

Dissolve The Mental Shackles Which Are Holding You Back From Success

How To Break Free Of The Mental Blocks Which Are
Blinding You To Opportunities Around You

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Ask yourself the following questions:

1. Are you feeling glad to be alive right this very moment?
2. Are you living in the present moment as you read these words? In other words, do you feel powerful, alive and inspired?

Probably not – and you can go easy on yourself if you're not, because, as I say on the CD set *The Effort-Free Life System*, we spend at least 99.5% of every day in the past or in the future (though you may not realise this yet).

Here's a quick way to get present right now: be grateful for your life, and everything that has happened so far. I'll explain how you can do this in this short e-book.

Scientists Agree – Be Grateful For What You Have

Two scientific studies have taken a look at gratitude and come to some interesting conclusions.

Being grateful reduces the risk of major depression, anxiety, alcohol dependence, phobias, and bulimia, according to the *American Journal of Psychiatry*.

As well as helping to avoid these problems, another study (by Bob Emmons) showed many positive advantages.

In the study people were encouraged to keep a gratitude diary. As a consequence the researchers found that they became more alert, enthusiastic, determined, they exercised more, and reported more progress towards their personal goals.

One section of the study looked at adults suffering neuromuscular disease. Those who used gratitude in their lives were found to have higher energy, positive moods, better sleep, and better connections with those around them.

So if you are ill, being grateful for what you have in life brings real, measurable benefits.

Grateful For What?

Okay, so if gratitude really works, what can we be grateful for?

Many books and courses encourage you to be grateful for what's around you now, compared with how things were if you lived 50 years ago:

- Better healthcare
- Cleaner air and water than ever before
- Fewer contagious diseases
- Better foodstuff at lower prices
- Technology to make our lives easier
- Access to information via books, Internet, audio courses

And then there's the environment around you...

Out in nature, in our local parks for example, there are wonderful trees, plant life, children playing, scents from flowers, glorious sunlight, birdsong, squirrels, the sensation of the wind on your face, the peace that nature provides in a park if you're living within a city, the peaceful surroundings of nature if you're out in the countryside and these are just a few suggestions.

Being grateful for all these things can bring you good results – but for real, long-lasting benefits you'll need to go much deeper.

For Massive Results...

To really 'get' what I'm talking about, I want you to be grateful for your past, your present and your future.

Bring to mind an upsetting or challenging event from your past, and see if you can be grateful for it.

The best way to do this is to list the '**Partly Hidden Upsides**' to each one using the 8 Wheel of Life headings:

- 1. Money**
- 2. Career**
- 3. Personal Growth**
- 4. Partner/Romance**
- 5. Friends and Family**
- 6. Health**
- 7. Fun and Recreation, and lastly...**
- 8. Physical Environment**

For example, if you were badly bullied at school 20 years ago you may still feel upset about what happened. Alternatively, one of the following may have happened:

- A parent or sibling died
- A parent hit you or shouted at you
- You got dumped by a partner
- You lost money in a business venture
- You were made redundant
- You damaged your body
- You lost valuables in a fire or flood

After you have identified the event, the next step is to take a sheet of paper and put the heading, "Partly Hidden Upsides to <my issue>", at the top of the page:

Now list all the upsides to that event happening. I call them Partly Hidden because they are in your mind but obscured by mental clutter.

Let's take the bullying example, starting at the top of the Wheel of Life list work your way through much like we have done below.

Money

Ask yourself how has being bullied at school improved your Money situation?

You may write:

- I learned to stand on my own 2 feet, and as a result I started saving money regularly
- I stayed in more and spent less on going out so I ended up saving for a computer
- I value myself more so I value money more

Keep listing until you run out of ideas and then move to the next heading.

Career

How has being bullied at school improved your Career situation?

You may write:

- I went to a martial arts class, and that's where I met Steve, he introduced me to Julie, and she helped me get my first job!
- I became more confident, so I came across well at my first interview.
- I stayed at home more after the bullying incident so I studied more, got better grades, and this helped me get a good job.
- I stopped being around certain people at school and started going around with others who taught me how to think more positively about my potential in the world.

Keep listing until you run out of ideas, and then move to the next heading.

As you write, you may get an insight which you can slot into a previous heading. If so, do it now before you forget!

When do you stop writing? When you are able to say 'thank you' for this event.

Imagine you went out on a shopping trip and bumped into the leader of the bullying gang. Would you run up to him (if it was a man), give him the biggest hug and tell him how pleased you are to see him again?

You would? Good for you!

Or would you say "No way José" and ignore him? If so, you need to keep working at the list! You are still not feeling complete gratitude for what happened.

And if you're still stuck, there are further ways in the Effort-Free Life System to help you break free. Plus, if you get the Silver or Gold Edition, you'll have an Effort-Free coach you can ring who will help you dissolve these mental shackles which are holding you back. And that's guaranteed!

Limiting Beliefs

We all have limiting beliefs about life. In the Playbook for the Effort-Free Life System we've listed hundreds that you can tick off and say "yep, I've got that one, and that one, and – oh no! – that one too!"

If you're willing, write a few of these down now.

You might write:

- Money doesn't grow on trees
- Massive action is the only way to succeed
- I don't deserve to have a fabulous relationship
- I'll never weigh less than 'x' pounds

Go on, write a few of your own – or copy down or modify one or more of the above.

Now pick one. Can you be grateful that you have had that Limiting Belief up until now? How has it served you? What are the Partly Hidden Upsides to having this Limiting Belief in the past?

Certainly they kept you from harm in many cases.

Yesterday I was talking with one of my customers who owns a business: Sanjay Shah. He pointed out that we were taught “*Don’t talk with strangers*” when we were children, and that kept us out of danger at that age. But when we’re adults and wanting to find a life partner, it’s time to put this Limiting Belief and others behind us.

I spoke with Wendy Greer 2 days ago. Wendy is a very talented Effort-Free Coach at Learning Strategies. She says, “When clients ring me with issues I help them to look at their Limiting Beliefs, they find it much easier to accept them and melt them away once they’ve seen the gifts in them.”

So there’s no need to fight your Limiting Beliefs. Say Thank You, be appreciative, see how each one has served you – and you’ll most likely feel light, free and energised. You’ll begin to look at what you really want to do with the rest of your life. You’ll get inspired. You’ll start moving towards it.

Present and Future

Look too at what you have in your life right now. See how this too has served you until now. I know it’s easy to read my words and not do the exercises I advocate. I’ve been there myself many times in the past.

But what if...

What if you did the exercises and your life suddenly became richer, more fulfilling, more inspiring? Would you be willing to devote a little time and energy right now to experiment?

Good for you if you are! And if you’re not, that’s fine with me too! Really!

And take time to review any future events that are coming up, such as tax dates, potentially ‘challenging’ meetings, and so on.

Can you be grateful for those too?

A Spiritual Perspective

When I created the Effort-Free Life System, I only refer to God 4 times in the entire program, and these are in words written by other people. I did this because some listeners may have reacted negatively if I'd put more references in.

Whatever your beliefs, try this on for size: what if there was only one force in the universe and it was love? And if every particle in the entire universe is love, then everything else we see is an illusion.

When I was made redundant from my job 14 years ago, I didn't say thank you! I was angry, resentful, upset and self-righteous.

I rang up a dear friend named Jeff Braun who, with friend Will Wright, created the computer games SimCity, and The Sims, the biggest-selling PC game of all time.

Jeff told me, "One day you'll look back and realise that this redundancy was the best thing that ever happened to you."

I knew he was right, but I didn't feel it in my heart.

It was a few years later that I finally 'got it' that I was truly grateful for what happened as I was in a better place mentally, spiritually and financially!

The journey of life is a journey of awakening. And at every moment the universe is gently, kindly and lovingly encouraging you to wake up from the trances of limitation.

It's just that you don't realise it.

Someone argues with you and you get upset rather than say 'Thank You' and love them back.

Yes, there are many times in a week when I react to events and judge them – either at a gross or subtle level – and there are more times now when I say Yes and Thank You to 'challenging' events.

Are you willing to join me on this journey?

Remember: all the sad events in your past were simply the universe giving you a gift. A gift that if you embraced it and were appreciative of it, would enable you to wake up, feel pure love for the world, and create the life of your dreams.

Receiving a "Thank You"

I'm sure you can remember a time when someone thanked you out of the blue for something you've done.

I bet it almost certainly gave you a lift.

I have occasionally had letters thanking me for work I have done, for example, just saying thanks for putting together the Effort-Free Life System, and I always appreciate when this happens, I feel better.

So you and I know that we feel good when we both give and receive words of thanks.

So how about committing to being grateful for the next say 2 weeks, and see what happens?

Here's What You Can Do...

1. Promise to write at least 2 "I am grateful for..." statements each day, but make these a stretch by being grateful for something you'd normally resist, and follow your statement with a reason why you're grateful.

For example, if you have a boss who you felt gave you a hard time about some work you did for her, you could write:

"I am grateful for my boss challenging the work I did, because I got to listen carefully to what she wanted, and deliver work she was happier with."

Do you see where I'm coming from? This way you'll see at least one Partly-Hidden Upside to each challenge you faced each day.

2. Listen to one of the Thank You tracks on the Thank You For Everything CD daily or at least every other day: I guarantee you'll see each day in a new light, and find your days become more effort-free!
3. Say or write thank you to someone every day, and elaborate on the thank you: "Thank you for that information: I really appreciate your thoughtfulness." Or: "Thank you for the time 3 weeks ago when you..."
4. Write down any insights or resulting miracles in your daily Miracles Diary: "I said thank you to Jim today, and he went out of his way to help me all day. He transformed a potentially stressful day into one which was great fun!"

2 Miracles

To inspire you, here are 2 miracles that happened to me as a result of doing this exercise:

A few years ago I promised myself I would do step 3 every day for 2 months.

Often I would climb into bed and remember that I hadn't done a Thank You, so I got out of bed, grabbed a card (I had a few handy), looked through my address book, picked someone out I hadn't spoken to in a long while, and got writing.

I came across the address of a consultant from Manchester Business School who I had contracted about 3 years earlier when I ran a business publishing educational software. She wrote a report on the educational software market for me, and we got on very well.

So I sent her a card saying how much I appreciated the work she did for me 3 years earlier. A couple of days later I received a letter from her thanking me for the card and telling me that she had been talking with her new husband about me the night before the card arrived!

I wrote another Thank You card very late one night to a guy called Martin who I'd met at a study group based around the works of a philosopher called Gurdjieff. I hadn't been in touch with him for about a year.

He contacted me when he got the card and told me that it arrived when he needed a good boost: he had discovered that his wife had had an affair, and they were now going to get divorced. We got to know each other better, and I encouraged him to come to a personal development seminar where I'd first met my wife Catherine.

There were 180 people at the seminar he attended. For the very first exercise he partnered with a woman called Sharon who happens to be Catherine's best friend! They hit it off, started dating, and they are now married with a young daughter.

And all because I went out of my way to say Thank You.

So I hope those 2 stories encourage you to say Thank You every day no matter what – even if you have to get out of bed to do one!!

Notice how my miracles came from action despite resistance. You'll most likely always have a voice inside you that wants to talk you out of doing the exercise.

That's reality!

Simply smile at it, and get on with what you promised you'd do.

Your Life Is Perfect

Remember there is only now. When you really come into the Living Present you notice that everything is perfect – exactly as it is.

There is no part of you wanting anything to change.

But when you are truly grateful for what you have, you get inspired, you have a vision of how you'd like your life to unfold from now on, and that's what you create, easily and effortlessly.

Contact us if you're not clear about this.

Here's something you can ask yourself when you remember:

“What is my level of gratitude for myself and my life right now?”

“Is it okay if that level increases?”

“And more? And more?”

Let me know about your experiments with gratitude – I really do look forward to hearing from you, whatever unfolds.

Here, to end this e-book, is a collection of my favourite quotations on the subject of gratitude. Read each one slowly, as if you were dining in an expensive restaurant and savouring every mouthful – rather than bolting each one down as if it was fast food on a busy day! Use a red pen to mark any that really ‘hit the mark’ for you, and touch you – and consider writing these out and sticking them around your home or office.

Enjoy!

“In ordinary life we hardly realise that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich.” – Dietrich Bonhoeffer

“Find the good – and praise it.” – Alex Haley

“Happiness is itself a kind of gratitude.” – Joseph Wood Krutch

“Gratitude is the fairest blossom which springs from the soul.” – Henry Ward Beecher

“Gratitude is our most direct line to God and the angels. If we take the time, no matter how crazy and troubled we feel, we can find something to be thankful for. The more we seek gratitude, the more reason the angels will give us for gratitude and joy to exist in our lives.” – Terry Lynn Taylor

“Give thanks for a little and you will find a lot.” – The Hausa of Nigeria

“What if you gave someone a gift, and they neglected to thank you for it – would you be likely to give them another? Life is the same way. In order to attract more of the blessings that life has to offer, you must truly appreciate what you already have.” – Ralph Marston

“When a person doesn’t have gratitude, something is missing in his or her humanity. A person can almost be defined by his or her attitude toward gratitude.” – Elie Wiesel

“True thanksgiving means that we need to thank God for what He has done for us, and not to tell Him what we have done for Him.” – George R. Hendrick

“I had the blues because I had no shoes until upon the street, I met a man who had no feet.” – Denis Waitley

“Life without thankfulness is devoid of love and passion. Hope without thankfulness is lacking in fine perception. Faith without thankfulness lacks strength and fortitude. Every virtue divorced from thankfulness is maimed and limps along the spiritual road.” – John Henry Jowet

“They are not poor that have little, but they that desire much. The richest man, whatever his lot, is the one who’s content with his lot.” – Dutch Proverb

“Real life isn’t always going to be perfect or go our way, but the recurring acknowledgement of what is working in our lives can help us not only to survive but surmount our difficulties.” – Sara Ban Breathnach

“Gratitude is the heart’s memory.” – French Proverb

“If you can’t be thankful for what you receive, be thankful for what you escape.” – Unknown

“Gratitude is heaven itself.” – William Blake

“Take full account of the excellencies which you possess, and in gratitude remember how you would hanker after them, if you had them not.” – Marcus Aurelius

“A thankful person is thankful under all circumstances. A complaining soul complains even if he lives in paradise.” – Baha’u’llah

“A single grateful thought toward heaven is the most complete prayer.” – Gotthold Lessing

“No longer forward nor behind I look in hope or fear; But, grateful, take the good I find, The best of now and here.” – John Greenleaf Whittier

“I remember those happy days and often wish I could speak into the ears of the dead the gratitude which was due to them in life and so ill-returned.” – Gwyn Thomas

“There is a calmness to a life lived in gratitude, a quiet joy.” – Ralph H. Blum

“Silent gratitude isn’t much use to anyone.” – Gladys Berthe Stern

“(Some people) have a wonderful capacity to appreciate again and again, freshly and naively, the basic goods of life, with awe, pleasure, wonder, and even ecstasy.” – A.H. Maslow

“Thou that has given so much to me, Give one thing more – a grateful heart; Not thankful when it pleases me, As if Thy blessings had spare days; But such a heart, whose pulse may be Thy praise.” – George Herbert

“Can you see the holiness in those things you take for granted – a paved road or a washing machine? If you concentrate on finding what is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.” – Rabbi Harold Kushner

“You say grace before meals. All right. But I say grace before the concert and the opera, and grace before the play and pantomime, and grace before I open a book, and grace before sketching, painting, swimming, fencing, boxing, walking, playing, dancing and grace before I dip the pen in the ink.” – G.K. Chesterton

“The unthankful heart... discovers no mercies; but let the thankful heart sweep through the day and, as the magnet finds the iron, so it will find, in every hour, some heavenly blessings!” – Henry Ward Beecher

“We can only be said to be alive in those moments when our hearts are conscious of our treasures.” – Thornton Wilder

“We often take for granted the very things that most deserve our gratitude.” – Cynthia Ozick

“When eating bamboo sprouts, remember the man who planted them.” – Chinese Proverb

Written by Chris Payne when he was at LifeTools and running the Effort Free marketing, promotion and courses. All references are his personal references with the product being the rights of LifeTools Group Ltd owners of the Effort Free course.

To find out about the Effort-Free Life System, click here: www.effortfree.com

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