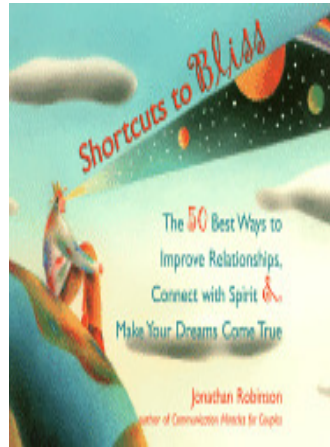


Shortcuts To Bliss

The 50 Best Ways to Improve Relationships, Connect with Spirit & Make Your Dreams Come True



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■ The Big Idea

With Robinson's 50 clear and proven power tools, you can create positive change in your life with less effort than you ever thought possible. As we get ready to enter the third millennium, we are being presented with technological changes that are mind numbing in complexity and scope. In order to thrive in this 'new world' we need to be able to quickly make internal shifts that allow us to handle the new stresses we face.

The methods presented in this book are some of the best, easiest, most effective and practical 'inner technology' you'll find for creating the life you really want. The ultimate computer is right between your ears. The fifty tools in this book will give you the edge you need to create a life of success, love, peace, and joy. In a word – bliss. Enjoy.

Features of the Book

Estimated Reading Time: 2-3 hours, 190 pages

If you're like most people, you want to find effective ways to improve your life – but you don't have much time to study self-help books. 'That's why I wrote this book,' writes bestselling author Jonathan Robinson. In this book, you'll discover the simplest and most powerful methods to benefit your life. You'll learn practical, easy ways to solve problems, manifest your dreams, and deepen the intimacy with those you love. Each shortcut takes only five minutes to read, and yet all of these techniques can lead to a lifetime of more joy, peace, and fulfillment.

INTRODUCTION

The dictionary defines 'bliss' as 'great happiness or joy'. It's what we all ultimately want. Unfortunately, in our fast paced world of endless distractions, it can be hard to come by. If you are like the author, you want to feel great, but you don't like having to read hundreds of pages in self-help books in order to find just a couple of useful ideas. That's why he wrote this book.

In this book, you'll get almost no theory or 'filler' information – just remarkable shortcuts to the life you desire. You'll learn about fifty incredibly powerful and practical tools for personal and spiritual fulfillment. These methods will help you have better relationships, increased success and enjoyment in your career, a more loving connection with yourself, and a lot more fun in your life.

HOW TO STOP WORRYING ABOUT MONEY

One of the reasons most people give for feeling unhappy is that they simply do not have enough money. If the money you currently have could assume a human form and talk to you, what might it say? If you're like most people, it would probably say something like this: 'You never appreciate me. All you ever do is complain about how I'm never enough. You're always worrying about how I might let you down in the future, or might leave you. I feel like you don't trust me at all. And after all I do for you! I'm always getting things for you, protecting you, entertaining you, and making your life easier – but do I ever get a heartfelt thank you? Nooooo!' If we treated out mate the way we 'relate' to money, he or she wouldn't want to hang around us.

Trying to get 'enough' money can be like trying to fill a gigantic bowl in which, no matter how much stuff you put into the bowl, it never fills up. We put a Mercedes in the bowl, a new house, a boat, but it never seems full for more than a few minutes. The reason the bowl never fills up is because it has a big leak in the bottom! Whatever we manage to get and put into our life, like a bowl with a leak, it quickly runs out. We are soon left completely empty.

By feeling grateful for the things in your life, a whole new energy and experience is created. Remember that even if you have millions but unable to appreciate it, you are eternally poor! The discipline of gratitude begins by appreciating whatever you currently have – even if part of you doesn't like it. You can compare yourself to people less fortunate than you are in order to feel grateful. And write a Plan B that will simply serve as a blueprint of what you could do if you ever experienced money troubles.

Worrying about money is a non productive waste of energy. By feeling grateful for what you already have and having a back-up plan in case of difficulties, you can greatly reduce the time you spend worrying. If you can do that, you will feel more relaxed and peaceful. Feeling at peace and okay in the world is what real wealth is all about.

HOW TO ENCOURAGE YOURSELF

The first and perhaps the hardest task in learning to encourage yourself is to come up with a list of at least a dozen rewards. What are rewards? Basically, they are anything that you enjoy doing or having. The best treats are ones that are not harmful to your health, are readily available, and don't cost much. That means that a week-long trip to Paris is a nice idea, but it wouldn't be good to put on your list. You can ask yourself, 'What are little things I like to do or have that I rarely treat myself to?'

With your rewards list done, you can now begin using it to shape your behavior. The first thing you can do is to ask yourself, 'What would I like to encourage and motivate myself to do?' Think of a few key behaviors that you know you should do, but often avoid doing. Perhaps it's exercising regularly, contacting new clients at work, or meditating every day.

Whatever it is, you can decide to give yourself an appropriate reward after you do what is difficult for you to do. For large tasks, such as finishing a major project at work, you might give yourself a sizeable prize. For small tasks, consider giving yourself just a small, simple treat. After a while, your brain will get the message that it's worth doing difficult tasks because you invariably get rewarded for your efforts.

A loving parent knows when their child needs encouragement, and when they need to be disciplined. Now that you're all grown up, you need to decide for yourself what you need. With practice, you'll find the right amount of rewards to help you feel motivated, supported, and balanced in life.

HOW TO GET PEOPLE TO INSTANTLY LIKE YOU

Whether you're in sales, are looking for an intimate partner, or just want to make more friends, you need to learn to make a good initial impression with people. In the first minute of any encounter, we decide if we like and trust the person we're meeting or if we would rather avoid them. Fortunately, there is a science to getting people to instantly like you. By learning how to create rapport with anyone you meet, you'll feel more confident and relaxed around people and you'll experience more professional and personal success in life.

To master the one-minute relationship you first need to know what we each want – and don't want – from other people. Human beings all have a need to be accepted, respected, and appreciated. Conversely, what we fear is any form of rejection. In general, we tend to like people who are like ourselves. We feel safer,

more comfortable, and more relaxed with people who walk and talk like us, and have interests similar to our own. Therefore, by becoming “similar” to the person you just met, there will be a strong tendency for that person to like you.

When mirroring someone, it's not necessary that you imitate every little movement they make. All you need to do is stand or sit in basically the same way as he or she. If he's sitting in a very relaxed manner, sit that way yourself. Mirroring happens all the time without people being aware of it. The next time you're having a really good conversation with someone, notice how each of you is sitting or standing. You'll probably notice you're in roughly the same body position. By consciously matching the body position, voice tone and speed of people when you first meet them, you can consistently create feeling of acceptance and trust.

HOW TO FEEL TOTALLY PEACEFUL

Meditation has been around, in one form or another, for thousands of years. Yet, it wasn't until Maharishi Mahesh Yogi taught a simple form of meditation to the Beatles that it began catching on in the West.

A mantra is simply a sound in Sanskrit that is believed to have a specific, soothing effect on the nervous system. By slowly repeating this sound to yourself, studies show that a very deep level of rest is achieved, and many people experience higher states of consciousness.

If you're like most people, you'll spend a lot of time thinking thoughts instead of repeating the mantra. That's okay. The one important rule to remember is that, as soon as you realize you're thinking something other than the word 'one', immediately go back to focusing on the mantra.

If you desire, you can choose your own mantra. It should either be one, two, or three syllables long, or have a soothing sound to it. For people who like to use two syllable mantras, the author suggests the words, “one love”. When you find a mantra that feels right to you, stay with it. Don't go changing your mantra for the sake of variety. Over time, you develop a ‘relationship’ with the mantra you use in meditation, and you learn to ride it into ever deeper states of peace and joy.

To get the greatest benefits from meditation, it's important to meditate consistently. Maharishi Mahesh Yogi suggested people meditate for twenty minutes in the morning and twenty minutes in the evening. Any amount of meditation is better than none and the being consistent is more important than how long you do it for.

HOW TO BECOME A GENIUS IN LIFE

The average person has approximately 50,000 thoughts a day. Or those thoughts, most of them are just like the ones you had the day before. Yet, occasionally you have a realization that is new, powerful, and potentially life changing. Perhaps it's an insight into how to make your relationship better or maybe it's an ingenious idea for how to complete a project at work. Whatever your insight, it likely becomes lost as it's quickly overwhelmed by all the other thoughts in your head. If you had only written it down, you could have reaped the rewards of your important realization. Yet, you don't have to let your bright ideas get lost anymore. By beginning to keep track of your most meaningful thoughts, you can start cashing in on the genius within you.

To begin with, it's critical that you keep a journal near you at all times. You never know when brilliance will strike. A recent addition to the art of journaling is to type your ideas in to a laptop computer or personal digital assistant. Whatever your means of recording, it's important to have it near you at all times so that your important realizations don't get lost.

The best time to write in your journal is the moment you think of something you don't want to forget. The more you attend to the brilliant flowers in your mind, the more they grow.

A third key to successfully keeping a journal is to structure it in a way that works most efficiently for you. Basically, people have to discover what works best for them. Some people derive the most benefit from their journal when it appears in outline form, while others prefer an unstructured way of writing. As you practice putting down your important thoughts, you will soon discover what works best for you.

The fourth key to successful journal writing is to discern what to include, and what is best not to include. If you write too much in your journal, it will become boring to read. Once again, time and practice will indicate to you the most effective manner of making use of your journal.

Once you have gotten into the journal habit, you'll need to discover the best way of making use of its contents. By keeping a journal of your most profound thoughts, you'll be able to make greater use of the genius within you. When you learn to consistently act on your best ideas and insights, the quality of your life will go through the roof.

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