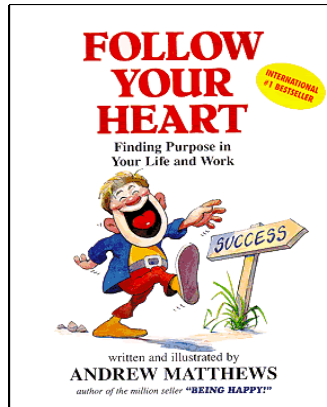


Follow Your Heart

Finding Purpose In Your Life and Work



Author: Andrew Matthews
Publisher: Seashell Publishers, 2000
ISBN: 0 646 31066 6
144 pages

■ The Big Idea

Follow your heart...

“Your mission in life is not to be WITHOUT PROBLEMS – your mission is to GET EXCITED.”

“Whoever you are, you aren’t STUCK – you are a human being, not a tree!”

This book is about...

- Doing what you love
- Dealing with bills and broken legs
- Discovering your own power
- Finding peace of mind
- Dealing with disasters
- Not blaming your mother

It’s also about...

- How HAPPY people think
- Why RICH people make money, even by accident
- What LOSERS do, and how not to be like them!

Why You Need This Book

This sensible and readable book will offer advices on how to find your purpose in life and work with humor and wit, accompanied by wonderful illustrations. This book will serve as your roadmap for your own happiness.

WHY DO I NEED DISASTERS?

The only time most us of ever learn anything is when we get hit over the back of the head! Why? Because it's easier to not change. So we keep doing what we're doing until we hit a brick wall. In relationships – when do we usually tell each other how much we care? When the marriage is falling apart, when the family is falling apart!

So is life a series of painful disasters? Not necessarily. The universe is always nudging us with gentle signals. When we ignore the signals, it nudges us with a sledgehammer. Growth is most painful when we resist it. Growth is about breaking new grounds.

Living and Learning

The people in our life are our teachers. Husbands who snore and leave cupboard doors open, “ungrateful” children, neighbors who park across the driveway...

Only for so long can we tell ourselves; “I’d be happier if these guys got their act together!”

So when does life get simpler? It doesn't! But you can learn to handle it better. When you sign up for planet earth, you get the whole "life class" which means as long as you are breathing, school is in session.

So where are my next lessons? They are usually right under our nose – and often we know exactly what they are, and we're hoping they'll go away!

In a Nutshell

We reach points in our life when we are ready for new information. Until then, something can be staring us in the face but we don't see it.

We are not here to be punished. We are here to be educated. Every event has the potential to transform us, and disasters have the greatest potential to change our thinking. **ACT AS IF EVERY EVENT HAS A PURPOSE, AND YOUR LIFE WILL HAVE PURPOSE.** Figure out why you needed to go through an experience, conquer it, and you won't need it again.

We are each a cause. Our thoughts attract and create circumstances. As we change, we attract different circumstances. Until we learn a lesson about debt, or work, or lovers, we either: (a) stay stuck on the same lesson, or (b) keep getting the same lesson in different packages.

Life goes like this. We get hit by little pebbles – as a kind of warning. When we ignore the pebbles, we get hit by a brick. Ignore the brick and we get wiped out by a boulder. If we're honest, we can see where we have ignored the warning signs. And then we have the nerve to say: "why me?"

Every person who walks into your life is a teacher. Even if they drive you nuts, they teach you because they show you where your limits and potentials are. Just because people are your teachers doesn't mean you have to like them, but you have to be willing to learn from them.

THE UNIVERSE HAS NO FAVOURITES

We might look at other people's lives and say; "What happened to the law of cause and effect?" Ralph gets a promotion and we ask: "How did he deserve that?" the neighbors celebrate forty years of happy marriage, and we say: "Why are they so lucky?" It can be confusing, but the same rules of cause and effect operate for everyone.

We get in life what we ask for.

Be adaptable!

We live in a world where things are always changing. The seasons come and go, the tide comes in and out, inflation goes up and down, people get hired and fired... you would think that we would have learned by then that the underlying law of the universe is change! Instead we get angry at life instead of admitting our inability to adapt to these changes.

What is true today may not be true tomorrow. What works today, may not work tomorrow. The only constant we have is change. If you leave home for three months, you'll find your kids have changed. Suddenly your baby is calling you "Daddy!" It's not a question of fair or unfair. Everything is moving.

In a Nutshell

If we are honest with ourselves, we can list almost everything that's ever happened to us – and see how we helped create it. Don't worry about whether the laws of the universe are delivering for your neighbor. Watch how the law of cause and effect works in your own life – in your own relationships, your own successes and your own disappointments. You will have greater peace of mind.

Happy people don't just accept change, they embrace it. They are the people who say: "Why would I want my next five years to be like my last five?"

YOUR LIFE IS A PERFECT REFLECTION OF YOUR BELIEFS

So which of your beliefs should you reject? Any beliefs that keep you poor and miserable! If your beliefs don't help you, scrap them! It's not to say they are wrong – they just cause you pain. For a start, beware of beliefs with "should" in them.

"Should" beliefs don't help us because reality doesn't understand "should". Things are the way they are. When you criticize reality, reality wins.

To see things differently, you don't need willpower, self-confidence, or brain surgery. You just need the courage to think the unfamiliar. Next time you are upset, remember it's not so much as people who make you angry, as your beliefs. Whatever thoughts are causing you pain, they are only thoughts. You can easily change a thought.

The minute you change your beliefs about the situation, your different thoughts will attract different people and opportunities.

In a Nutshell

EVERY “DISASTER” IN YOUR LIFE IS NOT SO MUCH A DISASTER AS A SITUATION WAITING FOR YOU TO CHANGE YOUR MIND ABOUT IT. You say: “But does this apply to MY illness, MY bills and MY drunken husband?” You bet it does.

THE MOMENT YOU GET TOO ATTACHED TO THINGS, PEOPLE, MONEY... YOU SCREW IT UP!

Detachment is not disinterest. It is possible to be detached and still be very determined. People who are detached and determined know that effort and excellence are ultimately rewarded. They say; “If I don’t win this time, I’ll win the next time, or the time after that.”

If you want something, give it away! Does that sound crazy? You get more of what you want, by giving away some of what you have.

Think about it. If attachment hinders the flow of good things into your life, then the opposite of that would be detachment – to the point where we give away some of what we value. What you give away will tend to come back to you in so many forms.

In a Nutshell

The trick to giving is to give without wanting anything back. If you expect something back, you are attached to a result – and when you are attached, less happens.

And should you enjoy your material possession? Of course! Just make sure you own them and they don’t own you.

WHAT YOU FOCUS ON EXPANDS

If there is something in your life you don't want, stop worrying about it and stop talking about it! The energy you put into it keeps it alive. Withdraw your energy and it goes away.

Whenever you're worried about something – or embarrassed – or even just thinking about it, other people will keep talking about it.

When you truly let go of something emotionally, it evaporates. This leads to another principle... WHEN YOU LET GO OF THINGS, THEY LET GO OF YOU.

In a Nutshell

If you turn your life into a campaign against things, the things you fight will expand. Decide what you are for.

FOLLOW YOUR HEART

Let us define what “doing what you love” is NOT. Doing what you love is not pulling in a paycheck for lying on a tropical beach. It is having a passion for something – and putting all your love, energy and creativity into making it work. It is taking risks. And usually, it is having to make it work just so you can feed yourself!

How do I rediscover my passion?

Simplify your life. Quit doing things out of habit. Eliminate some of the garbage from your routine so you can see more clearly. Switch off the TV for a month. Notice what you think about, notice what you read.

Listen to yourself. Next time a little voice inside says: "I love that, this excites me." LISTEN! What grabs you?

To find, you have to seek. If you have lost your life direction, you probably won't find it between drinks at the local bar. Give yourself a break, give yourself some time and space to examine what counts for you.

Most importantly, get comfortable with the idea of doing what you like. To do what you love doing, you have to believe it's possible. As you discover what you like to do with your time, you begin to find answers to the question, "What do I want to do with my life?"

In a Nutshell

DOING WHAT YOU LOVE IS NOT A RECIPE FOR AN EASIER LIFE; IT IS A RECIPE FOR AN INTERESTING LIFE. MOST LIKELY YOU'LL TAKE ON MORE RESPONSIBILITIES AND MORE PROBLEMS!

GOD IS NEVER GOING TO COME DOWN FROM A CLOUD AND SAY: "YOU NOW HAVE PERMISSION TO BE SUCCESSFUL!"

The Secret of Power

More than great fun, sport teaches us about our personal power. Some of the things we learn...

Live in the present moment. It is possible to think too much. You bowl your best ball, throw your best pitch, and shoot your best shot when you forget about the

score. The less you worry about winning and about what other people think, the better you perform.

Forcing things never works. Real power comes when you are relaxed. Try clubbing a golf ball down the fairway with brute strength! You are most powerful when you are not trying to prove you are powerful! This also applies to people management.

Keep your cool. Getting angry never works. Have you ever seen a golfer get angry? He's history. What about irate boxers and race car drivers? Dead meat! The same goes for parents and school teachers.

Don't hate your opponent – lift your performance! Hating things and people drains your energy and takes your mind off what you are meant to be doing.

If you think the world is against you, it is. Blaming other people doesn't work. Once you decide that everything is going wrong – that the umpires, the referees, the wind and the ball are trying to ruin your life, they will. Successful athletes are like any other effective people – they take maximum responsibility. They don't blame their mother.

Extraordinary performance stems from extraordinary commitment. The casual observer assumes that a Michael Jordan or a Steffi Graf was simply born with more talent. But many people are born gifted. A closer look reveals that the stars demand more of themselves than anybody else.

In sport and life you must concentrate on what you want. When you think about what you do not want to happen, it happens! Concentrate on what you want.

In a Nutshell

Nobody is born with special permission to succeed. God doesn't come down from a cloud and say: "Now is your time!" He doesn't say: "You can," or "You can't."
YOU DO!

WHEN YOU FIGHT LIFE, LIFE ALWAYS WINS

Tips for Relaxing/Meditating:

- **HEALING IS A DAILY EVENT.** So aim to do it every day and at the same time every day. Early morning is best because you avoid distractions and set yourself up for the day.
- **DO IT WHILE SITTING UP** – if you lie down, you'll fall asleep.
- **IF YOU HAVEN'T GOT TIME TO RELAX, DO IT ANYWAY!** Meditation gives you back more time than it takes. See it as “tuning” yourself like you tune a car – twenty minutes each day to improve your efficiency.

AND WHEN PEOPLE ARE HORRIBLE...

Try this. Every time you get into arguments, have major problems with bosses, husbands, in-laws, pull away. Sit quietly by yourself. Relax. Feel yourself accepting them. Project love to them in whatever imaginative way you choose. If this seems a radical, new age technique for you, try it anyway. Don't try and figure it out – just use it. Many people do. You may be surprised by the results.

In a Nutshell

It seems reasonable to assume that any qualities and talents you develop in this life – love, determination, compassion, basket weaving – you'll get to take with you. So our best bet is to develop ourselves to our full potential here and now – and hope the benefits are transferable!

HOW DO YOU LOVE PEOPLE? JUST ACCEPT THEM

I believe loving your neighbor means:

- ***Not judging him***
- ***Not putting labels on him***
- ***Expecting nothing of him***

This turns out to be a very practical strategy, which can save us a lot of frustration and disappointment. Like most spiritual principles, it is also excellent psychological advice.

Whenever we choose to see love in a situation, we are making progress mainly because we cannot love and resent people at the same time!

In a Nutshell

How do you love someone? Try substituting the word “acceptance”. Total acceptance is unconditional love.

YOUR MISSION IN LIFE IS NOT TO CHANGE THE WORLD. YOUR MISSION IS TO CHANGE YOURSELF

Maturity is that point in our lives when we take responsibility for your thoughts and actions. Now that you are in charge of your mind, you can change it.

Look for beauty in those around you and you will find more within yourself. YOU SEE PEOPLE NOT AS THEY ARE BUT AS YOU ARE. YOUR EXPERIENCE OF THE WORLD IS ACTUALLY YOU EXPERIENCING YOURSELF. If you do not like what you are seeing, blaming the mirror doesn't help.

In a Nutshell

In fixing your life: WORKING ON YOURSELF WORKS, AND TRYING TO
CHANGE THE WORLD DOESN'T.

We don't make our lives meaningful with one great deed. We have to see
meaning in lots of little deeds, and find a connection amongst them. The meaning
in our lives comes from what we are willing to believe in.

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