

The following pages are excerpts from

FALLING IN LOVE WITH YOUR LIFE

THE FORMULA FOR
LASTING FULFILLMENT

By Peter Winslow

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CHAPTER ONE

THE SEMINAL FACTS OF LIFE

Considered by many to be the greatest culinary genius on the planet, Master Chef Ferran Adriá once said that the hardest thing in the world to do is get out of bed in the morning, look at yourself in the mirror and be happy with who you are. “Everyone wants this...” he said, “The secret to my success is that I have attained it.”

How did he do it?

When asked, Mr. Adriá said it began by knowing who he is and what he is here to do. In other words, his identity and purpose are clear.

This powerful combination is the hidden recipe for a high-performance life. Why do so few have it... and what have they got that others haven't? Is it genius, genetics, dumb luck, divine favor... all the above? Crucially, can you get it too?

You cannot. This isn't something you get; it is a matter of *what you are*.

Please consider carefully the simple truths I call the Seminal Facts of Life.

Seminal Fact Number One:

In life, we don't get what we want—we get what we are.

It comes as no surprise to discover that what you receive in life is a strong indicator of *who you are*. Although a profound realization, we can keep it plain and simple.

Who are you? One of the wisest people ever to walk among us, Gautam Buddha, kept it simple. He said: *You are what you think you are*.

You already know that our thoughts create experiences; what we think about most, the world mirrors back to us.

**What we think about most,
the world mirrors back to us.**

So, if you feel you're missing something, you'll see others who have it. If you don't really like yourself, you attract people who help keep it that way. Hold resentment or stand in judgment of them, and you are really judging a part of yourself.

And when you treat yourself with respect, you teach others to respect you. Be happy with who you are, and you find more to be happy with. Believe in yourself, and others can believe in you too.

This is crystal clear, and charmingly simple: In life, we don't get what we want; we get what we are. This is called the Law of Identity.

WHAT YOU WANT

People have told me they don't really know what they want. If you share their sentiment or are at all unsure, we'll keep it simple. What you want is to *feel good*.

In fact when you look at it you'll find that feeling good in one way or another is the intended outcome of your every desire, dream, goal and aspiration.

This can confuse those who believe otherwise, and they in the habit of feeling guilty about feeling good. For many, *feeling good* is a privilege dependent upon the Three Primary Wants—security, control, and the approval of others. But what if their limited beliefs aren't true?

Feeling good is not just the result of your circumstances; it's also the cause of what you get going forward. Put simply, feeling good about you is the superhighway to natural health, real wealth and inner peace. Feeling good must come first, not second, and not last.

No matter who we are or what our goal, to feel good is our founding aim because, in a sense, it is our *life purpose*.

LIFE PURPOSE

Ask ten different people what “life purpose” means to them and you’ll likely get ten different answers. Others admit they don’t know about a life purpose or what it really means. Most never think much about it.

And yet without purpose, we are all like rudderless ships on an angry sea, blown down and tossed around in life without rhyme or reason.

At times we happen into smooth sailing; inevitably we fall back to uncertainty, struggle, stress, and the menace of navigating in the troubled waters circling the drain.

Is this really what we’re here for, to be led around by the nose and bullied by life for no good reason? Most haven’t a clue, but you don’t have to be one of them.

Everyone you know who lives with purpose, on purpose, transcends the ordinary life. There’s just no comparison; people with purpose have what the rest will never have, or even imagine. It’s as black and white as ebony and ivory, slave and master, sleepwalking and waking up.

Seminal Fact Number Two:

Everyone has a purpose.

Here's the thing: Every one of us comes into this world with a purpose to fulfill. Some know it; many don't. Most go to their graves without ever knowing, and on the deathbed wonder why they did what they did, and didn't do what they didn't. For them it remains a mystery called the "unexamined life."

Do you live the unexamined life? Your time has come. You simply cannot keep living a lie. You feel what the philosopher Socrates once said: "The unexamined life is not worth living."

If you didn't see it before, you do now.

You were born with the desire and right to share your greatest gifts with the world and receive every benefit of doing so. And still you struggle, searching for how to make a difference and live as you were meant to. There must be a better way.

Indeed my friend, there is.

THE RIVER OF LIFE

Some people know their purpose and never have to seek it. They may not even think about life purpose at all; they just do what they do without doubting their drive and devotion to do it. We call them River people; by instinct they jump into the river of life and go with the flow.

Mozart is a classic example. He didn't have to be told what to do or how to do it; Mozart didn't even have to learn to compose music. He said his symphonies just "fell in his lap from divinity" the likes of which others have called genius.

Isaac Newton was a River person; so was Beethoven. Frank Sinatra and Tiger Woods are famous for it. These guys didn't have to take an aptitude test or personality profile to help them decide what to do in life. They did what they did naturally, passionately and with little fear of the consequences.

There are River people among us, and not all of them famous or genius. Though they be fairly rare, you know one yourself—the family member or friend who didn't fret what to study or what to be when they grew up. They knew what to do and they did it regardless of the doubters and naysayers in the way.

River people aside, the rest are said to be “goal oriented.” Goal oriented people choose by comparison, weighing the benefits and consequences of their selections, and must set goals in order to function. Without a goal to go for, they’re really just marking time until time is up.

That’s not to say River people don’t set goals. They do, but they know their purpose intuitively, internally, instinctually. They do what they do regardless of what it pays or what other people think of them for doing it.

If you are unsure about your purpose, or doubt you even have a purpose, it’s a safe bet you are not in your “river.” In fact, the best of life may be passing you by. Without purpose you’re practically dead in the water.

And to the “overachievers”—no matter your success, how grand your family, the accolades you’ve racked up and the monuments you’ve built to yourself, without inner purpose you will always feel something deep and priceless is missing. Without inner purpose, it most assuredly is.

Many are they who accomplish goal after goal yet feel incomplete. There’s an inner void, an unslakable thirst and the constant search for satisfaction, meaning, or resolve. These are people for whom inner purpose is absent. Despite earthly treasure, for them, joy never remains. By law, it cannot.

Tibetan Buddhists tell of a legend called the Hungry Ghost. It's the ravenous soul who spends life wanting, wanting, wanting more, and restlessly chasing gain for the sake of it. The stories say that as they pass from this life, they take it with them—not their troves of worldly wealth but the never-ending need and greed to consume. Their spirits find nether realms of gluttony to become a mythic archetype, a beast with Grand Canyon-sized stomach and pin-hole throat one hundred miles long, restlessly struggling to stuff itself and sate the eternal emptiness. The Hungry Ghost is a haunting image which terrifies those who recognize it.

Fortunately for us, there is another way. Enabled with purpose and identity we can flow as River people, with the natural current of our lives, gently down the stream. It is the path of least resistance and no way is easier than this.

Here is something: Inspirational teacher Eckhart Tolle has made life purpose easy for us. He breaks it into two parts—inner and outer purpose. Inner purpose is about who we are; outer purpose concerns what we do. We have but to align them for a happy, healthy and useful life.

It's very simple, he writes, because everyone's inner purpose is identical and the same. No confusion, no shades of grey, no question of degree; one size fits every one and all. Eckhart puts it gracefully: "Your inner purpose is to *awaken*. It is as simple as that. You share

that purpose with every other person on the planet—because it is the purpose of humanity.”

Everyone’s inner purpose is identical and the same.

What is it that inner purpose awakens us to? Identity. Inner purpose is to *realize what we are*. Awakening, we are reborn into beauty and truth unknown to us before.

The awakening of which Eckhart speaks is ultimate transmutation, a revolutionary realization of presence which precedes thought, feeling and emotion. Some call it the great I Am; others, the True Self.

The vast majority hold small notions about identity. To most, identity means name, rank and serial number, address, education and career, religion, personality and corporeal body.

Yet these things can change in the course of life. Many who limit themselves to shallow descriptors like these feel lost if the attributes are taken away. They are left to question who they are, why they were born and what they are here to do.

If you're one of them, you too remain fast asleep, unawakened.

To live a happy and healthy life you must know identity and purpose. It is then that all things are added unto you. Nothing and no one will stop you; no chain of events can hinder advance.

You radiate the meaning of your life as a purpose in you, as you and through you into the world around you. Your identity pulses out and returns you the rewards of being you.

You can stop sucking energy from others to get your juice; you generate true power itself—love, joy, health, wealth and happiness, to have and to hold. This is your identity. This is who you are. This is who I know you to be.

No matter where you've been or what your story, you may recreate your life as you would have it, for a hidden fact of life is this: Life does what you tell it to.

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your life as you would have it.**

Unerringly and by law, life supports any purpose and identity you hold, effortlessly and immaculately and without fail, each and every moment. This is the Law of Identity, a law which can never fail, not even once. You'll want to know more about it.

Seminal Fact Number Three:

The world operates by law.

And so do we. As part of this world, we are subject to natural law.

Do you know the laws? No matter; they work whether you know them or not. They prevail without fail, each and every moment. But far better it is to know the laws and apply them to our benefit. That is the primary purpose of science, and every scientist worth her salt will say so. It's been the mission of modern science from the start to study the natural laws of motion, energy and matter, and set them to work in our favor. Let's take a closer look.

You know the laws governing the material universe as Classical Physics. These laws were once considered by their founders as proof of Divine Intelligence, the hand of a Great Creator.

As time marched on, science systematically uncovered more and more pristine and infallible laws, and from them produced technical wonders which led to higher

and better qualities of life for more and more people. In essence, we became the Creators. Yet we didn't create the laws; we simply learned to command them through the application of *purpose*.

Intensely interesting is a field of science called Quantum Mechanics. Its focus is on the workings of natural order at the subtlest level of observation. It is here and here only that "consciousness" is included in the discourse of scientific analysis.

Consciousness is virtually ignored by Classicists, but to Quantum theorists, consciousness is the basis of everything everywhere, all of the time. It is also the first of seven universal principles which clearly identify how life works.

The omnipotent principles of which I write provide a simple illustration of a staggering realization: How the universe operates and how we as human beings fit into the plan. These principles offer one very powerful and highly effective way of discovering your identity and purpose in the world.

FILLING THE GAPS IN THE LAW OF ATTRACTION

Some teachers offer a glimpse of these great principles in what they call the "Law of Attraction." This simple

rendition of universal law is based on the notion that we can make an intellectual change to gain what we want. Yet most find it doesn't change things very much as they discover that attraction is not merely an intellectual process.

Look it up and you'll find that the Law of Attraction states: "A person's thoughts, feelings and beliefs, conscious and unconscious, cause a change in the physical world that attracts positive or negative experiences which correspond to the thoughts, with or without the person taking any action to attain such experiences."

That's all well and good, but segregating the Law of Attraction from other universal principles is like juicing an orange and throwing away the pulp; they crave the sugar but ingest none of the fiber. As you might imagine it rarely works as expected.

In fact, the "Law of Attraction" operates by the principle that you already have what you want. Those who try to get what they don't have find that, like everyone else, they still don't get what they want; they just get more of what they are.

Anyway, the question is not "how do we attract?" We all know how to attract, and we do it constantly. The wider issue is—what are we attracting, and why? The hidden

Hermetic principles hold the key to unlock and answer the mystery.

Like it or not we remain *hermetically sealed* in these principles, surfing their currents or dashed to pieces in their wake, over and again endlessly for life. There is no escape and resistance is futile. Until we align with them properly, we careen from mistake to hard-knock, depression to disaster, and insult to injury. The choice is ours; we can understand the principles and go with the flow or forever hold our ignorance.

There is a solution to your issues and an answer to your questions, your challenges, your hopes and desires.

It remains with you to choose and choose you must. This is the solution to your issues and the answer to your questions, your challenges, your hopes and desires. Don't take my word for it; suspend disbelief, consider the hidden principles and see for yourself.

We hope you enjoyed this preview of

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