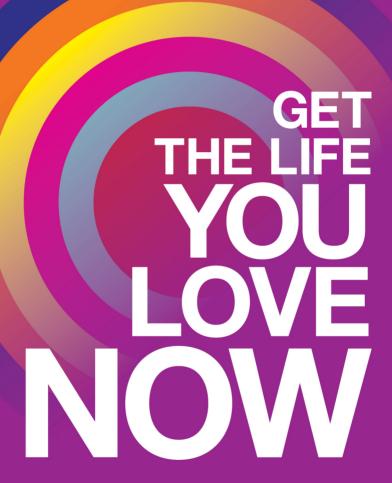
# **PHIL PARKER**

'Astonishing, swift and simple.' The Independent



THE COMPLETE LIGHTNING PROCESS
TOOLKIT FOR HAPPINESS AND FULFILMENT

#### Praise for Get the Life You Love, NOW

'I am deeply inspired by Phil Parker. His work is illuminating and practical. In Get the Life You Love, NOW he reveals what you really need to 'dû' to experience a life you love.'

Robert Holden, author of Loveability and Shift Happens!

'Given that 90 per cent of doctor's visits are the result of stress, stress-reducing techniques like the ones taught in Phil Parker's book can be not only life-saving, but happiness-saving. With power tools aimed at helping you unravel limiting beliefs and self-sabotaging behaviours that keep you from thriving, this book is just what the doctor ordered.'

Lissa Rankin MD, New York Times bestselling author of Mind Over Medicine

'To live a happy life requires different attitudes as well as new skills. Phil Parker's amazing new book provides an enjoyable and practical way to gain both. His great skill as a storyteller and his easy writing style breathe life into the usually turgid NLP genre.'

Robbie Steinhouse, author of *Think Like an Entrepreneur*, Brilliant Decision Making and How to Coach with NLP

'Phil Parker is a miracle worker who really walks his talk. His dedication to the wellness and happiness of others shines through his work, and he is always willing to support the healing and growth of all those he comes across. I have the pleasure of calling Phil my friend and I am mesmerized by the radical shifts his Lightning Process has created for others. This book is filled with love and integrity.'

Kyle Gray, author of Angel Prayers and The Angel Whisperer

'An incredible collection of easy-to-get ideas that bring super-fast results. Phil's life-healing strategies are based upon truth and his lifetime of experience. There is excellence on each page!'

Derek Mills, international speaker, mentor and author of *The 10-Second Philosophy*®

'Phil's genius is not just in helping you to connect to your own genius – if you follow his message he makes it inevitable. If you've ever wondered if there must be more to life than this, there is... the magic is right there between your ears. But the best news is that the way to access it is right here in your hands.'

Ali Campbell, life coach, hypnotherapist and author of Just Get On With It!

'Phil Parker is an expert on the mind-body connection and how to create happiness and fulfilment. His work has already achieved fantastic results with people around the world – this book gives you the tools to do the same.'

David Hamilton, author of *Is Your Life Mapped Out* and *How Your Mind Can Heal Your Body* 

'If you have just found yourself with this book in your hands, it is usually for a reason. Phil Parker shapes this book so that it becomes easy to make changes and live a life that isn't held back by the boundaries of the mind... he also is a really nice chap.'

John Whiteman, author of 9 Days to Feel Fantastic and originator of 'The Way'

'With this book we will be able to reclaim our personal power and inner resourcefulness, taking charge of our lives positively and actively. It gives us a way of retraining our mind so that we manifest a life that we truly want to live.'

Emma Roberts, EFT trainer and author of Step-by-Step Tapping and Even Though I Have Cancer

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Thanks as ever goes to all those working hard behind the scenes in the Hay House family worldwide for helping to get this out to you, and to Sandy, my long-suffering editor.



If you want a life you love, starting right NOW, then this book is for you.

It's designed to take you through the steps of my world-changing Lightning Process<sup>®</sup> (LP), which will dramatically improve your levels of happiness, your sense of fulfilment and your future.

#### WHAT YOU'LL LEARN

This immensely practical book will take you on quite a journey, which is divided into three phases:

#### **Awakening**

In which you may be surprised to discover that **you are a genius** after all. Don't worry if that doesn't quite sound like you, as I'm absolutely certain, no matter how far off being a genius you feel right now, that *is* going to change after reading this book.

You'll also learn to identify how and when you're getting in the way of your own happiness and fulfilment.

#### Integration

You'll be guided through the precise steps required to instantly change your mood and start to uncover solutions so you can **be empowered in any situation.** 

#### Resilience

You'll learn tools based on the latest research into how the brain learns – to make these **changes actually stick...** 

So you can start living the life you love NOW.

#### THIS BOOK IS FOR YOU IF...

You want to address the type of issues listed below:

- Unhappiness, sadness, hopelessness, feeling flat
- Low self-esteem, self-doubt, uncertainty, perfectionism, fear of failure
- · Stress, feeling overwhelmed
- Cravings, smoking, overeating
- Struggle, boredom, lack of purpose, procrastination
- Guilt, feeling you are responsible for everyone else's problems or others' happiness
- Blaming others, feeling like a victim or bystander in your life
- · Frustration, anger, repetitive thoughts

Or want even more...

- Vitality, enthusiasm, motivation, excitement, positivity, boost to your health
- Confidence, to be present, to feel more connected
- To improve your inner/self-talk
- Love, peace, happiness, fulfilled relationships
- To seize the moment, take responsibility for your life, be someone who makes things happen
- To like or love every aspect of yourself
- To know you can do it, and do the things you say you want to do
- To make the most of your life, be who you want to be, be the most powerful force in your life

# NOT TO HAVE A GREAT ONE RIGHT NOW.

This final point reminds me of the brilliant passage by George Bernard Shaw:

'I rejoice in life for its own sake. Life is no "brief candle" to me. It is sort of a splendid torch which I have a hold of for the moment, and I want to make it burn as brightly as possible before handing it over to future generations.'

So, if you want some of this and you're prepared to work for it, this book will give you the chance to change your life.

# WHAT ARE THE ORIGINS OF THE TEACHINGS IN THIS BOOK AND THE LP?

I designed the Lightning Process after researching and working in a number of areas.

First, I spent a long time considering the question, from both my personal and professional experience:

#### What makes for a happy life?

Second, I became skilled in the transformational fields of NLP (neuro-linguistic programming, an approach for making rapid change), coaching, osteopathy (a holistic physical therapy) and the mind-body connection.

Although you might be able to identify some elements of these methods in the LP, it's much more than simply a mixture of these approaches. Certainly that's the experience of the many NLP experts and osteopaths who use the LP to finally make the changes that have eluded them previously.

Third, there seems to be an element of fundamental human wisdom in the Lightning Process, as many of the thousands of people I've helped get the lives they love have told me how well the Lightning Process fits with the core teachings of many spiritual philosophies – approaches that, until that point, I hadn't studied. It also resonates with many of the core ideas behind newer philosophical approaches, such as Eckhart Tolle's *The Power of Now* (coincidentally published in the same year I designed the LP) and Rhonda Byrne's *The Secret*.

This suggests to me that there are some core skills or concepts we need to learn as humans to have great lives. Throughout history the great mystics and philosophers have stumbled upon them and attempted to make them available to all. Unfortunately all too often people found that it was pretty difficult to work out what these great minds were saying or to put those concepts into practice.

However, I think the following simple question deserves a simple and practical answer:

#### What do I need to do to get a great life?

Based on my experience, of what actually works in the real world, that's exactly what you are holding in your hands now.

And because life's too short not to have a great one right NOW, let's get to it...

# PART I **Awakening**

'Remember not getting what you want is sometimes a wonderful stroke of luck.'

Dalai Lama

The first part of the journey to getting a life you love explores how, somehow, we often manage to avoid getting the life we love; how the essential element to any change is recognizing what we need to change and when to take action. And so Part I is all about getting a fresh perspective on these important areas — one that is eye-opening and life changing.



## CHAPTER 1

# Where It All Begins

My journey in designing the Lightning Process and writing this book, as with so many extraordinary adventures, started with a crisis.

I was 21, in my first year of osteopathic college and a professional guitarist, when I came across something devastating, which was to change my life forever...

#### SHARKS!

They're really dangerous with their rows of razor-sharp teeth! But it wasn't a shark that caused me such devastating problems. Strangely enough, it was something much more sinister. Yes, that killer machine...

#### THE FAMILY CARAVAN!

Or more precisely the glass within its back window.

We were all pushing the caravan as it had become stuck in a dip, so we began rocking it backwards and forwards to free it. I was leaning heavily with my outstretched palms flat against the rear window, as I done many times before, when my left hand cracked the window and plunged through the glass, lacerating my wrist. This was bad enough, but because the others continued to rock the caravan, unaware of the developing situation, the broken glass also rocked backwards and forwards on my outstretched arm and wrist.

From my detailed knowledge of the anatomy of the forearm, which I'd just covered in the previous academic year at college, I knew this was not a good thing.

Narrowly missing slicing the main arteries, which would have caused my very rapid death, instead I had severed a number of muscles and one of the major nerves of my hand. This nerve, the ulnar nerve, is also called the musician's nerve as it supplies the signals to the muscles needed to perform the delicate movements required by a musician in order to play an instrument.

#### **DOCTORS AND A GYPSY JAZZ GUITARIST**

When I discovered the extent of my injuries at the hospital, I knew it was very bad news. Once a nerve is severed it can no longer transmit signals from the brain to the muscles and, just like pulling the power cable out of computer, the muscles just don't work any more. Furthermore, to get things back to normal, the nerve has to regrow from where it was cut and find its way to the particular set of muscle fibres it is supposed to be controlling.

The surgeon told me that a complete recovery was extremely unlikely. He told me that 'neurologically speaking' I was 'old' and, even if my nervous system did, by some remote chance, get a burst of youthfulness and regrow, the chances of it growing in the right direction and reconnecting with all the muscles were minimal to impossible.

His prognosis: 'You'll never be able to move your fingers again.' This was the worst possible news. After all, there aren't that many one-handed osteopaths or guitarists! My dreams and career were over, my future destroyed. But this new future was not the one I wanted, so I immediately sought a second opinion.

The second surgeon said, 'You will never be able to move your fingers again; you will be left with a claw hand.'

Not the answer I wanted either. I wanted to recover my hand function and my future depended on it. Sure, I could get by in life with just one functioning hand, but not in the careers I'd set my sights on. I kept thinking: *Surely there must be a way*.

To be honest, much to my parents' and teachers' annoyance, I've always been a bit like this. If someone says you can't do something, a part of me always wonders and questions whether

that's actually true. So, I followed the doctor's rehab advice while seeking additional medical and alternative therapy opinions. But I just kept being given the same message: 'You're out of luck, your hand will never recover.'

In spite of this, I kept asking different people and eventually found Romy Paine, an inspiring physiotherapist, who agreed with me that there was no reason why I couldn't make a full recovery.

I also came across another important figure, and one who was to play a large role in the creation of the Lightning Process and this book, albeit years after his death. His name was Django Reinhardt and he was a Gypsy Jazz guitarist. He played the guitar brilliantly until he was caught in a fire that raged, by bizarre coincidence, through his caravan. His left hand was burned so badly that he could barely use two of his fingers, and had to completely relearn to play the guitar. Yet, despite his injuries, Django went on to create a whole new musical style and is considered to be one of the most significant guitarists of the 1930s.

In case you're wondering, I did recover. After just three months, I began to see signs of improvement and was playing the guitar within six months. But what's more, I did work as an osteopath and I did become a professional guitarist, record albums and play to huge crowds. But I wondered why I got better, in spite of the hugely negative, but well-informed, medical opinions. What enabled me to be able to use my hand again, when I saw so many other people with the same injury, both when I was in rehab and later as a clinician, who just didn't? When I looked back at this time, I was struck by a number of things. First, I'm certain that the medical care helped, but I think of even more significance were:

- My determination to recover.
- The importance of fully recovering coping with one hand meant giving up my future plans.
- My decision to keep on asking for opinions, hoping to find someone who would support the possibility of my recovery, despite all the negative medical assessments.

#### **AWAKFNING**

- Finding someone medically qualified who believed I could recover.
- Choosing to ignore the balance of opinion (I only ever found one other person who agreed that I could recover).
- Finding someone else who had been through something very similar to me and overcome impossible odds.

I'm also indebted to that younger me who led me doggedly from disaster, through hopelessness to success. That journey definitely changed my life path and confirmed my view that we really need to understand and harness the power of the mind to influence our body, our life and our future.

It also made me realize that, even when the world really seems to be against us, and everything looks like it's going wrong, it's just a phase, just part of the journey, and we will look back at some point and see it for what it really is – some kind of opportunity. The Dalai Lama best summed up this perspective when he said, 'Remember that not getting what you want is sometimes a wonderful stroke of luck.'

**EVEN WHEN THE WORLD** REALLY SEEMS TO BE **AGAINST US,** AND EVERYTHING LOOKS LIKE IT'S GOING WRONG, IT'S JUST A PHASE, **JUST PART OF** THE JOURNEY



# CHAPTER 2

# Prepare for Take-off

Working through this book will be a bit like hanging out with me for a few days, so it's probably useful to get a sense of my approach to the process of change. I believe:

- that change happens best when undertaken with kindness, compassion and fun. And if it's not fun, it's probably not worth doing.
- that everything should be able to be simply explained; being so clever you can write books that very few understand only means you can't explain it very well.
- there are many things that we think of as being 'impossible', but often that's only because we haven't done them yet.
- that change takes very little time.
- we need to be bold and embrace new, unexpected ways of looking at things; a must for this 'road trip for the mind and soul' of a book.

If you're reading this book about change then you're likely to share some of these ideas, so welcome aboard. But, before we set off, let's run at full speed through some ground rules to make the journey ahead easier. Once you've got your head around those then we can start to crack on with the main job, which is to have a brilliant life NOW.

#### WHO ARE YOU GOING TO BE?

I would love to be there with you as you read this book, helping you work out what was going on, what was keeping you stuck, to coach, assist and support you. But, obviously, I'm not. So naturally this role is going to fall to you, as no one else will be checking to make sure you're doing what's needed.

Many people have commented that getting what you want requires a commitment to doing whatever it takes. In that spirit, this first exercise is designed to help you actually get something from this book, rather than it just being another self-help book providing interesting ideas with no real change.

Also, at this point, it might be helpful to start a journal or workbook, so that you can write down your answers as you work through the exercises and elements of this book, as well as any notes that seem relevant.

#### Exercise: the elements of success

Take a moment to think about a personal success story, or one experienced by someone you know. Write down your answers.

- What were the three core elements that made that success happen?
- What three things are you going to do to make sure that you apply these incredible tools so you can get what you want out of life?
- Finally, knowing yourself better than anybody else does, what are your key ways of getting in the way of success? There are a 1,001 possibilities but sabotaging strategies might include, for example, suddenly finding the idea of cleaning out that cupboard much more captivating than reading this book or doing the exercises; reminding yourself how nothing ever really works, so it's not worth bothering; or channelling your energy and time into putting other people first and neglecting your needs because you feel you don't deserve it at some level. Make a list now of your top five sabotaging strategies.

- By the way, it's fine to have sabotaging strategies, everyone does, just don't go off track by beating yourself up for having them. Instead, just congratulate yourself for recognizing their presence. Becoming aware of the kinds of things that have kept you stuck is the first step to change. Once you've recognized them, you can then use the tools in the following chapters to deal with them, so they'll no longer have any power over you.
- Finally, just for a moment, consider what would that be like to have finally resolved this stuff, once and for all?

#### **INFLUENCE**

The previous exercise echoes one of the themes running through most of my work – the idea of 'influence'. For clarity, let's begin with a definition. Being someone with an influence means:

- Having a say in how things turn out.
- Being able to make a difference to what happens next.

Central to this is recognizing:

- A. Which things you do have the power to make a difference to the things you can influence;
- B. Which you don't the things you can't influence.

Using your 'influence' is to take action to make a difference to those things that fit into group A.

Later we'll discuss how to recognize which parts of a situation we can influence and which parts we can't, and also how to deal with those times when there seems to be nothing we can change. You may be surprised to discover that, actually, you are more influential in your life than you ever could imagine.

This self-empowering idea of influence allows us to recognize and utilize the power we have to change our lives for the better. For most people, this sense of empowerment is freeing and lifeenhancing. For others, however, this idea of having a say in what THERE ARE TWO KINDS
OF PEOPLE: THOSE WHO
THINK THEY CAN
AND THOSE WHO
THINK THEY CAN'T,
AND THEY'RE
BOTH RIGHT.

happens next can, initially at least, appear to have some unwanted consequences. In this case, the idea of influence may:

- Result in a person feeling overwhelmed by the thought of taking responsibility for making a difference;
- Create a feeling of disquiet due to the realization that if they want change then they're going to have to take action personally, rather than relying on others to make the change happen for them.

On closer examination, however, most people begin to see that these consequences are actually good news.

First, realizing that feeling overwhelmed when it's time to make changes highlights one of the key issues this book will help you to resolve.

Second, knowing you are the one who's in charge of making that change empowers you to recognize that you have a free hand in redesigning your future.

Third, although other people can help you, you start to realize that you don't actually *need* anybody else to make it happen. So you are free to start to create the future you want because you have the essential people needed to make it happen – and that's just you – already here.

The final potential consequence of 'rediscovering your influence' is that some people misunderstand it as feeling as if they are to blame or, as it's sometimes phrased, 'responsible' for the problem. You can see how they figure this out – it's a mistake, but quite a reasonable flow of ideas, and goes something like this:

- If they now realize they have the potential to influence a problem they have been stuck with;
- They now see they have the possibility of changing it;
- They can then create a sense that they 'should' have changed this before now.

However, this is a complete distraction. When we look at the idea of influence it's really not relevant why it has not changed before;

the only thing that's important is what happens next. We'll cover this aspect in more depth in the chapter on 'beliefs' (see page 219).

Influence and blame are like two polar opposites; when people feel blame it usually disempowers them, so they become less and less influential. When people are truly being influential in their future in a positive way, there is an absence of blame because the focus is entirely on the question:

How do we make things different?

Try out this idea of influence and learn to distinguish it from blame by using the exercise that follows.

#### **Exercise: The bus driver**

Imagine you're a passenger on a bus being driven by a person with diabetes who has failed to look after their blood sugar levels for the last few days. The driver slumps into a coma at the wheel and the bus heads towards the oncoming traffic...

'Who is "to blame" or "responsible" for the impending disaster?'

I would imagine your answer would be along the following lines: clearly it's the bus driver; their job is to be fit for work and well enough to drive the passengers around safely.

However, if we ask the influence question:

'Who can influence what happens next?'

Your answer is likely to be: 'anyone who can get to the steering wheel in time'.

Therefore, you have effectively distinguished 'blame' from 'influence'.

#### **STORIES**

Throughout this book I'll be using stories as one of the ways to explain things. At first glance, this might seem like an unfamiliar

way of helping change occur but, actually, it's a very powerful way of starting to shift things that might have been stuck for a long time. One of the reasons for this is that most people try to use logic and rationale to work their way out of a particular stuck way of thinking but when that doesn't work are unsure what to do next – except to try, once again, to work through the issue, logically and rationally.

It seems this is a common default setting for dealing with problems for which we can't find solutions. If our plan doesn't work and we have no other options, we just try the same solutions again and again. Unfortunately, this just makes us feel that there is no solution rather than leading us to a realization that we are using an approach that we've already demonstrated isn't going to work.

For example, you're about to leave the house, but discover you've lost your keys. You look in the three places you know they must be: the table, your other clothes' pockets and your bag. But when you don't find them, you check the table, your pockets and bag again...

However, stories don't use that rational, logical part of the brain, which has failed to come up with a solution so far; they access very different parts of the brain, which involves thinking in more creative and unconscious ways. In fact, recent research¹ shows that this type of non-linear thinking is a very important part of coming up with new solutions. In one study, a group of students were asked to come up with new uses for a familiar object. Then they were asked to stop the task and split into three groups. The first group was asked to have a break, the second group was asked to focus very hard on a new subject, and the third group was asked to engage in an activity that encouraged their minds to wander. All three groups were then asked to perform the original task again. This time, the members of the third group, the daydreamers, were able to come up with 41 per cent more possibilities than either of the other two groups.

So, you can see how stories can be a helpful mechanism in understanding things from a new point of view, processing things

at a different level and useful in explaining some of the more complicated concepts in simple ways.

This next section on beliefs starts with some stories.

#### **BELIEFS ARE YOUR PASSPORT TO SUCCESS**

When travelling through foreign lands you need to ensure that you have the correct visas, passports and other documentation prepared before starting off. Your beliefs will be your passport to success on this journey, so before going any further you'll need to check your papers are in order...

#### **Jumping fleas**

A man who owned a travelling flea circus once shared with me the secret of his success. For those of you who don't know, a travelling flea circus is a tiny circus in which all the acrobatics are performed by jumping fleas, instead of humans.

Confidentially he informed me that the real trick of having a successful travelling flea circus is to have the best jumping fleas. And the best jumping fleas are found in the high Mexican desert. The problem with these Mexican jumping fleas is that they jump incredibly high, as high as a horse and, as a result, are very difficult to catch and even more difficult to train.

'The secret,' he said, 'is to know about how much these Mexican jumping fleas love to have fiestas. For not many people know that every full moon is a cause for celebration for these fleas, and the way they like to celebrate involves drinking strong tequila and dancing wildly through the night to mariachi bands.'

So whenever he was passing that way he waited for the moon to be full. He would sneak into the desert, listening intently for the tiny giveaway sounds of wild whooping, the shaking of maracas and the scent of tequila.

Then the next morning, while the Mexican jumping fleas slept off their dreadful hangovers in the long cool shade of a cactus, he would place a jam jar carefully over each one. He carried a suitcase with a selection of crystal-clear glass jam jars of different sizes for exactly this moment.

As the morning rolled on, the fleas would wake with tequila-sized headaches and, as they always did, jump as high as a horse into the air. But unexpectedly, just a few inches after take-off, their already sore heads came into contact with the bottom of the upturned glass jar. Shocked, they tumbled to the ground and in an attempt to escape, jumped again. They rose off the ground only to find that once again they hit something, tumbled down dazed, confused and hurting, but desperate to escape jumped again and again.

Now, not surprisingly, it doesn't take long for a hungover Mexican jumping flea to realize something is wrong and accommodate this new, unexpected experience.

'Within minutes,' he told me, 'you can observe the Mexican jumping fleas jumping, but now instead of jumping as high as they can, they adapt so they jump to just below the glass ceiling of the jam jar.'

After just a few hours, he carefully removed the glass jars, but as the fleas were now only jumping to just below where the jar was, they never found out that there was nothing stopping them jumping to their full potential. And as the jam jars were different heights, he had effectively trained them to jump to the heights that he specifically wanted.

He finished his tale with a sigh, 'It's sad,' he confided, 'to notice what happens when fleas from other circuses retire from their long service in circus work. For even though they are still capable of it, they never jump to their full ability ever again, continuing to jump precisely to the height of their original jam-jar prison.'

I, however, owe my fleas a debt of gratitude for their work and make it my mission to retrain my retired fleas back to their normal exuberant jumping height. It makes my heart glad to watch them leaping away, in search of the next full-moon fiesta...'

#### Four-minute mile

Until 6 May 1954, it was considered a fundamental truth that humans couldn't run a mile in any less than four minutes. Many people had tried to break this barrier, but it just seemed to be a physical impossibility; after all the human body, like any other complex machine, must have limits, and this seemed to be one of them.

And then on that Thursday in Oxford, Roger Bannister broke that barrier, running a mile in three minutes and 59 seconds.

What happened next was even more fascinating, as many other athletes who'd tried and failed to breach the four-minute barrier in the previous months and years also found they could now break that limit. They hadn't become any better trained or even faster, they just now knew, or believed, it was possible.

Both these stories illustrate how beliefs often get in the way of having a life you love, or as Henry Ford so eloquently said: 'There are two kinds of people: those who think they can, and those who think they can't, and they're both right.'

Your beliefs are incredibly important, so start by using the following exercises to get yours working for you.

#### **Exercise: Possible or impossible?**

Having read the stories on pages 16–18, check your beliefs are aligned with what you want to achieve and answer this important question:

#### It is possible or impossible for me to get a life I love?

Hopefully you realize now that, of course, it is possible.

#### Be inspired

Take a moment to use the following powerful process to help enhance your positive beliefs even further. Keep a record of your answers in your workbook.

#### Prepare for Take-off

- What belief about change would you love to have?
- Who do you know who would fully support and champion that belief for you?
- Imagine if they were with you now, what would they say to you?
- If they were to give you a gift that symbolized their message to you, what would it be?
- Accept that gift and choose to place it somewhere within you that feels right.
- Notice how it feels to move on through the book with their presence always with you.