living *The Choice* restores you to the *oneness of being*. This is where *true* happiness reveals itself to you, beyond the language that describes it.

In the face of your daily challenges, it may seem impossible to find happiness and fulfillment. However, sometimes it only takes a little to accomplish a lot. For example, by moving just one little finger, you can move a little wheel that sets a huge machine in motion. You now have discovered the little wheel that steers the complexity of your life with a simple focus—which is *The Choice*.

Being prompted into action

The Choice prompts you to take action. When you simply say the affirmation, it shifts you into action because it gives you direction to follow that is organic. When you affirm *The Choice* every day, you want to apply it and make it real for yourself. You are compelled to take action.

When your mood is low, you often wonder what you could do to feel better. You may say, “I’m going to do something,” but you hesitate before actually doing it. *The Choice* prompts you to act, because it points to *being* fulfilled. In taking action, you are *being* who you *say* you are. *The Choice* creates an opening for you to be *one* with *being*. It gives you room to breathe and creates a space to move forward in life—even if it is just doing the dishes. It creates the space that allows for something *else*, besides the worries that consume you.

In reality, there is nothing to overcome to actually *be* in action. *The Choice* draws you into action, *naturally*. It displaces the language that divides you and takes you away from the oneness of *being*; from *being* what you know is good for you. You don't have to overcome depression and inaction; you need to overcome what divides you from the *oneness* of being. When you do, *The Choice* is what prompts you into action.

You are happy, *because you are happy*

Have you noticed that when you are happy, you don't ask yourself the question, "Why am I happy?" You just *are*. It is only when you are *unhappy* that you ask yourself the question, "Why am I unhappy?"

You realize that *you are happy, because you are happy*. The true nature of *being*—the *oneness* of *being*—is joy and happiness. You don't need a reason because it's fundamental to your nature. It's simply how you're built; the way you're wired. You realize that life is organized in such a way that the passage to *being* happy is *being* happy. There is no way to *get* there!

Shifting Your Language

1. What activities can you now perform in the context of *being* rather than *striving*?
2. Where in your life can you now replace despair with a sense of peace?
3. List three things that you can do today to reach out and serve others.
4. What have you postponed that will bring you joy? Schedule dates to do them on your calendar today.

THE POWER TO REENERGIZE YOUR SENSE OF FULFILLMENT



When you live *The Choice*, everything changes.

You realize that your focus has been on pursuing pleasure. However, when you live *The Choice*, life directs you toward fulfillment, and interrupts the language you use that *prevents* you from being fulfilled.

A life that revolves around the pursuit of pleasure is reactive, because you must depend on the circumstances in your life to bring you pleasure or fulfillment. The tendency is to try to control those circumstances, which can make you controlling, domineering, and manipulative.

When you live *The Choice*, you enjoy a new sense of satisfaction regardless of what the circumstances in your life may be. That is true fulfillment.

You don't need other people's validation

You no longer need other people's validation to be fulfilled. Although approval and acknowledgment are

gratifying, you realize that you don't actually need them. You can stand on your own. As a result, you can confidently make independent decisions. When you know that your reasoning is correct, you place less value on what others may think. This helps you become more of a leader and move to the front. While you remain open and seek good opinions and advice, you know that the final decision is yours. You don't feel that you need outside assurance that you're taking the right course.



When you're confident and centered, you have no need to compare yourself with others.

You know who you are, where you are, and you trust yourself.

Creating a new dance with life

Being fulfilled creates a new dance, a new interchange, and balance. It makes you less reactive to circumstances in your life, and when you are, you notice that life responds to you differently.

Let me give you a couple of examples. First, other people are drawn to *you*. Then they relate to you in a new and different way. You become an example, and who you are reminds others of their responsibilities. The people in your life who you are close to become more aware. They become present to their responsibilities, and they start acting on them, to your great delight!

People interact with you with more appreciation, respect, consideration, and gentleness. You encounter less immobilizing drama, aggravation and turmoil.

Being fulfilled in relationships

Fulfillment is the key to close and enduring relationships. As I'm sure you know, maintaining relationships can be difficult in our busy, complex lives, and all relationships have their ups and downs. So it takes courage and trust to live *The Choice* in your relationships—especially during difficult times.

When you make *The Choice*, you let people *be*. You accept them as they are, and realize that they do not have to change in order for you to be happy or fulfilled in your relationship with them. Giving them this freedom is the highest expression of your integrity. It also shows your trust in life, your trust in them, and your love for them, which strengthens your relationship.

Finding your way home again

When you reflect on the path you traveled, you realize how easily it was for you to get lost and how difficult it was to find your way home again. You recognize how easy it was to slip into a life of chaos, where you lost all sense of control and direction, were overwhelmed, and everything you tried seemed to make things worse.

You can't find your way back by resisting, avoiding or opposing what is occurring in your life. You need another approach. Living *The Choice* allows your life to

organize itself naturally, and guides you so that you can return home again. It honors the essence of you, and directs you to where you need to go.

A part of living *The Choice* is realizing that life is fundamentally good and so are you. When you live *The Choice*, the integrity of *being* will take you home. It will start a healing process that allows you to be true to yourself. You will realize that life is a journey and the challenges you faced were obstacles that you had to overcome. They were what allowed you to expand yourself, become more inclusive, and compassionate.

Trust yourself.

No longer consumed by worry and guilt

Our preoccupation with the past and the future immobilizes us. It diverts our focus and keeps us stuck. When you live *The Choice*, you restore yourself to the oneness of *being*, which naturally displaces the guilt and worry in your life.



You're no longer consumed by the past and the future. You are fully present to life. *The Choice* banishes guilt and worry.

Living *The Choice* naturally *displaces* your concern for the future and your preoccupation with the past. You now realize that you don't have to deal with guilt or worry in order to be freed up in life. The moment you "deal" with

the guilt and the worry in your life, you *engage* with it, you get *more* of it. This does not mean that you should stop planning for the future or stop taking responsibility for your past actions. It means that the tendency for your attention to be consumed and drawn into the past or drawn into a future that you anticipate is fading away. You are *present* to life. You are present to *being*, and worry and guilt are no longer consuming your attention.

Being a guardian of *being*

In living *The Choice*, you naturally take care of and guard the space of fulfillment, since this is your new priority. You notice that complaining and gossiping about other people undermines the space of fulfillment, and you now decide that this will no longer be a part of your life. You realize that it is not contributing to your sense of wholeness and peace to gossip and complain about other people. You are a *guardian of being*.

No more need to be excessive

People try to find fulfillment through their new purchases. To their disappointment, their new purchases have short shelf lives. It starts a vicious circle; they buy new things and when their excitement dissipates which it invariably does—they go out and buy more. They tend to buy things that are bigger, more expensive, and more prestigious, which they may not be able to afford. Before they know it, nothing satisfies them, and they often end up deep in debt.

When you live *The Choice*, you're *already* fulfilled, you don't need more. So you can say, "I don't need that." It is not that you don't have the money to buy it, but you don't *need* to buy it in order to be fulfilled. You now ask yourself the questions:

"Is the purchase purposeful?"

"Is it purposeful inside of my commitments?"

If the purchase is not purposeful, then it is just a default way of being, and you can now let go of your *need* to buy it.

Sometimes it is all right to buy something that is not purposeful, as long as it is within the boundaries of *your* financial integrity and it is something that you do once in a while.

Goals that are more wholesome

In living *The Choice*, you are moving away from a life of striving. Ambition as a driving force is losing its hold on you. You still pursue goals, but you now aim for goals that are more wholesome and that contribute to life, not just goals to fulfill your ambitions.

You haven't lost your drive in life, but your drive has *lost* its anxiety and the strain that comes with striving and wanting. Your relationship with the goals you set have fundamentally changed. In realizing your goals, you no longer come from a place of striving, or lacking, but come from a place of *fulfillment*. You dwell in the *presence* of your goals already having been fulfilled.

You are now called to act as the natural expression of fulfillment. You are present to a calm and peace. You can now *let go* of your concern how to reach your goals and trust the unfolding. You are open and willing to make mistakes. Rather than condemning the mistakes you make, or condemning your *whole* being for making mistakes, you now honor them as a way of moving forward and reaching your target.

In fulfilling your goals in life, you experience a renewed playfulness and sense of fulfillment. You realize that living *The Choice* allows you to live your life beyond the process of becoming.

In living *The Choice*, you feel more peaceful and wholesome in fulfilling your goals.

Embracing life fully

In living *The Choice*, you realize that you don't need a new plasma TV or for your partner to change in order for *you* to be happy. You are free to dream, but you are no longer dreaming *as if* your current life does not matter. You now fully *embrace* your life. This does not mean that you are not committed to improving or changing some of your circumstances, but your sense of wholeness and fulfillment *no longer* depends on it. You now have the courage to be fulfilled without considering the future as a *back door* that would take you away from being *present* and experiencing fulfillment.

By allowing and fully embracing your current

circumstances, you will notice a shift that lets you gain more access to the changes you would like to occur in your life. This is the first step in a *new* awareness, where life manifests as *you* are.

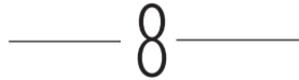
Life is your classroom

Embrace the interruptions that life throws at you with *grace*. Trust that the universe will lead you toward a fulfilled and inspired life. If, for instance, you have issues with your neighbor that cause you to move, chances are you will find similar issues within the new neighborhood. Instead of packing boxes, *shift* your language into one of *allowing*, provided your neighbor was just bugging you and was not threatening you.

You can't escape the interruptions. Make your daily life your classroom. *Embrace* the interruption and disappointments. In fact, express gratefulness for them, hold them as a blessing, and understand that they will prove to be lessons that somehow, some day, will be beneficial to you.

Shifting Your Language

1. What actions could you begin today that will reenergize your sense of fulfillment?
2. Where in your life could you eliminate guilt and worry?
3. What steps can you now take to stop dwelling in the past?
4. Where in your life do you regularly overspend money?



THE POWER TO RAISE YOUR LIFE TO A HIGHER LEVEL OF INTEGRITY



Living *The Choice* re-arranges your life to a new level of integrity. Some of the scatteredness of your life is brought into a new alignment and unity. You feel a new sense of wholeness, and your life starts to make sense again.

In living *The Choice*, you are making a commitment to yourself, to the *oneness* of *being*, your true nature, to life itself.

Your word matters again

In living *The Choice*, you notice a *natural* inclination to keep your promises and deal with them responsibly. Now that you have more of a sense of wholeness, you are naturally inclined to bring this new sense of wholeness to your actions.

You may just start paying those bills you postponed for so long (and feel good about it). Now, you find it easy to

get motivated. Hesitations disappear and you can't wait to tackle whatever lies ahead. You ask yourself, "What else haven't I done that I said that I would do?" And when you find the answers, you immediately take them on.

You have more clarity and every word you say now actually means something and gives you a reality that you care for. You notice that something is *shifting* in your relationship to language itself. You feel more wholesome, and your word *matters* again.

Reclaiming a lost power

When you live *The Choice*, an *innate* integrity wants to be expressed in your life. You are now naturally drawn to be *honorable* with your word, since it enables you to feel whole again. Being *honorable* with your word is how your being aligns itself with *The Choice* and with life itself. Being honorable with your word is how you restore yourself to the *oneness* of *being*. What you previously treated carelessly now becomes important to you. You now honor your word as a *gift* that you forgot to treasure. With each little step that you take in restoring the integrity of your word and bringing wholeness to the elements that make up your life, you *heal* your *being* and increase your inner peace and strength. *You reclaim a lost power.*

In restoring the integrity of your word, you feel whole again, and the noise in your life clears up. You become *present* again.

You wake up to realize that your word is all there is. Your word is what creates the world as you perceive it. In the silence of your *being*, you come to the awareness that life manifests as you are. Your word now becomes sacred to you, and you are now aware and deliberate in how you use your word. You become thoughtful of what comes out of your mouth, because you realize that your word can undermine or *inspire* you and others to do great things.

Shedding unnecessary stuff in your life

When you have more integrity in your life, you feel more in charge of your life, and have a better sense of direction. It helps you block out the noise, clutter, and other distractions, which makes you more efficient. You start shedding unnecessary stuff in your life that you don't need and that only weighs you down.

Being true to yourself

The scatteredness in your life is brought into a new alignment and unity. You now remember how to be true to yourself. You have found a way to live authentically and trust yourself—to do what feels right and natural to you. You stop listening to other voices, other languages, that tell you what to do and how to feel. You move into a place, where you can shed the language that shaped your life and felt inauthentic to the *essence* of who you *truly* are.

Setting boundaries

If you're a giver, it may be difficult for you to set boundaries. When you don't set boundaries, your energy is drained, because people take advantage of you. If you try to set boundaries, you may find that you have to explain or defend yourself. Whatever you say or try to do, you compound the situation and remain stuck.

In living *The Choice*, you are now committed to being happy, fulfilled and satisfied, no matter what. You have a new and strong sense of wholeness, and are less concerned whether or not you are liked. Instead, you are protective of your new sense of togetherness, and *now* have the strength to decline a request that you believe is not in your best interests.

You now say,

“I decline.”

“*Why?*”

“Because I do.”

In living *The Choice*, you raise your life to a higher level of integrity, which gives you the power to decline a request that is going against yourself.

Similarly, you no longer feel that you don't have to say “yes” when you actually would like to say “no.” You are now able to say what you *mean*, and *mean* what you say. You have the strength to say “no,” when it is not really in your heart. You have the power to say what feels right for you *without* taking a position or provoking an argument.

Shifting Your Language

1. List those items that you said you would do, but have not. Commit to doing each of them and the dates when you will begin.
2. What can you stop doing that will bring more integrity to your life?
3. List those things that you resent doing and wish to no longer do.
4. In what area in your life would you like to set boundaries?

THE POWER TO BE PRESENT



When I use the term “being present,” I mean being fully immersed in where you are and what you are doing at that time. You are more alert and are fully in the experience you are having.

Being drawn into being present

In living *The Choice*, you are *naturally* inclined to be more present. *The Choice* draws you into the present moment, and the present moment now becomes a window into *being*. You notice, to your own surprise, that your sense of the past, the future, and even the present moment are dissolving into an experience of just *being*, and your familiar sense of who you are is fading away in the background and the *essence* of who you are is coming to awareness. You are now present to a profound sense of wholeness, peacefulness and a sense of the infinite. You are *drawn* into *being* present.

Learning a new language

You notice, to your surprise, that in being more present to life, you have become straighter in your communication. You are coming into language in a new way. Now words pour forth you have never uttered before!

At the same time, you are compassionate with yourself. You realize that you are in the early stages of learning a new language for life, and you are allowed to make silly mistakes. Be compassionate with yourself.

Being fully present to what you treasure most in your life

You may have found it difficult to be present in the moment. Maybe, you were always waiting for something to happen, to make things right. You may have found it difficult to just relax. In living *The Choice*, you notice that you are more present, and some of your anxieties drop away. Your thoughts are not so much dwelling on the past and drifting away to the future. The past and the future are losing their hold on you. You no longer allow yourself to be distracted or caught up in “shoulds,” or “musts” that you ought to be doing “something different” or that you need to spend your time “doing something useful.” Thoughts like: “Perhaps I should have done this or that . . .” are losing their grip on you.

You now can sit and watch your child or grandchild and not be distracted by thinking, “Oh, I should be doing this; I should be doing that.” You can now be present to your child

or grandchild and allow yourself to be in awe of them. You give yourself permission to just *be* and stop worrying. The “neat police” aren’t coming by to tell you that the dishes haven’t been done! You now allow yourself to be idle and just let it be. You now allow yourself the opportunity to be fully *present* to what you treasure most in your life.

Being present to peacefulness

Being present to peacefulness, I became aware of the contribution of previous generations to where I am today. Looking at my nine-year-old daughter asleep, I am present to my love for her. A sense of peace overcomes me. I now realize that *this* is how my parents were with me. I extend my gratefulness every day to all the people I don’t know who preceded my parents and grandparents. My life is standing on their extraordinary lives, their dedication, their care, their courage, and their daily efforts to have the best lives for their children.

Living *The Choice*, you are more present and peaceful, and you allow yourself to just be, which is the greatest gift you can give to yourself. Being *present*, you are profoundly grateful for the *privilege* to be alive.

Your inner chatter subsides

Unfortunately, our lives today are filled with noise; we are constantly inundated with inner chatter and external messages. They come at us nonstop. These distractions make it hard for us to be present.

When you live *The Choice*, you will notice to your pleasant surprise that the inner chatter and noise subsides. You're more able to think clearly and focus on the tasks at hand. You quickly realize that you live the majority of your life inside the chatter of adding meaning to your life, *believing* that the chatter is your life. The inner chatter is *not* your life; it is *just* chatter. The inner chatter in your life is now quieting down. You are more present.

You come to realize that probably nothing has any intrinsic meaning, and the meaning we experience is what we create and is ultimately a *choice* we bring to life.

This does not mean that people and things in your life are not meaningful to you. It just means that the chatter that we sometimes engage with—which can drive us mad—is quieting down.

Being independent from other people's opinions of you

When we eliminate the chatter, our judgment improves. With fewer distractions, we can see more clearly, and make better decisions.

You are no longer distracted by other people's opinions about you. Other people's opinions define them, *not* you. When you live *The Choice* and someone gives you their opinion, you say, "Thank you." Smile and move on with your life without being immobilized.

Living *The Choice* allows you to *trust* what you are present to in life. You no longer have to be hesitant and

think that you should ask for other people's advice before you act. Sure, you appreciate when people contribute to you and give you their opinions, but you no longer *need* to be dependent on them.

The tendency to complain drops away

Living *The Choice* allows you to be present to what *is*. Being present to what is makes you more grounded in reality. You dwell less on what *isn't*, and focus more on what *is*. As a result, you engage less in complaining and fault finding.

Living *The Choice* makes you *open* to what is, rather than what isn't. You quickly realize that it makes no sense to get upset over things you can't change. The fact that you get upset won't make *any* difference. Instead of wasting time and energy on getting upset and taking things personally, you let them pass, and *shift* your language toward the things you can acknowledge as existing in your life and express being grateful for.

Savoring silence

The Choice heightens your senses and enriches your experiences. Colors seem brighter, food tastes better, aromas smell amazing. Did you notice that it is not *what* you see, but it is the silence that *carves* out what you see?

Silence enhances what you see.

Silence puts you in touch with the source

of life and a sacredness that is beyond any thought.

You are moved and inspired. Everything you see, touch, feel, taste, and experience in silence can be a celebration and homage to life.

You can be silent in conversations. You don't need to say anything, and you can be completely comfortable when conversations lag. It's not your job to fill the silences. The beauty of *The Choice* is knowing that in silence, you don't have to do, you can just *be*.

Shifting Your Language

1. Which "shoulds" and "musts" can you let go of?
2. State how you can be more present in life.
3. What complaints are you willing to no longer make?
4. Where in your life would you appreciate silence?

THE POWER TO BE GRATEFUL

 I express my gratitude for every moment of my life, especially during times when I'm tired, frustrated, or annoyed. When things occur that I initially resist, I see my resistance as a signal. I stop and say, “*Thank you* for letting this happen.” Then I acknowledge what has happened, rather than wishing that it wasn't there or was different. I put my trust in the universe, don't question it, and accept that it is perfect.

 Gratitude *acknowledges* my journey.

Expressing gratitude is empowering. It resurrects and energizes you. It restores you to the oneness of *being*. Being grateful counters our tendency to seek comfort, resist change, and stay with the familiar. It reminds us where we still need to grow, and motivates us to get there.

Gratitude for what you have

In life, we tend to be greedy, never satisfied, and always wanting more, no matter what you accumulate. Ultimately it gives you no peace. In contrast, *The Choice* makes you appreciate and feel grateful for what you have. You don't focus on what you *don't* have, and are no longer always compelled to strive for more.

When you are grateful, it quiets the noise. You feel satisfied, content, and thankful. It leaves you in a peaceful state of enjoying the silence of *being*.

Expressing gratefulness for what is happening in your life does not mean that you are stuck with what is occurring, *give in* to them or *give up* on your commitment to enhance the quality of your life. It means that you now fully embrace and acknowledge the *existence* of your current circumstances inside of your trust in life, which allows for a new *openness*, and for life to come into presence in a new way.

Shifting Your Language

1. Who could you acknowledge in your life?
2. List all the things you can be grateful for in your life. Notice how this energizes you.
3. Who are three people to acknowledge in your life for what they have contributed to you?
4. Who are three people in your life you could acknowledge for what they have contributed to others?

THE POWER TO BRING GRACE TO LIFE



When I lived in Los Angeles, I had a great life. I was living in an apartment near the beach. I was fulfilling a dream to help build communities and promote peaceful co-existence for underprivileged communities and those who were in civil strife. I had founded a humanitarian organization and was part of an inspiring team of volunteers that worked with communities in South Central Los Angeles, Mexico, and Eastern Europe. I had led numerous workshops on communication, teamwork and leadership to stakeholders of diverse communities. I was living the fulfillment of my vision to contribute to humanity.

Then, 9/11 came, and everything that could go wrong went wrong. Funds for humanitarian work dried up. My personal finances were in disarray. I was forced to declare bankruptcy.

Trusting life

Losing my dream and having to declare bankruptcy would have devastated most. Although it definitely hurt, it did not take away from me the joy of life, my trust in life, and the sense of being profoundly connected to life that stayed with me in the many interactions I had with people.

As I saw my life going down the drain, I not only accepted what life had given me, I went *one step* further, I embraced it and was grateful for it. Rather than feeling sorry for myself, complaining, “awfulizing,” or being immobilized, I expressed gratitude for what was occurring in my life; I gave thanks for it every day. Although it was not what I wanted or how I envisioned my life would unfold, I *trusted* life. I declared that this unexpected turn of events was a blessing. And *grace* came into my life.

Allowing for grace

At that time, I did not fully understand the nature of the blessing the universe was teaching me, but I trusted life and embraced my circumstances. So I surrendered to the way my life was unfolding. This did not mean that I became passive, resigned to my circumstances, or unwilling to try to turn things around. However, I trusted life and the new direction it wanted me to take.

How accurate I was. The unexpected interruption opened many doors. Without it, I would not have met my *amazing* wife, Francesca. We would not have our

beautiful daughter, Carmen, and I would not have written this book. This interruption taught me to trust life, be humble, and allow for grace, *no matter what*.

Shifting Your Language

1. Which of your challenges can you bring grace to?
2. What persistent resentments are you willing to let go of to let grace come into your life?
3. What attachments are you willing to let go of so that grace can come into your life?
4. Who in your life are you willing to forgive and be gracious with?

THE POWER TO EVOKE SYNCHRONICITY



When you live *The Choice*, who you are becomes aligned with your life. With increasing frequency, your dreams and intentions are fulfilled. When your intentions actually come to life, you experience what I call “synchronous events.” As what you wish for actually occurs, you cease being surprised.

When you live *The Choice*:

- Your sense of wholeness and connectedness is extended to *all* of life.
- You are present to the oneness of the universe and how everything enfolds in everything.
- You are synchronous with the design of the universe.
- You feel a sense of peace and a sense of destiny that you cannot yet fully explain.
- You are *one* with the universe, and are part of what

is. You are participating in the synchronicity of the universe, and, therefore, synchronicity now unfolds in your life.

- You feel good about yourself and life.



With synchronicity, you are present to a sense of peace and a sense of destiny that you cannot yet fully explain.

You notice that synchronous events are starting to occur in your life that match up to *The Choice* you have made. The space of fulfillment seems to manifest what you have put your attention on, and you are no longer surprised that what you think of actually starts happening.

Carried by an invisible force

As I was writing this book, amazing people unexpectedly entered my life and offered their support. Talented individuals and leading experts extended themselves to me. During my work on this project, I felt that I was being carried by an invisible force. Although I did not ask for their help, they somehow showed up.

I believe that since I was living *The Choice*, the right people came into my life at the right time; when I needed them. At first, I was surprised when they started to appear, but I soon recognized that this is the way the universe *naturally* operates when we align with it.

Shifting Your Language

Where in your life would you like to have synchronicity to unfold?

Then consider the following questions:

1. Are you living *The Choice* in this area?
2. What are you not doing that you said you would?
3. Is there anything that you are *resisting* and are *not* allowing to occur?
4. Who or what have you not acknowledged and expressed gratitude for in the area where you are committed to cause synchronicity?

— PART TWO —



THE INSIGHT

SEEING THE LIGHT



When you live *The Choice*, you gain a new clarity, your focus sharpens, and your view expands.

You get what I call *The Insight*. *The Insight* lets you see that nothing outside of you, by itself, has the ability to make you happy. In other words, the key to happiness lies within you.



The Insight: There is nothing *out there* that *inherently* has the capacity to make you happy.

Notice, in the above statement, I emphasized the words (1) “out there” and (2) “inherently.” Let me explain what I mean. When I use the term “out there,” I’m referring to how you perceive events; how you see them. When I use the term “inherent,” I mean that people, items, and events by *themselves* do not have power to make you happy, or for that matter, *unhappy*.

The Insight is the expression of *The Choice* but viewed from a different perspective. If you don't make *The Choice*, you're less likely to have *The Insight*. Although *The Insight* is distinct from *The Choice*, the two are inseparable because the commitment you make in *The Choice* enables you to have *The Insight*.

When you live *The Insight*, hidden treasures of *being* are unveiled, wisdom that you previously couldn't see. They were hidden by the demands of your life and how you lived.

Living *The Insight* is a powerful passage that enables you to be free in the face of your daily issues and concerns. It gives you a true understanding of who you are, and provides you with a new sense of what is possible in life. *The Insight* opens your world and allows you to grow.

The Insight as an inquiry

Living *The Insight* enables you to translate what you know into *being* what you know. And since the more you know, the more you want to know, *The Insight* brings you to a state of inquiry. It makes you delve more deeply into the issues that most concern you. It reveals more about life than you otherwise uncovered or appreciated.

The Insight improves your decision making. It lets you see how you relate to the issues that concern you. It sharpens your focus and allows you, in that moment, to be aware that *you* are responsible for what you are experiencing. In essence, *The Insight* takes the sting out of your emotions, eliminates distractions, and helps you see things

more clearly and as they really are. It leaves you free to be, and changes the way you look, think, and act.



Ultimately, *The Insight* allows you to take responsibility for your experiences. It opens up the presence of life beyond the horizon you are looking at.

Getting a reality-based perspective

When you're stuck, you often need reality-based criteria to gain perspective. You need something concrete to see where you are and where you can go. It gives you a hook to hang your hat on.

When your focus is reality-based, you trust what you are present to, you surrender to it, are *true* to yourself, and act on the basis of your intuition and experience. You listen to your gut, your inner voice. *The Insight* allows you to *let go* and *let be*, which is where your spirit is free and happiness and peace come to you *naturally*.

At times, we all get lost. We find ourselves stuck and we act out. Although we somehow know that this is not who we really are, it seems to have a hold on us, and we can't let go. *The Insight* allows us to distinguish what is *real* and dismiss what is *not*. It interrupts the manner in which we're drawn into matters that grab and consume us. It interrupts the language that prevents us to be *true* to ourselves. Thanks to *The Insight*, we come into alignment by acting on the basis of who we truly are. When we see things as they are, we make the right decisions.

HOW DO I LIVE *THE INSIGHT*?



After you make *The Choice*, *The Insight* will appear. At first it may be subtle, but before long, you'll notice differences. You'll sense that you gained greater clarity and a broader vision. You will understand yourself better, especially who you are and what you want and need.

As you go through your daily challenges, observe how your perspective starts to shift and the quality of your life improves. Most of the time, these changes will come naturally, and not take much effort from you. But occasionally, they'll need a little help. For instance, when you feel immobilized or consumed by life, make a stronger effort to bring *The Insight* into your life.

At these difficult times, remind yourself that *There is nothing out there that inherently has the capacity to make you happy.*

Also remind yourself of *The Insight* when you're:

- Stuck

- Upset
- Sad
- Frustrated
- Trapped by life
- Overwhelmed
- Stressed
- Consumed
- Immobilized
- Argumentative
- In denial
- Exhausted

Affirmations

I'm sure that you know how affirmations work. You take important messages, print them, and put them on your fridge, your bedroom mirror, above your desk, or other places that you frequently see. The idea is to surround yourself with reminders of ideas that you want to keep *alive*.

I find that affirmations work well for me. So, I recommend that you print the following affirmation and post it on a place or places that you often see.

Here's what you should post:

The Insight:



There is nothing out there that *inherently* has the capacity to make you happy.

Questions to guide you

When you live *The Insight*, consider the following questions. Ask them from time to time and think about keeping a diary that records your discoveries. The questions are:

- What have you learned since you began living *The Insight*?
- How has living *The Insight* impacted your concerns?
- Have you experienced more of freedom to be?
- Have you noticed a shift in the quality of your life?
- Have you found a common thread in the shifts you experienced? What was that common thread?
- Can you see how *The Insight* is not reflected in your birth language?
- How your birth language limited your spirit and your possibilities? List them.
- Has living *The Insight* expanded your sense of what is possible?
- How has living *The Insight* changed your sense of who you are?
- Have you experienced being more in charge of your life?
- Has the way you relate to other people changed?
- How has living *The Insight* changed the way you communicate?
- Do you notice how living *The Insight* shifts your language?

SHIFTING TO A NEW PERSPECTIVE

✿ When *The Insight* gives you a new perspective, a number of changes will occur. These changes, which I call “*Pearls of Wisdom*,” will give you greater power and will enhance your world.

As you live *The Insight*, the *Pearls of Wisdom* will become a major part of who you are and of your entire life. The true meaning of each *Pearl of Wisdom* may not be apparent immediately, but don't be discouraged. Give yourself time. You may just be driving along and suddenly a new understanding will flash into your mind. That's how it usually works with me.

✿ Each *Pearl of Wisdom* illuminates a unique *modality of being*, a unique facet of the *diamond of being*—your full presence and participation in life, which lets you become the highest vision of yourself.

The *Pearls of Wisdom* are:

YOU HAVE THE *POWER* TO:

BE RESPONSIBLE

HAVE A TRUE SENSE OF WHO YOU ARE

SEE EVERYTHING AS IT ACTUALLY IS

ACCEPT THE IMPERMANENCE OF LIFE

EXPRESS YOURSELF AUTHENTICALLY

BE FREE TO BE

BE FORGIVING

TRUST YOURSELF AND DREAM

THE POWER TO BE RESPONSIBLE



Living *The Insight* gives you the opportunity to step back, pause, consider, and adjust to how you react to issues and situations that unfold. Instead of getting a single view, say, just from the ground floor, you now look from the mountain top, from around the corner, underneath, from every angle, everywhere.

Expanding your perspective breaks the habitual ways you react to situations and events. It increases your viewing area and enables you to take in more. Having a broader view gets you unstuck; it frees you from what immobilized you.

When you bring *The Insight* to your daily challenges, you transform your perception of the way things *are* into an experience that you now can take responsibility for. Living *The Insight* lifts the veil of your birth language, which governs how you perceive and act on virtually every aspect of your life.

Things that you previously were oblivious to, dawn on you. You experience more of a freedom; life is no longer happening *to* you, but *from* you. You feel more in charge of your life. You discover a world beyond the horizon you are looking at.

Living *The Insight*, you come to realize that ultimately you are one hundred percent responsible for your experiences. That responsibility now no longer is a burden, but gives you a *freedom* to be.

✿ *The Insight* breaks the spell of the “I that we identify with. Because of the power we invest in the “I,” we perceive things as being outside of ourselves. Our world, we were taught, revolves around the “I.” It was of primary concern in our reasoning, actions and decisions. Many people took it even further; they let cultivating, protecting, and worshipping the “I” become their life’s work.

This is it! And I am the one!

My favorite statement came to me when I was living *The Insight*.

It is, “This is it! And I am the One!”

For me, these eight words summarize what responsibility is all about.

It came to me suddenly. One afternoon, I realized that my current circumstances were my life. It made no sense

pretending that they were not, wishing that they were different, or that they would go away. Finally, I understood that if I wanted to change the course of my life, it was entirely up to me. It was *my* choice. Ever since, my mantra has been, “This is it! And I am the One!”

Stop being a victim

Living *The Insight* and taking responsibility puts you in charge of your life. You stop being a victim. Since you know it's your responsibility, you take control of how life affects you. You clearly understand that you are the source of your life.

The only one stopping you from leading a fulfilled life is *you*. Forget all those old excuses. You don't buy them anymore. It's up to you to reach your full potential.

It takes time for old conditioning to disappear. All the limitations that you put on yourself may not have totally gone, they lessened. If at times, you still think, “I'm not going to do that today, because . . .” don't swallow your own excuses. Ignore them; don't let them stop you! When you hear the word “*because* . . .” stop and think whether you're just making excuses.

Triggers don't make us upset

My wife and I occasionally argue about her cooking. Frequently, we argue after I make a thoughtless comment or two. Since I am not a professional food critic, she responds with a bit of “chili,” which can cut me to the core.

“It was just a well-meaning, innocent comment,” I think. “How could she say all those terrible things to me?”

Then *The Insight* reminds me that she is not upsetting me. People or things don’t cause or have the power to upset me, but I do. In our birth language, we think that people and things cause us to be upset, but in living *The Insight* we realize that isn’t the case. We are responsible for how we experience life, including our upsets and hurts.



Triggers are just triggers; they’re not universal. *Your* triggers are not my triggers. Triggers don’t cause you to be upset. There is nothing *inherent* about triggers that should get you upset.

Just think about it.

Setting ourselves up

At times, we get upset because of what we bring to particular situations. Frequently, we set ourselves up to be upset. We come with beliefs and assumptions that kept our feet nailed firmly to the ground. We may be grumpy, frustrated, or disappointed because we didn’t get someone’s approval, agreement or the reaction we sought or expected. And instead of taking responsibility for how we feel, we lash out or are unkind to others.

Often, we mistakenly attribute the source of our

feelings to others and assign blame. We think that we're upset for one reason, but the cause of our feelings are actually entirely different. Often, it is something small, trivial or innocuous that we blow completely out of proportion; something that is definitely not worth the emotions we vent.

When you dwell in *The Insight*, you realize how easy it is to take responsibility for your expectations and beliefs. And when you do, it sets you free from upsets, clarifies your vision, gives you a true perspective, and helps you make the best decisions.

Now, I know that it isn't easy to think about *The Insight* when you're up to your hips in a major disagreement. When my wife and I find ourselves in this position, we've found an arrangement that usually works. We've given each other permission to ask the other to consider *The Insight*, and it usually brings us down to earth.

Try it. It really works!

Take the step

The Insight gives you refuge from the madness that can take over your life. It gives you the time and perspective that lets you assume control of your life. However, you may still need to take the step to consider *The Insight* when you're upset. When you remind yourself of *The Insight*, it's like taking a deep, refreshing breath.

When you take that step, you shift into *A New Language for Life*. Just having that access, breaks the hold

that the madness has on you. It puts you in a place where you are free to be and free to choose. What a feeling of freedom! You realize that you can transcend aspects of yourself that, at times, make life ugly.

Learn from your mistakes. It's like when you learn a foreign language: you're going to make mistakes before you become fluent. The trick is to learn from those mistakes and try not to repeat them. The same holds true in learning in *A New Language for Life*. Embrace and celebrate the mistakes you make when you try to develop new capacities. Expect it to take time and practice. Be patient, and kind to yourself and your partner.

Realize that mistakes are just a part of your humanity, which you can now acknowledge and embrace.

Expanding your experience

When you feel down or a strong emotion consumes you, rather than casting blame, see what you can take responsibility for. For example, look for things that in the course of your busy life fell through the cracks or that you may have overlooked and can now take responsibility for.

Recently, my wife, Francesca, was upset with me. "Louis," she said. "You have so many talents, but you're not teaching them to Carmen! You speak Spanish and French. Why don't you speak French with her, so she can improve how she speaks that language?"

Initially, I resisted. In fact, I felt a bit irritated. "Don't give me more work!" I thought. "I'm running a busy medical

practice and writing a book.” I admit that I’m quite good at avoiding things when it comes to my own convenience.

Then I realized that if Carmen’s education really mattered to me, I had to take responsibility for matters that I had avoided. I couldn’t simply leave them to others. If I truly wanted Carmen to speak different languages, I had to help teach her. So I dedicated one day a week to Carmen’s education. We read together, speak French together, and have lots of fun!

By acknowledging my responsibility, I was able to look beyond my initial emotions and expand my horizons. When I took responsibility and started teaching Carmen, I *expanded* my experience, bonded more with my daughter, and we had a wonderful time.

Expanding who you are

When you’re willing to take responsibility rather than blaming, finding fault, or making excuses, it opens you and expands your capacity. Although it can often be uncomfortable, it has many benefits. First, it enables you to accommodate more new experiences. You also renew yourself and become less resistant, more adventurous, bold, and true to who you truly are. It gives you an opportunity to grow and develop as a spiritual person.

By taking responsibility, you step out of your birth language. Your birth language no longer entraps you because you realize that life does not just have to be a certain way, and that your possibilities are not limited.

Your language now *shifts*. It shifts from a language that is *accusatory* to a language that expresses *responsibility* and *allows* for what is occurring in your life. Now, you can move forward, create your own destiny, and realize the full potential of who you truly are.

Shifting Your Language

1. What language do you use that is accusatory?
2. List when you blame others.
3. Under what conditions or circumstances do you let triggers consume you?
4. When do you use the word “because” to justify your lack of action?

HAVING A TRUE SENSE OF WHO YOU ARE



In living *The Insight*, you identify and expose language that is inauthentic to your true nature. When you strip away that language, it leaves you with a true sense of who you are. When you realize who you actually are, the “I” disappears. That means that you understand that you are not separate from life, everything is connected, you are a part of the universe, and that the world doesn’t revolve *just* around you.

The “I” was dominant in our birth language. It defined who we thought we were or were supposed to be. Although the “I” made us feel special, it separated us from life. Much of what we did was based on our understanding of our birth language. It shaped how we behaved and experienced the world.

The “I” played a useful role in our birth language, but the separateness that it created also had us move away

from our *true* nature and the *source* of life. It prevented us from understanding who we actually are and how we are interconnected with *all* people and things.

In its own realm, the realm of cause and effect that we encounter in everyday life, our birth language works perfectly. The language of “I” is very effective in the visible world. We use the language of “I” to get around, to orient ourselves. It allows us to think in linear terms and to experience life in the present, the future and the past. It helps us navigate through life.

A wonderful confusion of the mind

The language of “I” is the language of the observer and the observed. With the language of “I,” we assign cause to *being*. We say, “It is a *bad* day,” and by saying that, we assign *intrinsic* qualities to the day. When we bring the language of “I” to our spiritual world—when we *assign* cause for our emotions to something or someone *outside of ourselves*—then we stop assuming responsibility for what is occurring in our lives. We enter into a relationship to *being* as a *substance*, thereby creating a horizon of the way it is. We *deny* ourselves having a choice. In effect, we are going *against* ourselves and lose the power of our language.

The language of “I” does not touch the *essence* of *being*, our spiritual world. The language of “I” does not commune with *being*. When we talk *about* our emotions, we are not *present* to them.



A New Language for Life is the language of *being*, the language of the invisible world—our spiritual world. It is a language of presence, allowing, and oneness. *A New Language for Life* restores us to making the distinction between the language of “I” and the language of *being*.

Not making this distinction leads to a wonderful confusion of the mind and keeps us trapped in a perpetual cycle of struggle and suffering—the human condition.

When you’re thoroughly enjoying life, the “I” disappears

Have you noticed that during your best performance as an artist, you are not there? In your best moments of expression, you’re just dancing, writing, singing, or painting—you’re certainly not thinking about yourself. When you speak publicly, before large groups, you have no perception of yourself. In inspiring conversations, you take little notice of yourself.

During your finest moments, *you* are not there; the “I” vanishes, it disappears. Doesn’t that tell you something about who you really are? Isn’t it ironic how the “I,” which we work so hard to cultivate, protect, and promote, isn’t there when we shine? Isn’t it amazing how when it disappears, who we *really* are emerges?

At our finest moments, our perspective of time also changes. The past, present, and future evaporate. Have

you noticed that early in the morning, during silent interludes, you often have a different sense of time? During those periods, the present seems to merge with the past and the future into a sense of eternity and infinity. When this occurs, a profound sense of *peace*, and a new sense of connection and togetherness with life takes over.

You and life are no longer separate

Take the “I” less personally. Pull back, and give it some perspective. When you realize that your life is not just all about “I,” you may find that you are more compassionate. You may understand that you *are* life, and that life is no longer separate from you. *All* life is now part of your experience.

Einstein felt we are all connected. He said,

A human being is a part of the whole called by us ‘universe,’ a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.²

“I” claims *being*

The “I” can interfere. You could say that “I” sometimes claims and obscures *being*. When I was writing this book and had a new insight—especially when I believed it was an important insight—the inner chatter of “I” was waiting on the sidelines to take over and bring self-importance to what just inspired me, thereby obscuring it and attempting to “steal” *being* away from me. The only way I stayed centered was by reminding myself that writing comes *through* me, but is not *of* me.

Untangling *being* from “I”

When you live *The Insight*, the “I” moves to the background and has less of a hold on you. You experience a subtle shift in your sense of who you are. Now, you can steer away from the distraction of “I.” You are starting to untangle *being* from “I” and become a shepherd to your own being, always on the alert to what could displace and obscure your sense of wholeness and peace.

You are everything and everything is you

When you live *A New Language for Life*, it will dawn on you that you are much more than you were told you were or that you thought you were. You and your potential are limitless. The only limits are in how *you* view yourself.

This realization may come to you at any time: when you are talking with friends, lying on a beach, in the water, relaxing, or being present to the silence where

you are fully experiencing and enjoying life. Suddenly, you get it. And when you get it, you feel a connectedness to all of life. You are not one or two things, you are everything and everything *is* you. You are not the “I” that keeps you stuck in the content of your life and brings you in a space of separateness with life. You are the space of connectedness to life. You and life are *one*.

The experience of oneness, of being *one* with all life is an awareness that is very profound. This understanding changes *everything*. It changes the perspective from which you view life. It changes the perspective that you bring to your life.

Once your connectedness is revealed to you, you can't go back. You can't throw what was hiding from you back in the river of forgetting. Your innocence is lost. Nothing can be the same. It's a life-changing moment.

When the veil from your life is lifted, and the “I” has lost its hold on you to draw you into a space of separateness with life, you are present to a *silence*, where life is unveiled to you as it is. You are in a peaceful place. You are reminded of something that you have always known but have simply *forgotten*.

Life is really quite simple, and we tend to overcomplicate it.

You may then become fascinated with how the “I” distracts you, tempts you, *and* tries to seduce you like a siren-song into self-importance and preoccupation with the world it brings about. You can now see the “I” for what it is. You can now just let it *be*.

The “I” is only the “I” *by name*. “I” is not who you *really* are. “I” brings about the *idea* of being, not the *presence* of being. In life, you often tend to confuse the idea for its actuality. You are much more than the “I” you think you are. Once “I” has been revealed for what it is, *life* occurs differently.

In living *A New Language for Life*, you now come to a place where you are willing to let go of your investment in the “I” that has you be a *certain* way in the world, and you become present to who you *really* are, which leaves you with a profound sense a connectedness to life and with a *new* freedom to be.

You also realize that the quality of your life is not determined by what you have, by what you do, by how important you are, or by what other people think of you. Instead, its determined by your capacity to *allow*, to *let be*, to *let go*, and maintain your sense of *oneness* and *freedom* in the face of your daily challenges.

When you are restored to the oneness of life, *all* things will come to you.

“I” is no longer an excuse

As the “I”s lose their grip on you, you awaken to new possibilities. You eliminate many of the limiting statements that you said to yourself, such as “I can’t,” “I’m stupid,” “I am not good enough,” “I am too old ” and “I don’t deserve it.” You realize that these phrases are simply excuses that will no longer keep you from trying new things and fully enjoying your life.

Embracing your humanity

We can only accept and embrace our humanity and bring *grace* and understanding to those aspects of ourselves that separate us from life. *A New Language for Life* is *not* about getting rid of “I,” or coming into any kind of passive nihilism. Rather, it is about exploring what allows us to *transcend* the limitations that language has placed on us and restore ourselves to oneness of *being*—the place of *authentic* happiness.

Shifting Your Language

1. What activities could you undertake to feel a profound connection to life?
2. What activities could you undertake to feel an authentic sense of presence?
3. What new activities can you now undertake and thoroughly enjoy that you previously thought you couldn't do, didn't deserve, or was too old for?
4. List areas in which you could let go of your sense of self-importance.

SEE EVERYTHING AS IT ACTUALLY IS



We all have positions, beliefs, and expectations. They came with our birth language. We think that the world should be a certain way or that it should be different from the way it is. I call that “*musterbation*.” Another one of my favorite terms is “awfulization,” seeing everything in the dimmest light.

Awfulizing and *musterbation* interrupt our capacity to be *present*. They immobilize us, and limit our contributions. All their “shoulds” and “musts” restrict our self-expression and corrupt our very essence.

Living *The Insight interrupts* in a powerful way our considerations that the world *should* be a certain way or that the world *should* be different from the way it is. It interrupts awfulizing and the “*musterbation*” that immobilizes us in our free expression of life.

The Insight removes the veil from what is, which allows you to be present to what is.

No longer allowing yourself to be victimized by what is

In living *The Insight*, you now experience the true nature of things. You realize that reality just *is*, independent of what you demand or insist upon. You see things as they are. You are now developing a capacity to just be present, and you can now choose to enjoy it, rather than allowing yourself to be victimized by your opinions and beliefs.

Instead of dreading rainy days, look forward to them. When they come, jump on the opportunity to change your routine. Stop, pause, and enjoy the downpour. Put on your boots and your raincoat and go out and romp in the rain. Feel the raindrops on your skin, appreciate the glistening glow it casts, and listen to the music the pitter patter of the rain brings to life. Allow yourself to be fully immersed in the experience. Get sopping wet.



Develop the capacity to be present to reality as it is. Start by not allowing yourself to be victimized by the opinions and beliefs that you got from your birth language. Change how you interact with people, nature, and life.

A lightness of being

Living *The Insight*, there is a lightness of *being*. Some of the heaviness in your being is lifted, now that you are letting go of the ongoing demands that you tend to place on reality.

Your self-importance is fading away, and you notice that your tendency to take things personally is losing its grip on you. You are starting to wear the world as a *light* garment.

Shifting Your Language

1. List three “shoulds” or “musts” that you are willing to let go of.
2. In what three areas are you willing to stop awfulizing?
3. What activities could you undertake that you can fully immerse yourself in?
4. Give examples of how you are now taking things less personally.

ACCEPTANCE OF LIFE'S IMPERMANENCE



In living *The Insight*, you are more present in life, and you are now expanding your capacity to be with the ongoing uncertainty that life offers you. You are able to let go of the “I” that wants to be in control and tends to place constant demands on what you perceive as reality. You now trust the unfolding of life. You are now able to *let go* and *trust life* to work out some of your continuing concerns.

No longer bewildered by change

When you realize that there is *nothing* permanent in existence, you're no longer bewildered by change. You give yourself permission to let go of your attachments and embrace changes that come along. Examples are: the sudden departure of a valuable person who has been working for you for years; changes occurring in your body with aging; a life-long friendship that ends when

the person has decided to move on. What we value and are accustomed to, often occurs to us as *staying there forever* and *remaining the same*.

Allowing for the impermanency of life allows you to embrace the natural unfolding of life and be open to alternative solutions. Your language becomes less accusatory and you are less likely to be immobilized when sudden changes strike you. In trusting life, you now hold what is occurring in your life as fundamentally good, which gives you the strength *to be* with what is occurring, *allow* for it, *be at peace* with it, rather than condemning it.

You know that life is fundamentally good, and that you are big enough to handle the change, and surrender to it.

Allowing

If I am willing to embrace what is happening in my life, if I welcome it, and in fact, express gratitude, which is the highest expression of my integrity in relationship to life, then I am *open* to the unfolding.

Allowing for the experience, rather than resisting what is occurring, brings me to the other side of it. Allowing for experiences, regardless of how uncomfortable they may be, those experiences suddenly *turn around* and come to me in a *new way* and I notice that *I* have changed in the way I am perceiving and dealing with the experience.

Then, my *allowing* for the experiences, rather than resisting, reveals the treasures that were hidden in the unfolding.

✿ In embracing what is happening in your life, something new shines through. It can be a new perspective that is more inclusive, more embracing of life, or one that allows you to grow in your spiritual essence.

The “I” creates the deception of permanency and continuity, which limits you and holds you back. You’re much bigger than you think you are. You are not going to fall apart or die if you let go of your attachments and allow the space for something new to emerge in your life.

Embracing death as fundamentally good

The truth is that at some point, we will all die. When you trust life and you embrace birth as fundamentally good, then integrity informs you and courage comes to you to trust that *death* is also fundamentally good—even though you may not fully understand it.

Once you embrace death as something *fundamentally* good, death starts to occur as the possibility for something. For example, the possibility of completing a great, fulfilling, accomplished life, or the possibility of your entering into another expression of your spirit.

When my father died a few years ago, I was sad. I also experienced a sense of fulfillment because his death marked the completion of a great life. My father was a great man; a respected pioneering surgeon who made a difference in the lives of thousands of people.

And, he was a marvelous father. Had he been the *only* person on Earth to die, then I would be *profoundly* sad.

We are born into lives that are filled with possibilities and then we die. Our lives are but breaths of inspiration in the vast universe.

✿ When you embrace death as *fundamentally* good, you are truly free to be and a new perspective for living opens up for you.

How we think about our own passing unmasks fundamental inauthenticities in how we live our lives. Most of us avoid talking about death and pretend that it will never happen. We avoid people who are dying. We relate to death as something we do not allow ourselves in the *presence* of, as a possibility.

Creating conditions for a healthy and happy life

The way we practice medicine is organized around disease prevention. In our society, the practice of medicine is not healing oriented and does not focus on helping people lead wholesome and fulfilled lives. We do not realize that our efforts to prevent disease, actually *strengthen* the diseases we are trying to prevent. When our attention is focused on *avoiding* the existence of something, what we try to avoid only grows. By focusing on its avoidance, we give it strength and power.

The simple truth is that we can't avoid death, but we can *choose* to be at peace with it *while* we are alive. When our attention is focused on what *heals* our being and contributes to our sense of wholeness, we create the condition for healthy and happy lives.

 Trusting life expresses the ultimate integrity in your relationship with life.

When you trust life and you *dare* to embrace death as something that is fundamentally good, you start to see the deception and the inauthenticity that “I” creates around the idea of permanency and continuity.

When I accepted and was at peace with the inevitability of my own death, I suddenly became present to a serene silence and an overwhelming sense of peace. *Truth* came into being. I had complete freedom from fear and could now face anything. My spirit was free.

An Australian Aboriginal proverb says: “We are all visitors to this time, this place. We are just passing through. Our purpose here is to observe, to learn, to grow, to love . . . and then we return home.”

Life, all life and anyone's life, is a celebration of spirit. When you're present to the sacredness of life, you naturally have a deep reverence for life.

Trusting life and no longer fearing death, enables

you to live your life with delight and enchantment, *each* moment of the day.

Living *A New Language for Life* allows you to accept the impermanence of life and come to peace with the mystery of life. It lets you live life with a *lightness* of *being*.

Shifting Your Language

1. List what changes are occurring in your life you are now willing to embrace.
2. Where in your life are you willing to trust life to work out your ongoing concerns?
3. What uncertainty in your life are you willing to accept?
4. What hidden treasures could come from allowing for changes that you now resist?

THE POWER TO EXPRESS YOURSELF AUTHENTICALLY



In living *The Insight*, you notice that you're using language differently. When the "I" no longer dominates what you say and hear, you speak from a different place and express yourself more authentically. You are present to a new openness and a new awareness that seems to transpire in the way you communicate and how people respond to you.

For many people, conversations are one-way monologues. Under the influence of the "I," they only care about what they say and in boosting their own self-importance, which separates them from those they address. Instead of conversing, they have no connection with others. They speak *to* them—*not* with them.

Communication as a participatory experience

Our birth language, the language of "I," suggests that communication is a way of transporting knowledge from

the interior of one person to the interior of the other one. When you live *The Insight*, the “I” becomes transparent and you are communicating from a different place. You are now coming from a place of *oneness of being*, and communication becomes an exciting and participatory experience. Instead of just exchanging information, you are participating in a shared experience that lets people know who you truly are, what you think and feel. You also give your partners the same opportunity. Your conversations are more honest and revealing. They bring forward the essence of who you are.



When the “I” is transparent and you are fully *present*, you have the power to express yourself authentically.

Communication is not just an exchanging of information, it’s also a participatory experience. It is a vehicle for discovering, learning, and growth. It connects and brings people together. It allows us to participate in what is manifest.

Awaking to the true nature of language

In the classical paradigm, the paradigm of our birth language, we view ourselves inside a duality of existence, from a place of separation; then this is how language expresses itself in the way we communicate and relate to each other. It leaves the essence of who we are untouched,

and always in a state of striving and being unfulfilled. Our birth language, which is mainly descriptive in nature, does not give us a way of expressing ourselves that is in alignment with our *true* nature.



Being present to the *oneness of being*, language is no longer descriptive in nature.

Being present to the *oneness of being*, you awaken to the true nature of language. You shift from a relationship to language as a medium of *representation* to a medium of *manifestation*. Now, language will express the *essence* of who you are in the way you communicate, and a new *realm* of communication becomes available to you.

Being less self-righteous

When you express yourself authentically, you tend to be less self-righteous. You realize that people's strong opinions are *just* opinions, nothing more. That realization may give you more tolerance for their positions, greater freedom to express what you feel, and enough comfort, confidence, or conviction to reveal more of yourself. In authentic conversations, who is right or wrong is unimportant.

Authentic expression resonates with people; it inspires them. Authenticity is the hallmark of integrity and leadership.

Being real with people

When you feel that it's crucial for you to be liked, or you want to avoid disapproval or upsetting people, it's impossible for you to be honest and authentic with others. You may withhold information or an opinion, color it, and not fully share. These self-imposed constraints are usually byproducts of our birth language, and can be really hard to break.

In living *The Insight*, you realize people's reactions do not have the inherent power to limit your self-expression. Your commitment to being present in life is larger than your need to be liked. *The Insight* causes you to realize that disapproval won't kill you or ruin your life. You'll get over it and survive. When you stop worrying about how others will react, you start sharing more of yourself. You let people see who you truly are.

When you feel that you can't fully be yourself, your underlying resentment festers. You become dissatisfied with life. Usually, you try to fill this void with external objects or diversions that ultimately make you feel even emptier. They don't fill your need to be authentic.

When you live *The Insight*, you dare to communicate what you think is important. You give yourself permission to speak up and take more risks.

Express yourself authentically and be *real* with people. This is what allows you to be *true* to yourself.

Shifting Your Language

1. List the names of people with whom you could have more authentic communication.
2. Speak with two people separately, and after you talk, note the new discoveries you learned during your conversations.
3. What are the names of the people that you can be more open and tolerant with?
4. When are you willing to speak up and take risks?

THE POWER TO BE FREE TO BE



Many people try to release themselves from their issues, but when they do, they unwittingly dig themselves into deeper, more treacherous holes. They make their problems worse.

Sometimes you find yourself caught in a language for life that shapes who you are and shapes your life. You notice—to your dismay—that your *response* to the language that gives you the experience of being trapped in fact *reinforces* the predicament, it makes it worse. You may have tried many ways to break out of your prison of *being*, before realizing that your efforts did not really set you free.

Have you noticed that when you blame or resist something, it keeps you more stuck and confined? Have you noticed that when you resist what you *really* don't want, you get *more* of it? Attention is a life-giving

force. Whatever you focus your attention on gets *energized, expands*. Sometimes what you felt was a solution was not, and instead, made your problems even worse.

In order to release yourself from your entrapment and experience an authentic freedom to be, the following three steps may prove helpful:

- **Allowing** . . . Allowing for whatever you are experiencing (your resistance, and what you are not at peace with).
- **Understanding that nothing in existence is forever** . . . Understanding that you may not have to be that way forever. “This shall also pass.”
- **Being able to be with people’s reactions** . . . Being able to be with people’s reactions, able to “*stand*” it, and recognize that you are not going to die or fall apart, when you choose to allow for what you are resisting and what you are not at peace with.

My capacity for allowing gave me back my voice

Allowing what you are *not* at peace with, and knowing that it does not define you, frees you up and allows you to evolve and be true to yourself.

The moment I *allowed* for my stammering, and was able to *be* with people’s reactions, the stammering ceased to have a hold over me. In addition, the moment I allowed for what I was saying to myself, *how* the stammering defined me—“*I am* a stammerer”—the self-imposed *I am* lost its hold on me.

I became aware that my stammering did not take away from who I really was and did not diminish my abilities. If people thought less of me for stammering, I knew it was *their* problem, *not mine*.

The linear mind can't comprehend that *allowing* actually creates space for the issue to exist and for the issue to no longer have a hold over you. Allowing is neither agreeing, nor accepting, although *experientially*, it occurs as if you are sentencing yourself to be like that *forever*.

In allowing, you are no longer being *something*, you are just *being*.

My capacity for allowing gave me back my voice. And before long, stammering no longer was an issue. Even though I occasionally stumble over a word or two, I don't mind.

Living *The Insight* gives you a true sense of who you are, and you realize that you are not defined by your "I ams," whatever they may be. As you may have discovered, you are much more than the "I ams" that you say (to yourself) how they define you. Labels and definitions put limitations on you. Don't pay attention to them because that attention will only strengthen them. Don't look for a "cause," or explanations, but muster the courage to let *be* what you are resisting.

Allow for your experience of life, which is the only avenue you have available to be *true* to yourself.

- ✿ Allowing restores you to the *oneness of being*, which in turn, releases you from your entrapment and allows you to see the world from a *true* perspective.

Have the courage to be and expand yourself inside of your experience of life. *This* is where you grow and become more compassionate and kinder toward yourself and others.

- ✿ Trusting life and allowing for your experience of life is where your language shifts from a language that is *accusatory* to a language of *being* and *allowing*.

Open yourself up to new experiences

In *The Insight*, you realize that you *can* do it. You can get out and overcome your shyness to meet new and exciting people. You *can* follow the passions you've had for so long and waited to express. Although it may be comfortable to hang on to the familiar, remind yourself that that comfort limits you, it keeps you stuck, and doesn't let you grow. *Try out* new things, *explore* the unknown, and *open* yourself up to new experiences.

A new perspective

Living *The Insight* broadens your perspective, how you view your life. You feel more freedom to be. You start to interrupt habits that you never examined or were unable to challenge.

It helps with routine tasks and obligations. When you do housework or necessary tasks, you experience more of a freedom. You have stopped cleaning your house just for the sake of doing it. You are still cleaning your house, but you are no longer run by a belief that you *have* to clean, whether it needs doing or not. Things around you *lose* their demand. You can let things be. You clean your house because you want to, *not* because you have to. This change in perspective gives you the power to do more of what you enjoy or what you find purposeful, rather than you believe you should.

Freeing yourself from entanglements

Don't allow yourself to be immobilized by your preoccupation with the past and the future. The "I" imprisons you in a future of worry and a past of guilt. Living *The Insight* interrupts the "I," it gives you permission to let go, and throw off the shackles of your birth language, which immobilized you. When you do, you become fully present to *life*, present to *being*, and free to *be*.

To move forward, you don't have to deal with guilt or worry; you don't have to work out all your problems. That's an old myth. These solutions only strengthen

the “I,” and keep you further stuck. Trying to work them out only delays your freedom and extends your imprisonment. When you deal with your guilt and worry, you *engage* with them—you get *more* of them.

Now, I’m not telling you to stop planning the future, to stop taking responsibility for your past actions, and learning from your mistakes. But don’t let your attention be consumed by the past, which you can’t change, or a future that you anticipate, but that may never come to be.

Take command. Exercise your choice on how you experience life.

Labels do not define who you *truly* are

Most people like labels, do you? Labels make it easy to identify people and things. We often think we *know* someone or something, when we label them. The problem is that when you believe those labels, accept them, place them on yourself, you become trapped in them. Don’t.



You are not your profession, your family history, your reputation, your race, or what you possess. None of those items define your life unless you let them.

In living *The Insight*, you feel connected to life inside of *being present*, rather than inside of a story about life that the “I” is invested in. You can now *give up* your

story that expresses self-importance by who you *know*, by what you *do*, or what you *have*. You realize that you no longer *need* a story that requires people's agreement to feel connected to life. You find your connectedness in *being* present, and in being *true* to yourself.

Let people be

I find it difficult to let people be—especially those I care for and love. Sometimes, I tell them what to do, which doesn't help our relationship. When I started writing this book, I felt excited about ideas that came to me. I couldn't wait to share them. I thought that they could help some of my friends, and I was probably a bit overbearing when I spoke with them. Although I truly hoped to make a difference, it sometimes had the opposite effect.

Be a people whisperer and let people *be*! Give them space. You'll be surprised how quickly they become drawn to what you're doing or what you have to say. You can't give someone else an insight; they have to get it *by themselves*. The moment I backed off and let my friends be, they became curious and interested in my ideas.

Allow people to be

At times, we walk into touchy situations. Someone may be edgy, upset, or simply in a terrible mood. If you try to cheer them up and ease the situation, it often makes things worse. Frequently, they find your efforts annoying and take it out on you—in spades!

When you allow people to be, the intensity of their feelings usually fades. It may take a few moments or even a little while, but if you give them room, their irritation will pass. When it does, you can enjoy being with them. By letting people be, you bring grace to the relationship and strengthen it.

Letting things be expands your capacity to allow for what is occurring in your life. It allows you to be more accepting and understanding. It also softens the impact of triggers that used to upset you. Instead of complaining, criticizing, and rejecting, you now react less intensely and become more present and tolerant. When you let things *be*, your language for life becomes gentler and more wholesome, you become more compassionate and considerate. Forgiveness, understanding, allowing and generosity now come naturally to you. You feel more peaceful.

Let other people's self-importance be

We all know people who seem consumed by their own self-importance. You can feel it when they walk into a room. They may have impressive jobs, titles, backgrounds or accomplishments that lead them to brag, boast and act as if they're the center of the universe, the only person who counts.

To say the least, dealing with them can be trying. We feel unease. In their presence, our "I" can feel diminished. Instinctively, we may feel like responding to them sharply, angrily, or put them in their place. Or we get away from them as fast as we can.

When you live in *The Insight*, you understand that you are not the “I” that feels diminished. You now no longer feel the need to react to people who radiate self-importance, undermine them, or complain about them. Now, you can just *let them be* without feeling diminished.

Don’t let yourself be drawn into engaging with them. Let them enjoy their self-importance! Let them get away with it! Their sense of self-importance has nothing to do with you. If they choose to get lost in self-importance, it’s their choice—they have to live with it. Realize that their self-importance does not reflect who they *truly* are.

Explanations won’t set you free

We all look for explanations because we think they will help us solve our problems. For example, we constantly ask, “Why am I the way I am?” Our birth language makes us obsessed with the question “why?” We think that if we find out why, it will set us free.

Our culture has been blinded by the search for explanations. We think that finding the “right” explanation will set us free from our problems. A huge industry is devoted to explaining *why* people are the way they are. Ironically, when we try to look for explanations, the problems we inquire into grow worse. Focusing on those problems gives them longer life and greater strength.

Our search for explanations strengthens the “I” and amplifies our problems. References to the past produce greater and more serious problems today. Your birth language can’t set you free because it’s the language that

created the problem in the first place. So any attempt to get out of your predicament from the language that created it, will only make it worse.

As a teenager, I thought that events that occurred earlier in my life were the reason I stammered. I read everything under the sun to find out why I stammered. I also made up a story to explain why I stammered. It was a good, plausible story, but stammering continued being an issue for me.

What ultimately set me free was my willingness to take responsibility for my life and stop looking for explanations. I mustered the courage to stammer openly, rather than resisting or trying to avoid it. My willingness to take a risk, *live* with discomfort, and *confront* my fears ultimately turned the tide. It enabled me to find my voice in life.

When you live *The Insight*, you realize that *allowing* for what is occurring in your life and taking responsibility for your experience is what sets you free. You become willing to take risks that confront your fears, and you give yourself permission to not ask “why.”

Interruptions are blessings

Interruptions can shake things up. They can stop you in your tracks, and give you the opportunity to take a closer look at life. You can examine where you are, where you're going, and how you feel.

My life has been altered by a number of interruptions.

Some initially seemed disastrous, but when I allowed for them, I saw that they were *true* blessings. Even though they threw me, they did not destroy my *being*. Who I was not only remained intact, but grew stronger, wiser, happier, more compassionate, and better able to help others.

Centered in *being* and knowing the *difference*.

The more I realize who I really am and that I'm not all of those things that I thought defined me, I gained an overwhelming sense of peace. I knew that I would be perfectly fine, even if I were to lose everything. That gave me a freedom from fear. It let me break free from the story that defined my life. At that point, I was *centered* in being, and I knew the *difference*.

Shifting Your Language

1. What can you now allow for and be at peace with, which as a result gives you a new sense of freedom?
2. What new experiences can you be open to that will require you to let go of a familiar "I am"?
3. Name three people who you are now willing to let *be*.
4. Identify three of your problems that you are willing to take responsibility for and not justify or explain.

THE POWER TO BE FORGIVING



The Insight makes you gentler toward yourself, more compassionate with yourself, and more forgiving of yourself and others. You allow yourself and others to make mistakes and are more in touch with your humanity.

You stop criticizing and beating yourself up. We can be our own worst enemies! In living *The Insight*, you see the futility of self-deprecation and how it undermines you.

When you blame yourself, you may be completely off base. Your self-assessment may have nothing to do with what you did and why you did it. We're prone to making broad self-assessments because our birth language tends to rate our totality, our *being*, and we believe what it says. For instance, a child may be told, "You're bad," "You're naughty," instead of just, "Pick up your toys," or "Stop talking back." Instead of addressing individual acts, your birth language talks about the entire child.

Our self-assessments undermine our *being*. They can cause us to get sick or be at *dis*-ease with ourselves. The criticism that we pile on ourselves can paralyze us and cause us to stop exploring life, even avoid life itself in order to prevent us from making mistakes. How silly is that!

When we rate ourselves and our whole being, we lose focus. We become *self*-centered, rather than *problem*-centered. We separate ourselves from who we truly are and from the world, which prevents us from growing and improving.

In living *The Insight*, you get present to who you truly are. You realize that you are *not* this immobilizing self-assessment, and it is just a habit that you have adopted, which you are no longer committed to, and you can now choose to ignore.

Let go of the burden of self-assessment. Celebrate who you truly are, your magnificence. You're not all the bad stuff that you have been throwing at yourself all these years. You are a beautiful person. You are worthy. You can be fully accepting of yourself.

Letting go of resentment

When I moved to Australia, I started working in a small country town as a medical practitioner. At the local hospital, I encountered some issues that I thought were unjust and were not in the best interests of the community. I helped organize a town meeting to address these

issues. Then, I was reminded of the words of Nietzsche. He said,

He who fights with monsters should look to it that he himself does not become a monster.³

I realized that by entering into this conflict, I had misplaced my energy; I was going about it all wrong. I recognized that it would be more effective to raise the level of consciousness in my environment than to fight windmills. *A New Language for Life* is a step in accomplishing that mission.

Since then, I have radically let go of my resentment towards those who may have wronged me or caused me grief. I let go of my self-righteousness. I realized that my feelings were toxic, that they were only harming me.

Now, I send these people my love. Living *The Insight*, taught me that I am the source of my own upsets and hurt. Nothing is *inherently* upsetting about people's behavior. I'm the source of my expectations and how I experience life. I am fully responsible for my experience of life.

You may find yourself dealing with people who have wronged you in the past or treated you unfairly. Are you willing to forgive them? Are you willing to let go of your resentment? You may think, "Oh, but if I did that, they would get away with it." My answer is: "So what!" This is none of your business. Ultimately, this is between them and God. You release this concern to the universe.

Forgiveness takes courage. It's the ultimate statement to the universe that you are serious about living your life fully: letting go of your *stuff*. It sets *being* free from "I," and is the ultimate passage to a fulfilled life.

When you let go of your resentment, what arises *naturally* is generosity and love. You are suddenly released from what consumes *your* being and has been limiting what is possible in your life. It frees up *your* energy. It frees you up in your relationship with the people who are part of your life. You are able to look beyond the horizon. You now realize that there was really nothing to forgive in the first place.

Letting go of your resentment, *any* resentment, sets you free to *be*, which is the biggest gift you can give to yourself, to others, and to life.

Shifting Your Language

1. Identify situations in which you assign blame rather than taking responsibility?
2. Are you willing to give up your resentment?
3. Is there anything you are self-righteousness about that you willing to let go of?
4. What are you willing to forgive yourself for?

YOU HAVE THE POWER TO TRUST YOURSELF AND DREAM



When you live *The Insight*, you are free to accept or reject what is true for you. You are the sole judge, and the only way you can find *your* way is by trusting yourself. Discerning what is *real* and what is *not* real is essential.

The longer you live *The Insight*, the more you gain the confidence to think for yourself and trust yourself. You become more in touch with what feels right and is true for you. You can now throw off the shackles of what people tell you what to do and the “shoulds and musts” that constrain your life. You can now discover and decide for yourself what knowledge has *true* value for you and is meaningful in the context of your life. You can now decide what actions are *appropriate* to who you are, and which are not. As you act on what is true for you, your efficiency and decision-making improve and you easily

handle your daily challenges. You are less scattered, hesitant, and unsure. You reclaim your *being* at a fundamental level of integrity that you may have lost. You now know that *all is well*, and you can be at peace.

When you trust yourself, it gives you courage. You make quicker, more assured decisions. You now have the courage to trust the unfolding of your life, *no matter where this leads you*. You fully embrace your life as it unfolds on this unfamiliar path that is made by the walking. You know that you can trust each step you take on this unfolding journey and path of healing. You are your own reference.

This is *true* integrity.

Dreaming freely

Living *The Insight*, you have expanded your sense of what is possible. You now have a natural inclination to expand your horizons and explore what is possible in life. As the Scottish mountaineer, W.M. Murray, wrote in his diaries,

Whatever you can do, or dream you can,
begin it. Boldness has genius, power and
magic in it.⁴

There is nothing you cannot accomplish. You thrive in an expanded sense of what is possible, and an expanded sense of who you are. The obscure is clarified and what is revealed changes you. New realms of possibilities open for you.

Seeing new possibilities infuses you with a new sense of excitement and aliveness. It makes you more curious, interested, and eager to learn and grow.

You realize that life can now become an exciting and daring adventure. It's totally up to you. Not only can you dream, you can pursue your dreams, and you can make them come true.



Follow your dreams—go for the gold, grab the magic in life.

Reclaiming your power to manifest

Don't discount your power and the power of the universe. Chuang Tzu, the Taoist sage, asked us to forget for a moment the lapse of time and to step into "the eternal now." If you do, you will see that what you dream of as a potentiality already exists. Manifest that potentiality into reality by experiencing it *as if it already exists*. Bypass the illusion of duality of existence that you got from your birth language and which gave you your notion of time as a passing phenomenon, and align yourself with the way of *oneness*—the way of the universe.

Before I met my wife, I was living in Los Angeles and she was living in Melbourne, Australia. At that time, she had a clear mental picture of the man she wanted to marry. In fact, she drew up a list and was not willing to compromise. At the urging of a friend, she joined an

Internet dating site. Fortunately, I had recently posted my picture and profile on the Internet. Francesca saw my profile and contacted me.

We exchanged emails and then I called her. We had an immediate rapport. We talked for an hour and giggled like primary school kids. I asked her when she could visit me in Los Angeles. When she said within two weeks, I replied, “Why not tomorrow?” She agreed to travel to Los Angeles in a few days. Fifteen minutes after we met in Los Angeles, I told her that I wanted to ask her a question. She said that she already *knew* what I wanted to ask, but she wanted to hear it from me. I asked her to marry me. That was in 2002, and we, with our daughter Carmen, are a happy, loving family.

Leaving the matrix of “I” behind brings you freedom. You are free to dream. Whatever you dream, you can begin it. The universe will guide you into your destiny when you *dare* to be true to yourself.

Anything is possible including your dreams. When you live *The Insight*, doors open and you *can* manifest your dreams.

Shifting Your Language

1. What can you now do or stop doing that will give you more peace or make you feel more alive?
2. What can you commit to in order to explore the unknown and expand your horizons?
3. What bold and daring dreams are you willing to commit to?
4. What are your dreams for humanity?

ILLUMINATING THE DIAMOND OF *BEING*



As you go through the chapters in this book, each *Pearl of Wisdom* will give you an increased sense of *peace* and a sense of *presence*—an awakening. *Living The Choice* and *The Insight* is a pathway of awakening to the *essence* of who you are and the *possibility* of life.

As you shift into *A New Language for Life*, you will notice how each *Pearl of Wisdom* enfolds in the others; each *Pearl* illuminates a different and unique facet of the diamond of *being*, leaving you in a place of *oneness* of *being*—which is your true nature.

You feel more *present*, more *authentic* in your communications. You have a new sense of *freedom* to be, and feel more *connected* to life. You are more *forgiving*, *grateful*, and *gracious*. You have raised your life to a higher level of *integrity*. You feel *energized* in your sense of fulfillment.

Shifting into *A New Language for Life* allows for the *diamond of being*—*You*—to fully shine in all your wondrous splendor.

Illuminating the *diamond of being*:

1. Which *Pearl(s) of Wisdom* inspired you the most?
2. How has each *Pearl of Wisdom* impacted you—your *being* in the world, your capacity to be present, to relate, and to express yourself?
3. How have the *Pearls of Wisdom* interconnected for you?
4. In what areas have you now felt more *grace* and *ease* in the way you live your life?
5. How has being restored to the oneness of *being*, affected your environment and changed how people act toward you?

— PART THREE —



TRANSFORMING YOUR
CURRENT REALITY

AWAKENING TO A NEW AWARENESS



A commitment to being happy, fulfilled, and content, *no matter what*, changes the view you have of yourself and gives you a *taste of being*. You are awakening to the *oneness of being*. This new awareness shifts the language you use to become more gentle and wholesome.



How you view yourself shapes your language and determines how you express yourself and experience life.

In *A New Language for Life*, you no longer express yourself in language that is accusatory (a language of blaming, finding fault, “shoulds and musts,” or in a language of complaining), but express yourself in a language that is in alignment with the *oneness of being*, your true nature.

You notice that:

You express yourself in a language of *allowing*, *being* and *oneness*.

You adopt a language for life where “I” no longer limits who you are and what is possible for you in your life.

You no longer invest the “I” with the power to separate you and take you away from the *presence* of life and your *true* nature.

You release yourself from the shackles that “I” puts on *being*. You stop identifying yourself *as* the “I.”

You release yourself from striving and struggling.

You awaken in the *silence* of your *being*, to a new awareness. You are at peace with life. A divine *presence* touches you on the shoulder and you *know* that everything is going to be all right.

When you express yourself in a language of allowing:

- You realize that your mere *presence* is what makes a difference.
- You realize that you *are* life. Life no longer occurs as separate from you. You naturally have reverence *for* life, and act in reference *of* life.
- You *trust* life and allow for life. You hold what is occurring in your life as fundamentally good, which

gives you the strength to *be* with what occurs in your life. It lets you *allow* for it, and be at *peace* with it, rather than condemning it.

- You *embrace* and *own* your humanity.
- You view the interruptions in life as *the way* the universe guides you to grow in your spiritual essence.
- You are present to a *deep* and *abiding* source of inner peace. You don't mind what happens and at the same time you care *deeply*.
- You are able to *give* without expecting anything in return.
- Your language *naturally* becomes more wholesome and inclusive; it is kinder to life.

LEAVING THE MOUNTAIN



A taste of *being* never lets go of you. You no longer can go back and be fully invested in the dream of separateness. Once you are awakened to a new awareness, you would like to express this new awareness in your everyday experience of life. This is what it means to be *true* to oneself.

Coming down from the mountain

If you are to become what you *can* be, you must *stop* being what you are.

A New Language for Life brings you into a new awareness. You see how you habitually lived your life, the patterns you have formed.

It is one thing to climb the mountain, where you have the perfect view, it is another thing to retain that vision when you come down. It is one thing to have the experience of enlightenment, it is another thing all together to be liberated from your condition, from your habitual way

of *being*. The experience of enlightenment is hard to retain when you haven't broken your old habits because they will displace your newfound awareness.

You now need to bring this new awareness to your habits. The habitual way of *being* will now show itself in your new awareness. When you are present, you will now *notice* your behavior. You will be amazed by all the things you have been doing repeatedly that you disagree with, or realize are *not* you. You can now genuinely say: "Do I *really* want to continue with this?" This is where your journey really starts.

Now, your challenge is to incorporate your new awareness into your daily life. As you do, that awareness will replace those old habits you no longer want. Remain conscious of your new awareness, continually remind yourself of it, because your old patterns may be deeply entrenched. Focus on making your new awareness a central part of your life. Be steadfast, disciplined, stand tall, and don't waver during the storms of life.

Transforming your current reality

Coming down from the mountain and living *A New Language for Life* is where you transform your current reality, and life will never be the same.

When you have taken those steps, you'll be ready to start your journey into *A New Language for Life*. As you do, be patient, move slowly, and don't try to change all at once. Slowly move the horizon inch by inch. Enjoy the changes you make. Celebrate your growth.

Each day, step through the looking-glass of “I” by making a concerted effort to be kind, gentle, and generous. Listen and don’t judge. *Allow* for what is occurring in your life. *Decide* which way you want to go.

Leaving the mountain and manifesting your new awareness in your relationships, you will:

- Experience a *genuine* sense of peace in your relationships.
- Be present to *pure* joy in your relationships.
- No longer be “hooked” into other people’s moods.
- Embrace people’s choices.
- Set boundaries.
- Realize that your *presence* is what makes a difference.
- *Give* without expecting anything in return.
- Relate to people’s *essence* and help them become what they are *capable* of being.
- Be more compassionate and *forgiving*.
- Inspire yourself and others to *greatness*.

Living *A New Language for Life*, reveals what you always *knew*, but simply have *forgotten*.

—PART FOUR—



TRANSCENDING YOUR
CURRENT REALITY

RECLAIMING THE POWER OF LANGUAGE



We are living in amazing and challenging times. A number of national and global crises are threatening our future, and many of us find ourselves worrying about the state of the world and are wondering what would make a difference.

Being oblivious to the dream of separateness keeps us trapped in cycles of crises and being overwhelmed in this era of unprecedented change. People concentrate on their selfish interests and, on making money. They don't think about the environment, and the long-term effects of our actions on man as a whole, which is no longer sustainable for our planet. In depleting the resources of our planet, we may lose the fragile web of life that sustains us on planet Earth.

Our current crisis

In the face of our recent dramatic socio-economic changes, where job certainty is no longer guaranteed and

the world order is in a state of flux, we quickly discover that the old ways of going about life no longer work very well. We realize that our current problems can't be solved at the level they were created. The current crises reminds us that there is *nothing* permanent in existence—the *true* nature of life.

When our familiar solutions no longer work, it's time for us to take a new look at ourselves and how we deal with our challenges. Our current crisis is our opportunity. Our willingness to rise to the occasion *calls* upon us to bring awareness to our present limitations. We can no longer rely on what is familiar to us.

Our birth language is a language of *permanency*. In our birth language we are waiting for life to work out and for *others* to help us when our circumstances are tough. In the language of permanency, we *expect* society to support us and provide us with opportunities for employment. In the language of permanency, we *expect* that life will stay the same.

Transcending your current reality

When the familiar ways of dealing with your circumstances fail, and when you have tried everything, *choose* whether to deal with the crisis by using a language that is accusatory or a language that puts *you* in charge of your life. By embracing a language of responsibility, one that puts *you* in charge, you bring forth new capacities that allow you to *manifest* your life as your true heartfelt desires. This is

where *A New Language for Life* enables you to transcend your current circumstances, and life looks brighter.

A commitment to being happy, fulfilled, and content, *no matter what*, restores you to the *oneness of being*.

When you are in a place, where you have transcended the limitations that language places on you—and you are no longer divided—you discover a world:

- Beyond your present horizons.
- Beyond the limitations of your labels.
- Beyond assumptions and explanations.
- Beyond striving, struggling and suffering.
- Where there is pure joy of *being*.
- Which is neither located inside or outside yourself.
- Of the infinite and eternal.
- Where existence is not defined by temporality.
- Of unlimited possibilities.
- Where nothing is lacking.
- Where you just *are*.

Trusting life

Einstein said,

I think the most important decision we make is whether we believe we live in a friendly or hostile universe.

A New language for Life invites you to see the cosmos as friendly. You owe nothing less than that to the essence of your *true* nature.

When you hold life as friendly, when you trust life, you align yourself with the *oneness* of life, and you get in touch with the source of life. In trusting life, you may think that you have relinquished control, but in fact you *regained* control by aligning with life.



Whatever your circumstances are, life does not give you anything that you cannot handle. *A Course in Miracles* says: "If you knew who walked beside you at all times on this path that you have chosen, you could never experience fear again."

In trusting life, you stop relying on those aspects of yourself that are fundamentally disconnected from the source of life. You are surrendering to *something other* than the content of your life that you tend to identify with.

Trusting life opens up a space of allowing, where you understand that what is occurring in your life is fundamentally good. This gives you the permission, courage, and strength to *allow* for what is occurring in your life. *Be at peace* with it, rather than resisting or condemning it, which only affirms the dream of separateness.

Manifesting life as you dream it

When our circumstances are tough, we scramble for survival. In the constant quest for survival there is no possibility; there is no freedom. It is difficult to find

peace and maintain perspective when survival has such a hold on you.

Trusting the oneness of life and allowing for what is occurring is where you find true *peace*. Trusting life requires you to be courageous and to be *willing* to take one hundred percent responsibility for how you experience life.

By embracing a language of responsibility, you will discover a world beyond your present horizons—a world, where *oneness* is the governing agency and life *aligns* with you in manifesting your most heartfelt desires.

By allowing, you enter another dimension—another *realm of existence*, where life manifests *as you are*. By allowing, you transcend your current circumstances and manifest life as the *presence* you allow for. You are no longer resisting your circumstances and scrambling to make things happen, but are in a *peaceful* place, where there is a *knowing* that life responds to you as you are.



In your birth language, you *resist* your circumstances and make efforts to *change* your life. In *A New Language for Life*, you *allow* for the circumstances in your life to occur and *manifest* your life.

Manifesting is *allowing* for something to become part of your life. Manifesting is not accomplished in the world of the observer and the observed, the world of “I”—your

birth language. Manifesting is *not* attracting, which implies bringing something into your life that you perceive as external to you. Manifesting occurs in the dimension when the observer and the observed are *one* and the duality of existence no longer *lives* for you as a *condition* in which you live, but as a *mode* from which you think.

Manifesting occurs in a space of *allowing*, where you are *one* with life. This restores you to the *oneness* of *being*—and language now no longer is descriptive in nature, but *manifests* life as you are. You are now a clean canvas. As the artist, *you* hold the brush of language and are free to paint *your* version of life. You are now free to manifest life *as you dream it*.



In allowing, you reclaim the *power* of language.

Allowing is the space of manifesting. It is the *blank* canvas of your life, where anything is possible. The space of allowing is a place of *magic*, where everything that you always wanted is there for you to experience. In allowing, you no longer see the world as separate from yourself, but you see the world *as you are*. You are now in a place, where *allowing* for the world you live in, allows you to *manifest* the world you live in.

Where there is *manifesting*, there is *allowing*. There is no *manifesting* where allowing is *lacking*.

Dwelling is key to manifesting

When you *dwell* in the space of fulfillment, you have a stronger energy around success, rather than failure. You stop merely surviving inside of your circumstances. You no longer allow yourself to be immobilized by the “what ifs” in your life. You already *are* what you intend to manifest.

Dwelling in the *space* of positive outcomes, lets you consider the oneness of positive outcomes—you gather in the window of your mind the elements that make up positive outcomes—and bring them *into presence*. Now you are *being* the positive outcome.

Oneness brings forth *being*. When you consider the oneness of something, it becomes available for you to engage with as a *presence*. Oneness implies *being*. Being implies *oneness*.

Where there is *oneness*, there is *being*. There is no *being* where oneness is *lacking*.

Dwelling in the *space* of positive outcomes, lets you dwell in the *oneness* of what you are considering, rather than dwelling in the duality of it. In dwelling, there is no longer the duality of the observer and the observed, and what you *dwell* within no longer lives as outside you. Now, you are no longer *striving* to reach your goal, but bring forth the *presence* of what you are considering. Now, you are *being* what you were considering, rather than striving to reach it. You have entered a *realm of existence*, where life *manifests as you are*.



Dwelling in the space of fulfillment, lets you dwell in the oneness of what you are considering. You create a relationship with what you are considering as *if it already exists*, thereby making it available for you to engage with as a *presence*.

Making this distinction is the difference between living a life of striving, struggle, and suffering, and living a life of *magic*, authentic self-expression, and joy, *no matter what*.

Dwelling is key to manifesting. *Dwelling* is intention *without* striving. *Dwelling* lacks temporality. *Dwelling* is *neither* hoping *nor* wishing. *Dwelling* is allowing for the *silence* to carve out what you see. As you *dwell* in the space of fulfillment, you bring to language the *presence* of what you were considering. *Dwelling* is *being* in a space, where you *summon* what will come forth.

Manifesting is *allowing* a presence in your life to come forth. You allow that presence to emerge through the power of your imagination. In a higher plane of existence—where life manifests as you *are*—you *summon* the presence of what you intend to manifest by dwelling in the space of its fulfillment.

As you do, you start to become *present* to the fulfillment of your intentions *as if it had already occurred*.

You dwell in the space of fulfillment of your intentions by:

- *Choosing* thoughts and feelings as if you already are in the *presence* of the fulfillment of your intentions.
- *Visualizing* and *making real* the fulfillment of your intentions as if you already are in the *presence* of the fulfillment of your intentions.
- *Reaching* a point of *knowing* that all of this is *true* for you.
- *Saying*, “And so it is.”

When you reach a point where you experience an overwhelming *gratitude* while doing this meditation, you will *know* that your intentions will manifest.

Dwelling in the fulfillment of your heartfelt desires:

1. Requires you to be specific and detailed in what you intend to manifest on the canvas of your life. Establishing a level of detail and specificity *as if it already exists* allows you to be responsible for the reality that you are creating. This may involve a significant amount of research in order to be able to engage with what you are considering as *a presence*.
2. Reveals to you what actions are appropriate and in a correlate with the vision that you are upholding in your mind. Scheduling and following through on those actions builds the integrity that the universe

will respond to. Manifesting does *not* release you from implementation.

When I visualized a successful marketing campaign for this book that would make *A New Language for Life* more than just a book, but a *movement*, a way of life that is passed along and shared by many people, I still needed to do more work. I had to identify the book's market, research which people and organizations would align with its vision and educate myself how to approach them responsibly and ethically as potential promotional partners.



Dwelling in the fulfillment of your heartfelt desires coordinates your actions within *the way of oneness* and allows for life to organize itself in synchronicity with the *presence* that you are dwelling within.

Presence makes manifest

In manifesting, the world is as you are. Your act of observing, experiencing and feeling your most heartfelt desires manifests what you dream of.

According to quantum physics, the transition from the possible to the actual takes place *during the act of observing*. An *unobserved* particle does not exist. At the sub-particle level, it is *observation* that brings latent possibilities into being. Dwelling in the space of fulfillment

and making something available as a *presence* to engage with is an *act* of observing. You now *are* what you are considering, which allows for it to come forth. You now are present *within* another dimension and bring forth a oneness of *being* that is *of* another dimension. Afterwards the universe will never be the same.

Manifesting is first giving and serving, then you will receive.

Manifesting does not mean visualizing, laying back and doing nothing. Manifesting is not asking and you will receive. Manifesting in *A New Language for Life* is *first* giving and serving, *then* you will receive.

You are the decisive element

The capacity to manifest life as you are cannot be shown to you. It can only be created *by* you, in *your* willingness to allow for what is occurring in your life.

In a space of allowing, you realize that you are the decisive element. You realize that it is your daily mood that makes the weather. You realize that when *you* are peaceful that peace radiates around you. You realize that it is in *your* capacity to manifest life as you dream it.

The way of oneness

A New Language for Life brings you into a higher awareness of who you are, which shifts the context of your life. Now anything is possible. This is the place where

you shed *the way of "I,"* and you come into *the way of oneness.* This is the place, where *you,* the caterpillar, turn into a butterfly.

Do you have the courage to consider another dimension?

Do you have the courage to step beyond the looking-glass of "I," and step into a world of magic, where life manifests *as you are?*

Do you have the courage to decide which way you want to go?

Consider the following steps in manifesting your most heartfelt desires:

- *Disengage* your attention from what has been consuming you.
- *Bring* yourself in a state of *always serving and giving.* Look to see where you can serve. Be *kind* to people. Show *genuine* interest. This generosity in your *being* expresses abundance and brings you to a place that allows for *abundance* to manifest in your life.
- *Focus* your attention on what you can be *grateful* for. Let this be a daily practice.
- *Make* a radical commitment to *forgive* anyone in your life you hold a grudge or resentment toward. Send them your love. Remember that forgiveness essentially is a gift you give to yourself. Release

your resentment to the universe. Let go, *let be*. Let go, let *oneness*.

- *Shift* your language from a language that is accusatory to a language of allowing. *Trust* life that you are big enough to handle any experience. *Be* the space of allowing. Allow for *grace*.
- *Dwell* in the *infinite* abundance of the universe. Make *real* for yourself that life is infinitely abundant. Let an overwhelming sense of *peace* and *gratitude* take you over. Realize that *all is well* and that *nothing* is lacking. This practice will allow you to move from a state of striving for abundance to a state of *being* abundance.
- *Be specific* in what you commit to accomplishing. Visualize it. *Imagine* how it will work in your daily life. Be as detailed as possible. *Articulate* what you are committed to in a language of accomplishment.
- *Dwell* in the *space* of fulfillment. *Imagine* what you would be thinking and feeling if fulfillment of your intentions was already *true* and *real*. *Make* the accomplishment real *as if* it has already occurred.
- Keep *this* in your mind and it will manifest in your life.

SOME FINAL THOUGHTS ON MANIFESTING

You do not always recognize the power of language and your responsibility in the way you think about yourself and life. It is in the *nature* of language to manifest, but *what* manifests is determined by the language and the space you dwell within.

If you are dwelling in a space, or language that you don't have enough, *lacking* is how the world occurs for you—whether this is money or love in your relationships. You feel you will never have enough, *no matter what* you do. You will never be satisfied, *no matter what*. You will always have doubt and be hesitant about the way your life is unfolding. There will always be struggle and suffering in manifesting your affirmations.

If you can recognize the space that you are dwelling within, you can then be responsible for the way your life unfolds. You can then *choose* any moment to manifest life in alignment with the way of oneness and manifest the power of language in your life.



Life *manifests* as the language you dwell within.

By the degree that you resist what is occurring in your life, it becomes a *condition* in which you live and you are no longer in charge of your life. The only way to *free* yourself from the entrapment of *being* is by being in

touch with your *true* nature, and by taking one hundred percent responsibility for the reality that is your life. Only in a space of *allowing*, where you experience life as it is, can you transcend the duality of existence, and reclaim your capacity to manifest life *as you are*.

You can only manifest your heartfelt desires when it is built on a foundation of integrity—a place of *oneness of being*. You need to forgive. Let be, let go and *let oneness*. Be of service and be humble. Without this foundation of oneness, you will simply try to get what you want at the expense of yourself and others.

Manifesting your true heartfelt desires creates a *rich* life, the quality and richness of your life goes far beyond money.

COMING HOME



When you embark on *A New Language for Life*, you develop a new awareness. Then, you have to incorporate that awareness with the people in your life and into your everyday world. I call this *coming home*.

When you come home, expect people to still relate to you as if you were the person they knew. You may sound and act completely different, but most people will treat you exactly as if you were the same old you.

It's as if you took a trip, went away, and now have come home. While you were away, you changed, but they didn't. And they may not be able or willing to accept who you've become. So don't be surprised if differences arise between you and your partner, spouse, friends, coworkers, family, and others in your life.

People find it difficult to relate to change—especially change in others—so many will have difficulty relating to the changed you. Some may feel that there is something wrong with the relationship, or that you have lost interest

in the relationship. It also may be hard for you to relate to the people who have not taken your journey. In the dance of life, your partner or spouse may be out of step with who you are, and you may be out of step with them.

To avoid stepping on each other's feet, try to bring your partner along on your journey to *A New Language for Life*. Share the experience, go through it together. Besides building understanding, it will strengthen your relationship.



I strongly suggest that you read the book *A New Language for Life* together with your partner. This gives you both the opportunity to share your experiences with each other and grow together.

If, however, your partner decides not to live *A New Language for Life*, be tolerant, patient, and understanding. Try not to get irritated with him or her. If you do, *don't* act on it, just let it go. Also don't wish that that he or she would be different, or tell yourself that he or she "doesn't understand you," or "should try harder to understand you."

Gentle advice

Be aware how "I" might interfere and seduce you to become self-righteous in your newfound awareness. Or it might tempt you to feel special in what manifests in your life.

- *Be thankful.* Set yourself free from your accomplishments by expressing thankfulness for what manifests in your life and for the abundance that is flowing through you. Realize that the gift of what manifests comes *through* you, but is not *of* you.
- *Be humble* in your newfound awareness and synchronicity that is manifesting in your life.
- *Don't impose A New Language for Life* on others. Nor try to convert others to your new insights.
- *Don't have expectations.* Don't give someone you meet the book with an expectation that the next time you see them they have awakened to a new awareness. Respect a person's uniqueness. Respect their choices.
- *Don't correct* other people, even if you believe they express themselves in a way that does not align with *A New Language for Life*.
- *Don't brag* when your heartfelt desires manifest. If you do, you will be going against yourself.
- Be *A New Language for Life* whisperer.

Taking Responsibility

In order to share your new outlook with others, identify how you related with them in the past. For example, was your relationship centered around complaining, gossip, or unhappiness? Or was it to help each other, advance careers, or simply to enjoy his or her companionship. Whatever it was, take responsibility for it.

By taking responsibility for how you related in the past, you open channels for new levels of communication that you can build upon. Through those channels you can express who you have become, but ease into it. Don't overwhelm them. Give people the opportunity to adjust to the new you, to understand how you changed, and the option to join you on your journey.

If you realize that you have been using complaints and unhappiness to control a relationship, break that pattern. Say to the individual,

You know what, I'm tired of always complaining, being unhappy. From now on, I commit to being happy and fulfilled no matter what. I'm making this change, and you don't have to do anything with it.

Opening new channels of communication will take some courage, but it is worth it. It will give you a new life, and will strengthen and inspire your relationship.

Resistance

Despite all your efforts, your partner, friend, or colleague may be resistant to the new you. He or she may be attached to the old you; be threatened by the new you, or think that you are just going through a phase, a temporary change; and that you will soon revert to the same, good, old you. When you change, people are often resistant because they fear that you may have lost interest in the relationship or that your behavior may no longer be predictable.

Be compassionate and understanding. Avoid being self-righteous, unyielding, and unkind, which should not be difficult. Since you now have *A New Language for Life*, you have evolved and the changes you made will become part of the way you interact with your partner, friend or colleague. You will communicate on a higher, gentler, and more caring level.

When you take responsibility for who you were prior to your journey, and if you are compassionate and patient, you may be able to create a new *common* language for life that celebrates your relationship.

Coming home to friends

A New Language for Life will show you where people are in life and the nature of your relationships may change. You may not have the same interests or conversations you had before. Even your ties to lifelong friends may seem different, and the voices of those who once inspired you, may no longer speak to you. You may notice lack of integrity or inauthenticity that you had not been aware of before or had been easily ignored.

Life is a series of constant changes and we continually must make choices. Along the way, we have to make decisions, and in doing so, people and things fall out of our lives or they take on different roles.

Since *A New Language for Life* places a high value on friends and relationships, please be cautious! Don't be impulsive and rash. Your friendships may be based on connections that run long and deep. They may have

taken years to forge. Before you let them fade or disappear, think what you may be losing and removing from your life. Don't break those connections unless you feel you have no other choice.

Coming home to family

Coming home to your parents, siblings, and children is the acid test. They're your family and you can't wish family away. Your family is *there* for you, forever, even if you choose not to see them. You can change your awareness, you can change jobs, you can change where you live, but your family will always be your family—regardless of where you are.

Although it may not always be apparent, your family truly loves you and you love them. That's why slights and disagreements can hurt so much. Whatever your family members do or say is their unique expression of love for you—but we frequently don't take it that way.

Family interactions tend to fall into patterns that cause problems that seem impossible to bear. And when we try to break or change them, these problems can escalate. So we've developed ways of dealing with our families that often don't work. In fact, they separate us further.

A New Language for Life shows us that we don't have to be trapped by traditional family patterns. We can now take responsibility for the way we respond to them. If we fight and argue, we will only fan the flames and make our disagreements more intense.

Although the tendency is to walk away and avoid these disturbing battles, *stay with it*. Endure the discomfort and rise above the pettiness that usually is inherent in family interactions. It may be a hard, even excruciating experience, but it's vital for your growth. Unless you can make peace with your parents and family, you can't be happy and complete; it's crucial for your inner peace.

Forgiveness will make you whole again. If you are truly forgiving, it will restore your relationships and can even raise them to higher levels.

Living *A New Language for Life* gives you opportunities to be forgiving. It lets people that you care for be. Family is your biggest teacher. Being at peace with your family and honoring the dignity of their spirit, brings you freedom and the openness to *fully* embrace life.

Coming home to community

When I started sharing my new awareness with people in my workplace, they were so inspired that they asked me to organize a workshop so they could learn more about *A New Language for Life*. After the workshop, the group unanimously felt that the remarkable benefit they each received was the realization that none of us were alone in our humanity.

We think that our concerns are personal and individual, but they're not. They're actually what we have in common. When people get together and discuss their concerns, the "I" becomes transparent. What emerges is our *shared*

humanity and the realization that we are *all* profoundly related. We realize that the “I” that separates us is not personal. When we explore life and are able to see past the horizon of the “I,” we wake up to our common humanity. We are electrified by the possibility of *being* and understand that anything is possible. It inspires our spirit.



A New Language for Life is my invitation to you to explore life from a different perspective. It is a way for you to explore your common humanity and express yourself in a language that is authentic to your true nature, *A New Language for Life*.

Community building

If you are inspired, start your own *A New Language for Life* project in your community. You could bring together like-minded people, and invite them to explore life in an environment of communication that is in keeping with the spirit of *A New Language for Life*. Help them share their common humanity, shift their language, and create solutions for problems at the individual level, or community levels that are based on responsibility, integrity, trust, courage, giving, and serving.

REMAINING CENTERED



When you have *A New Language for Life*, it won't always be smooth sailing. Challenges and interruptions are a part of life. Life throws darts at you. Those darts can be failed expectations, something someone said to you, unexpected events that throw you off balance.

When they occur, your top priority is to re-center yourself in *A New Language for Life*. Free yourself from what has been consuming your attention and be at peace with it. Step into a new dance that restores you to oneness of *being* and leaves you free to be. Other responses like blaming, fault-finding, making explanations, or finding excuses will not set you free. They will make you more “stuck.”

Remain centered in your new awareness

Remember what can keep you from being centered and what can displace the freedom, sense of wholeness, and connectedness you are now experiencing.

It is your job to remain centered in your new awareness and to *withstand* the efforts of the “I” to draw you back into a language of self-importance, self-righteousness, or worse yet, self-invalidation, and victimhood. Return to your commitment to life.

Move away from your birth language, and the messages that dragged you down. Move to *A New Language for Life*. It will free you by giving you direction and peace.

Take responsibility

Don't fall back into accusatory language. Take responsibility. Don't say,

Look what _____ has done to me.

You hurt me.

It is your fault.

Take responsibility for your reaction. If you're annoyed that you regressed, I guarantee you, it is *not* because of the events that happened. It's because of you. You, and only you, *allowed* yourself to be distracted and uncentered by those events.

Frequently, a simple gesture of forgiveness will set you free. Letting go of resentment, *any* resentment, will also help you parry the siren-song of the “I” when it tries to lure you back in its familiar ways.

Stay *still* inside the noise

Have you awakened early in the morning and can't go back to sleep? Your mind is flooded with thoughts that

you can't shake off. You keep thinking about some recent occurrence, mulling it over, invalidating yourself and examining *ad nauseam*. Asking yourself what you could have done differently or better.

We've all had those moments. They exhaust and deplete us, and usually don't help us solve our problems. The moment you *engage* with the noise—try to understand it, *argue* with it, resist it—you get more of it. Instead of quelling the noise, you feed it, give it nourishment, and strengthen its life.

The art of living is developing the capacity to just *let it be*. Trust that at some point, the noise will lose its hold on you. My personal experience is that noise has a shelf life of 24 hours and then disappears. By staying *still* inside of the noise, letting it *be*, and not feeding it with your attention, it usually disappears within a day, and you regain true perspective. You have the power to decide where to put your attention. By not giving noise your attention, *allow* for it, it *will* eventually fade into the background and go away.

You don't have to work it out!

When problems arise, our tendency is to try to work them out. Frequently, it's the right approach, but not always. You realize that you don't have to work out *every* problem when you live *A New Language for Life*. Certainly, when you're confronted with serious medical, financial issues, act *promptly* to get help. Don't wait until the problems become acute.

Trying to work it out often takes you away from being centered in life. Some people go overboard. They spend years trying to work it out. They buy every book, take every course, type of treatment and advice, only to wind up with their lives on a constant state of “on hold.” In the process, they become separated from their friends, family, and life. They lose their capacity to enjoy and fully participate in life.

On the other hand, the best course with many problems, is to sit back and let it *be*. Letting it be differs from ignoring the problem. It allows you to be with the problem, to give it time. In *A New Language for Life*, you trust life, which gives you the courage to *allow* yourself to *be* with the problem and resist the temptation to try to work it out. When you allow yourself to be with it *fully*, you notice, to your surprise, a shift in who you are in relationship to the problem and how you experience it. You have more freedom in relationship with the problem. You become present to *all* aspects of the issue at hand. Then, if you feel desperate or don't know how to proceed, the problem will suddenly *turn* around and you will see it from a new perspective. You will become present to aspects of the problem that you never considered. A clearer perspective will shine through.



Trust can be the answer; trusting life. If you believe that life is fundamentally good, you will be able to be with the issue and resist the temptation to try to always work it out.

Be compassionate with yourself

Staying on track can be difficult. You may wake up one morning and realize that you lost your resolve. Your old language, which is so deeply ingrained, is fighting to lure you back. You question your new language for life, and wonder whether you can keep it alive.

Life throws challenges at you, which may displace your attention. You know that things will happen in your life that will shift your energy, but how you pick yourself up inside of these circumstances is how you expand and grow as a human being. *That* is your training; *that* is your growth.

You now realize that the little things that sometimes tick you off are *gifts* to you, to return to a space of compassion, generosity, kindness, understanding, and connectedness to life.

Treat yourself kindly, be compassionate with yourself. *Allow* yourself to make mistakes. *Realize* that making mistakes gives you the chance to grow and expand yourself.

The path is made by the walking

It takes practice to master new things. To be successful, recognize your humanity, be kind to yourself, center yourself in *A New Language for Life*, and take another step forward.

The path is made by the walking, taking action. You can make those steps when you trust the universe and the integrity of your spirit. Now, you can step on solid

ground where there was no path. The path comes into existence only when you *choose* to *observe* it.

Charting your journey

Appendix A: *Shifting Your Language*, will let you see how far you've traveled on this journey. Knowing where you are will reveal how much ground you've covered and how far you've come. Don't just check where you are, check where you can go, which will indicate where in your life you still need to grow.

CHANGING THE DREAM



During my journey into the heart of the Amazon rainforest many years ago, I had the privilege to spend time with the Achuar people. It was a transformational experience. I felt that in writing this book that I was guided by the wisdom of the Achuar people and by the vision that informs The Pachamama Alliance—the organization that invited me on this journey. The Pachamama Alliance was born out of an invitation from the Achuar people to work in partnership with them to preserve their land and culture while bringing forth a new worldview that honors and sustains life.

My own relationship to *A New Language for Life* is that it is a *message*—a message of peace, harmony and higher awareness, and that this message has come *through* me, but is not *of* me. I believe that the message of *A New Language for Life* is in alignment with the call of the Achuar people to change the dream of the modern world.

The eagle and the condor

The Achuar people are one of the world's most remote indigenous groups. They are an ancient dream culture similar to Australia's aboriginal people, and they live in harmony within their ancestral lands. In the Achuar prophecy, "the eagle and the condor," the eagle represents societies that are materialistic and scientific and the condor represents more spiritual and intuitive societies. According to the prophecy, when the eagle and the condor reunite and fly together in *one* sky, human beings will evolve into a more conscious species, and will live in harmony with the natural world and with one another.

Today, many indigenous people believe that the time has arrived, where there is the *potential* for the eagle and the condor to fly together in *one* sky and for humanity to awaken to a new level of consciousness.

In *A New Language for Life*—the language of the Heart—the eagle is free to fly high and dance with the condor in *one* sky—a dance that is wholesome, harmonious, and peaceful; a dance that gives rise to a consciousness that is awakened to the oneness of life. In *A New Language for Life*, we have the *potential* to awaken from the dream of separateness, and awaken to the oneness of life and the oneness of *being*.

Changing the dream

The indigenous shamans and elders of the Amazon teach us that "the world is as you dream it."⁵

In *A New Language for Life*, we are invited to make a radical shift from a language that is mainly oriented around striving and becoming to a language that is inclusive of *being*, *allowing*, and *oneness*. We have the opportunity to change the dream of our modern world from struggle to peacefulness, from separateness to wholeness, and from “scarcity to sufficiency.”⁶

In *A New Language for Life*, we recognize that our liberation is bound with the liberation of others with whom we share our world.

Moving into the light

In *A New Language for Life*, we have the opportunity to move from darkness to light and enter into the “Age of Enlightenment,” or “The Age of Oneness.”

Now is the time, as many indigenous people believe, for human beings of the modern world to *choose* and *respond* to the call of the guardians of wisdom, and allow for the eagle and the condor to reunite and fly together in *one* sky.

FINAL THOUGHTS



As *A New Language for Life* goes to press, we're approaching the date when the Mayan Long Count calendar predicted that humanity will begin a new cycle. The previous cycle ran for twenty-six-thousand-years. According to the Mayans, a great transformation is at hand that will give humankind the opportunity to actualize our highest potential and release ourselves from our habitual ways of being.

Whether or not you want to accept it, we now live in a world of change. Technology has transformed our lives drastically, and the world order is in a state of flux. Changes that once took years, even decades, now occur instantly. It's a new era; an era of change.

To meet the demands of this new era, we too must change. In fact, we must radically change the way we view ourselves. We are at a crossroads and must now choose how we enter the future.

How we view ourselves shapes our language and

determines how we express ourselves. Our birth language, which is mainly descriptive in nature, does not give us a way of expressing ourselves that is *true* to ourselves, and that is in alignment with our true nature. Our birth language is no longer sufficient to meet the demands of the new emerging era.

In the classical paradigm of our birth language, we view ourselves within a duality of existence. We see ourselves from a place of separateness, which is reflected in how language expresses itself in the way we communicate and relate to each other. It leaves the essence of who we are *untouched*, and leaves us always in a state of striving and being unfulfilled, *no matter what* the circumstances of our lives may be. It leaves us not trusting ourselves, vulnerable to people's influences, and not being able to be *true* to ourselves. The result is a perpetual state of struggle and suffering.

Welcome to the new language . . .

Today, a new way is emerging that enables people to speak and share themselves inside of life. It is exciting to see that these elements are coming together as a *new language* for life and are a part of a *new movement*. It is a language where people share a similar vocabulary; a language, where trusting life and trusting ourselves are part of the new vocabulary; a language that honors our individual uniqueness without separating ourselves from each other; a language that points to *being* and to *synchronicity* in a way that expresses responsibility; a

language that speaks of manifesting life in a way that expresses ownership of our destiny; a language that speaks *us*.



The time has come for *you* to take a new approach, to embrace a *new* language for life that allows you to be *true* to yourself and accommodates a higher awareness of yourself.

Finding that authentic core within yourself, and accessing it through your own language is *urgent*, is a matter of life and death. As individuals, as a society, we can no longer afford to continue to act against the interests of the natural world and the interests of humanity.

This book, *A New Language for Life, Happy No Matter What!* brings together a variety of concepts and fully integrates them in a comprehensive, empowering, and usable way that will open your eyes and change your life.

A New Language for Life is a new approach to how you view yourself and life. It is a language that is not located in the world of the *observer* and the *observed*, the foundation of your birth language, but originates from a place of our common humanity—a place of *oneness of being*, a place of relating and communicating that *transcends* our duality of our existence, our suffering and struggle.

In choosing to be happy, *no matter what*, you take responsibility for your life and raise your life to a higher level of integrity. Your language shifts, and you no longer invest the “I” with the power to separate you and take you away from the *presence* of life and your *true* nature. In choosing to be happy, you transcend the limitations that language places on you and you restore yourself to *oneness of being*—no matter what.

A New Language for Life will make it clear how we can make the most of the future. It is *not* a new belief system, but an approach that will show us how to trust ourselves, trust life, grow, and live happier, more productive, and more fulfilled lives in alignment with our true nature and the natural world—no matter what.



In *A New Language for Life*, you step beyond the looking-glass of the “I,” and step into another dimension; a dimension, where language no longer is descriptive, but brings about a *presence* that is shared in the conversation; a dimension, where language touches the *essence* of who you are.

In radically changing the way you view yourself, you discover a world beyond your present horizons; beyond blame; beyond the limitations of your labels; and a world beyond assumptions and explanations. You dwell within a world that is neither located “inside” or “outside” you, but a world, which is given by *oneness of being*, where language *manifest* life as you are.

Changing the dream

The indigenous shamans and elders of the Amazon teach us that “the world is as you dream it.”⁷

In radically changing the way you view yourself, allows you to shift from a language of striving and becoming to a language of *being*, *allowing* and *oneness*—the language of the Heart—and gives you the opportunity to change the dream of our modern world from struggle to peacefulness, from separateness to wholeness, and from “scarcity to sufficiency.”⁸

A New Language for Life is about each of us exercising responsibility and control of our lives and our planet. It is predicated on the belief that each of us has the ability to raise the level of our consciousness, and that the cumulative effect of that effort will benefit humanity. It will generate a level of universal consciousness where we:

- Are kinder to ourselves, each other, and life;
- Listen to the Earth and speak the language of nature in building and sustaining our communities;
- Are guardians of our planet Earth for future generations;
- Trust that life is fundamentally good;
- Trust life to work out our concerns, when we are *aligned* with the oneness of life; and
- Reclaim the power of language and manifest life *as we dream it*.

In *A New Language for Life*, you have the opportunity to have a happy, prosperous life that honors the dignity of the human spirit within the ecological limits of our planet Earth—no matter what.

Thank you for working to bring *The Choice* and *The Insight* to your life. Thank you for changing the dream of humanity!

ENDNOTES

Part One

1. From Hua Hu Ching: *The Unknown Teachings of Lao Tzu*, by Brian Walker, published by HarperOne.

Part Two

2. From Albert Einstein, Letter of 1950, as quoted in *The New York Times* and *The New York Post*.

3. From *Beyond Good & Evil*, by Friedrich Nietzsche, published by Penguin Classics.

4. From *The Scottish Himalayan Expedition*, by W.H. Murray, published by J.M. Dent & Sons, Ltd.

Part Four

5. From *The World Is as You Dream It*, by John Perkins, published by Destiny Books.

6. From *The Soul of Money: Reclaiming the Wealth of Our Inner Resources*, by Lynne Twist with Teresa Barker, published by W.W. Norton & Company, Ltd.

7. Ibid.

8. Ibid.

Every attempt was made to credit all sources whenever applicable. Anyone with additional information is encouraged to contact me directly through the website www.ANewLanguageforLife.com. Any errors will be corrected in future printings.

THE NEXT EXPRESSION

A New Language for Life—The Series

A New Language for Life is an ever-evolving conversation, since life is ever-evolving and there is always more to say.

A New Language for Life: Happy No Matter What! is part of *A New Language for Life Series* that covers different topics that honor the oneness of *being* and aim to raise the level of human consciousness.

New titles in progress:

Additions to *A New Language for Life Series* support you in your continuing journey.

A New Language for Life and Relationships

A New Language for Life and the Art of Living

Visit our website for further information:

www.ANewLanguageforLife.com

APPENDICES

A: Shifting Your Language

B: Portrait of A Person Living *A New Language for Life*

C: Manifesto of *A New Language for Life*

APPENDIX A:**SHIFTING YOUR LANGUAGE**

BIRTH LANGUAGE	NEW LANGUAGE
Language of "I"	Language of "Being"
Limiting who you are	Expanding who you are
Exclusive	Inclusive
Restrictive	Expansive
Divisive	Wholesome
Scattered	Focused
Consumed	Free
Attachment to what is	Open to possibilities
Self-important	Evokes a <i>presence</i>
Wants to make an impression	Inspiring
Self-consumed	Modest
Clever	Humble
Resistant	Allowing
Takes things personally	Experiences things for what they are
Needy	Confident
Lazy	Energetic
Calculated	Natural, spontaneous
Self-centered	Problem-centered
Manipulative	Authentic
Unexpressive	Expressive
Discordant	Balanced, harmonious
Acquisitive	Generous

Wanting to change	Letting be
Separate from life	Connected to life
Restless	Peaceful
Guilty, worried	Assured
Wary, hesitant	Trusting
Blaming others	Taking responsibility
Narrow minded	Open minded
Narrow focus	Broad perspective
Need for stability	Ability to be with uncertainty
Result oriented	Process oriented and result oriented
All business	Playful
Scarcity	Richness
Greedy	Serving, giving
Unhappy	Content
Material	Spiritual
Comfort	Growth
Disrespectful	Reverence for life
Forceful	Trusting, letting be
Controlling	Inspiring
Effort	Ease
Busy	Measured

APPENDIX B:

**PORTRAIT OF SOMEONE WHO LIVES
*A NEW LANGUAGE FOR LIFE***

A person who lives *A New Language for Life* is:

- Free to choose how he or she will respond to whatever comes up in life.
- Aware that every moment is a choice for life.
- An individual who loves life and has no hesitation expressing it, is not immobilized by adverse events.
- Friendly, welcoming, and gives off good energy. Others feel good in his or her presence.
- Able to enjoy inner peace; is well grounded.
- Not a complainer or a gossiper.
- Honorable with his or her word.
- Able to rebound when he or she feels down or disappointed.
- Profoundly grateful for whatever comes into his or her life.
- Willing to let things *be*.
- Devoid of a sense of self-importance.
- Authentic in sharing themselves and is not immobilized by other people's opinions.

- Able to be fully *present*. Authentic with other people.
- Not living in the past. For him or her, the future occurs as a possibility, not as limitations.
- Willing to trust and surrender to the unfolding of life.
- A good listener.
- Dependable and will be there for you.
- Of the highest integrity.
- Inspiring.
- Serving.
- Forgiving and gracious.
- Forthright without being offensive.
- Passionate, unstoppable, and visionary.
- Focused on possibilities, rather than in terms of what is not possible.
- Excited to take on new challenges in life and explore life.
- Able to create his or her own destiny.
- Competent in the linear world of cause and effect.
- Humble.
- Happy *because* he or she is happy.

APPENDIX C:

MANIFESTO OF A NEW LANGUAGE FOR LIFE

A New Language for Life accommodates a radically new view of yourself, which leads you to express yourself and experience life *in a new way*.

A New Language for Life originates from our common humanity—it comes from a place of *oneness of being*, a place of relating and communicating that *transcends* duality of existence, suffering and struggle.

You *are* life. Life is no longer separate from you.

Your *presence* is what makes a difference.

The way of oneness is what guides you in life.

You have reverence *for* life, and act in reference *of* life.

Your language is wholesome and inclusive; it is *kind* to life.

A New Language for Life is a language of peace, harmony, allowing, and oneness.

A New Language for Life is a language of the Heart.

In *A New Language for Life*, your navigation tools are *integrity* and your *trust* in the oneness of life. Your virtues are courage, imagination, authenticity, grace, forgiveness, and humility.

A New Language for Life awakens you to the true nature of language. Language no longer occurs as a medium of *representation*, but occurs as a medium of *manifestation*.

You ride out the winds and storms of life from a deep and abiding source of inner peace. You don't mind what happens and at the same time, care *deeply*.

You *embrace* and *own* your humanity. You transcend the “I” as who you are. You have broken the spell of “I.” The “I” no longer exists at the *expense* of *being* in your life, but exists in the *service* of *being*.

In *A New Language for Life*, your language is not accusatory, but expresses responsibility—It is a language of *being*, *allowing*, and *oneness*.

You *trust* life and *allow* for life. You hold what is occurring in your life as *fundamentally* good, which gives you the strength to *be* with what is occurring in your life, *allow* for it, and be *at peace* with it, rather than condemning it.

You see death as *fundamentally* good—not as something to fear or condemn.

You view the interruptions in your life as the way of the universe that will help you grow in your spiritual essence.

You *trust* life to help you work out your problems and concerns when you are *aligned* with the oneness of life.

You recognize *oneness* as the *governing* agency. The “I” no longer is the *ruling* force in your life.

You have the power to manifest life *as you are*.

ABOUT THE AUTHOR

For over ten years, Dr. Louis Koster, a distinguished humanitarian, served as a medical doctor for Doctors Without Borders and other humanitarian organizations



in trouble spots across the globe. He worked in war zones in Bosnia, the Sudan, Angola, Liberia and with Afghan refugees in Pakistan and Cuban refugees in Guantanamo Bay. For his humanitarian efforts, Dr. Koster has received numerous awards and has appeared on radio, television, and news shows.

A native of Holland, he now practices medicine in Australia, where he lives with his wife and daughter.

As an expert in international public health, he has had the opportunity to observe first-hand the languages of the world. With the ability of speaking six different languages, he brings his wisdom and a new language for life to groups and organizations globally.

Dr. Louis Koster can be contacted for appointments for speaking engagements, media interviews, seminars, and individual coaching through his website.

www.LouisKoster.com/contact

ABOUT EWALD EINODER

Dr. Ewald Einoder is a leading-edge thinker in psychiatry in Australia. His brilliant inquiring mind and humanity made him realize early in his career the limitations, inconsistencies and paradoxes of standard medical practice in dealing with human disease and suffering, which led him, at first, to psychiatry. The latter resulted in an ongoing exploration of and participation in fields ranging from molecular biology, philosophy, religion, spirituality, ecology, energy practice such as Qi-Gong, Chinese medicine and acupuncture.



Dr Ewald Einoder's kindness, simplicity, and humbleness is reflected in his care for his patients. He currently works as a consultant psychiatrist in holistic medicine in Melbourne, Australia.

Dr. Ewald Einoder can be contacted at:
www.LouisKoster.com/contact

A NEW LANGUAGE FOR LIFE ACADEMY

Dr Louis Koster will launch *A New Language For Life Academy*, a paid membership site, in the Fall of 2016. The vision that informs Dr Koster's work is of a world that works for everyone: a socially just, environmentally sustainable, spiritually fulfilled human presence on this planet—a New Dream for humanity.

GET FREE ACCESS TO ADDITIONAL MATERIAL

If you liked *A New Language for Life, Happy No Matter What!*

— Go to

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Receive free access to additional bonus material— additional free videos and other materials to deepen your awareness and understanding.

To access free gifts, users must register by providing their first name and email address. Offer subject to availability.

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We Live in a World of Change—An Exciting New Era

To meet the demands of this new era, we too must change. In fact, we must radically change the way we view ourselves. *A New Language for Life* is a new and innovative approach to how you view yourself and life.

When you commit to being happy—no matter what—*A New Language for Life* will:

- Lead you on a pathway that will enable you to align with your true nature
- Transcend the limitations that language has placed on you
- Restore yourself to the oneness of *being*—the place of authentic happiness and higher awareness

This new awareness will enable you to reclaim the power of language and *manifest* your most heartfelt desires.

✿ *A New Language for Life* will show you how to transform your life from a place of higher awareness, to trust yourself and life, and to experience an overall sense of peace and well-being—no matter what.

✿ *A New Language for Life* will help you eliminate depression, lethargy, stress, unhappiness, and even ordinary bad moods. This clear, engaging book will provide direction for those who are stuck, unsure, at cross-roads, or believe that there is more to life than what they are now experiencing.

Unlike other books, *A New Language for Life* builds on who you actually are—the essential you—so you can be happy and reach your full potential, no matter what.

A New Language for Life—Happy No Matter What! is the first book published in *A New Language for Life* series.



LOUIS KOSTER, MD, a distinguished humanitarian, served for over ten years as a medical doctor for Doctors Without Borders and other humanitarian organizations in trouble spots across the globe. He worked in war zones in Bosnia, the Sudan, Angola, Liberia, with Afghan refugees in Pakistan, and Cuban refugees in Guantanamo Bay. For his humanitarian efforts, Dr. Koster has received numerous awards and has appeared on radio, television, and in the print media. During the past decade, he has practiced medicine in Australia.

For more information, please visit www.LouisKostev.com



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