

STRESS-FREE LIVING

By L. S. Barksdale

OTHER BOOKS BY L. S. BARKSDALE

Building Self-Esteem

Essays on Self-Esteem

Study Guide for Building Self-Esteem

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About the Author and The Barksdale Foundation



Lilburn S. "Barks" Barksdale, born December 4, 1908, was raised on a cattle ranch in the Rocky Mountains, and received his B.S. in Mechanical Engineering from Colorado State University in 1932. During the Depression he worked as a laborer and mechanic on various dam, road, and tunnel construction jobs until the fall of 1935 when he landed his first engineering job.

He opened his own engineering and development office in 1943, and became a pioneer in the design and manufacture of high pressure fluid controls for both aircraft and industry. In spite of wide acclaim and material success, he suffered from many stress-related ailments and was never satisfied or "happy." In 1964 he disposed of his business interests in the U.S. and abroad to devote his energies to the furtherance of human understanding.

Searching for relief from his personal pain, he concluded that his distress was caused by two things—resistance to himself and others, and resistance to circumstances. His methods for ending his resistance to himself and other people became the Barksdale Self-Esteem Program. To this he added how to overcome resistance to circumstances which became the Barksdale Stress Control Program. Both were refined over many years of sharing through workshops and seminars. The following steps for eliminating hurting emotions and destructive stress are the results of that process.

The Barksdale Foundation is a nonprofit, self-funding educational organization that was established in 1958. It is devoted to enabling people to live happier, more carefree and productive lives. To accomplish its goals, the Foundation publishes literature and audiovisual educational materials on building sound self-esteem and on how to live a life free of destructive stress.

The Foundation publishes programs for individual study, informal study groups, and professionally conducted workshops. Barksdale Self-Esteem and Stress Control programs are also offered at educational institutions, mental health facilities, V.A. and other hospitals, churches, prisons, and drug and alcohol treatment centers. For more information about Barksdale programs and materials, write or call:

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Evaluating Your Current Stress Level

Before you begin this program, it is recommended that you determine your current level of stress. This will give you an idea of how much you have to gain from working the program. It will also provide a concrete reference point for showing your progress in eliminating the destructive stress in your life.

On a scale of 0 to 4, rate how strongly you identify with the following statements—0 being the least and 4 the strongest. The more strongly you identify with these statements, the higher you score.

It is important to rate the statements according to how you *actually* feel or behave, rather than how you think you “should” feel or behave.

Personal Stress Evaluation No. 222a

Score	Statements
_____	1. I am easily angered by others' undesirable attitudes and behavior.
_____	2. I feel trapped by circumstances, demands, and obligations.
_____	3. I have a compulsive need to do “more” or “better.”
_____	4. I often put off doing things that I feel I ought to do now.
_____	5. I experience insecurity and anxiety about my future.
_____	6. I have an intense need for appreciation, love, and caring.

- _____ 7. I have a strong need for recognition and respect.
- _____ 8. I have a compulsive need to meet others' requests, demands, and expectations.
- _____ 9. I deeply resent unfair situations and events.
- _____ 10. I do not get the recognition and credit I feel I deserve.
- _____ 11. I have an intense need for attention and approval.
- _____ 12. I find responsibility difficult to handle.
- _____ 13. I have an intense need for the confirmation and agreement of others.
- _____ 14. I find my life unfulfilling and meaningless.
- _____ 15. I often feel inadequate, inferior, unworthy, and guilty.
- _____ 16. I am extremely impatient and easily frustrated.
- _____ 17. I have a compulsive need to prove my worth.
- _____ 18. I find it difficult to make decisions and stick with them.
- _____ 19. I am harsh and demanding with myself.
- _____ 20. I have a strong need to control people, situations, and events.
- _____ 21. I blame myself for mistakes, defeats, and failures.
- _____ 22. I experience anxiety about undertaking new endeavors.
- _____ 23. I worry a great deal about my work and my loved ones.

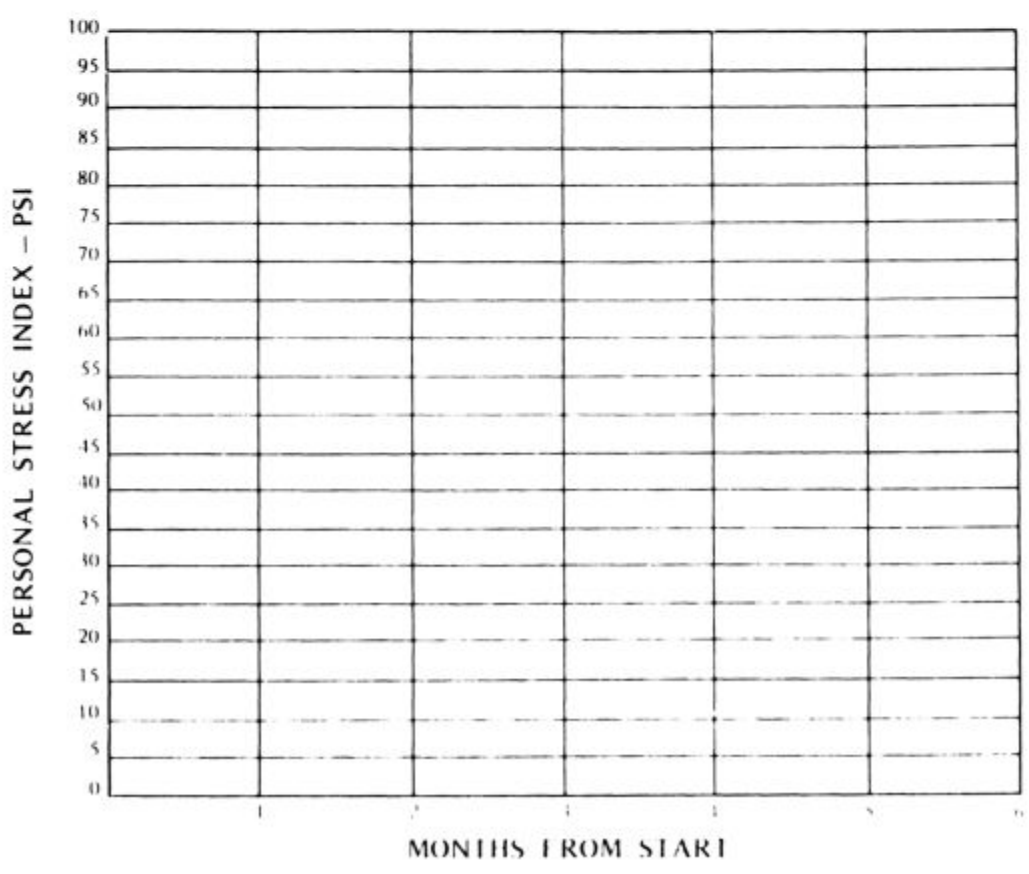
- _____ 24. I have a driving need to win—to be the “best.”
- _____ 25. I am very critical of people and displeasing behavior.

_____ **Your Personal Stress Index** (sum of all scores)

To find your Personal Stress Index (PSI), simply add scores of all stress statements. Your PSI will fall somewhere between 0 and 100. A PSI of 5 or less indicates an exceptionally low level of stress. A PSI of 20 or less indicates a favorable level. A PSI between 20 and 50 indicates a definite handicap to one’s well-being. A PSI over 50 indicates a damaging level of stress that, if prolonged, could well be higher than the human organism can tolerate.

Evaluate your stress level regularly and place a dot to show your PSI on the following chart each time. Then draw lines from dot to dot. If you are reducing the stress in your life, the line will slant down as time goes by.

Stress Control Progress Chart



Attaining Stress-free Living

This book can enable you to free yourself of the hurting emotions and destructive stress in your life if you are sufficiently motivated to use its concepts and procedures. In addition to a thorough discussion of the causes of hurting emotions and destructive stress, it provides the methods for eliminating them.

I developed this program for my own survival after years of emotional suffering that was rooted in self-rejection and resulted in intense stress that escalated into one physical crisis after another including ulcers, agonizing migraines, crippling arthritis, and finally a heart attack.

I sincerely hope my discovery, that we have the power within us to free ourselves of emotional turmoil and destructive stress, will also enable you to eliminate them from your life.

It is desirable to start your stress control program by thoughtfully reading this material from cover to cover in order to get an overview of what the program is all about. Intellectual understanding of the the true causes of destructive stress is the first step toward achieving a life that is free of its debilitating effects.

Once you understand the concepts, you can very effectively apply the affirmations that will instill this information into your consciousness at a deep level so you will automatically act and react in alignment with the realities of human behavior. This is the second step.

The third step consists of action statements designed to develop a stress-free life style.

Several terms are used throughout this book, and it is important that you are clear about their meaning, so let me begin by defining them.

By **destructive stress** I mean the mental, emotional, and physical tension generated by emotionally resisting our inability to control our universe—our inability to control time, people, their behavior, and the unwanted circumstances in our lives.

Some kinds of stress are non-destructive, such as the exhilarating tension generated by the unexpected and long awaited visit of a loved one, or the tension that causes us to look both ways before crossing the street. By “stress-free” living I mean a life free of destructive stress.

Hurting emotions include feelings such as envy, jealousy, resentment, hostility, anger, hate, bitterness, impatience, anxiety, fear, worry, embarrassment, shame, blame, guilt, remorse, depression, grief, and despair.

A **value judgment** is an observation or evaluation plus condemnation of someone or something because they do not conform to our personal values, desires, or expectations. Any time we value judge anyone or anything, we automatically resist.

Resistance is an emotional *unwillingness* to accept anyone or anything we do not approve or want.

“Feeling Good” is an overall, satisfying sense of inner peace and well-being.

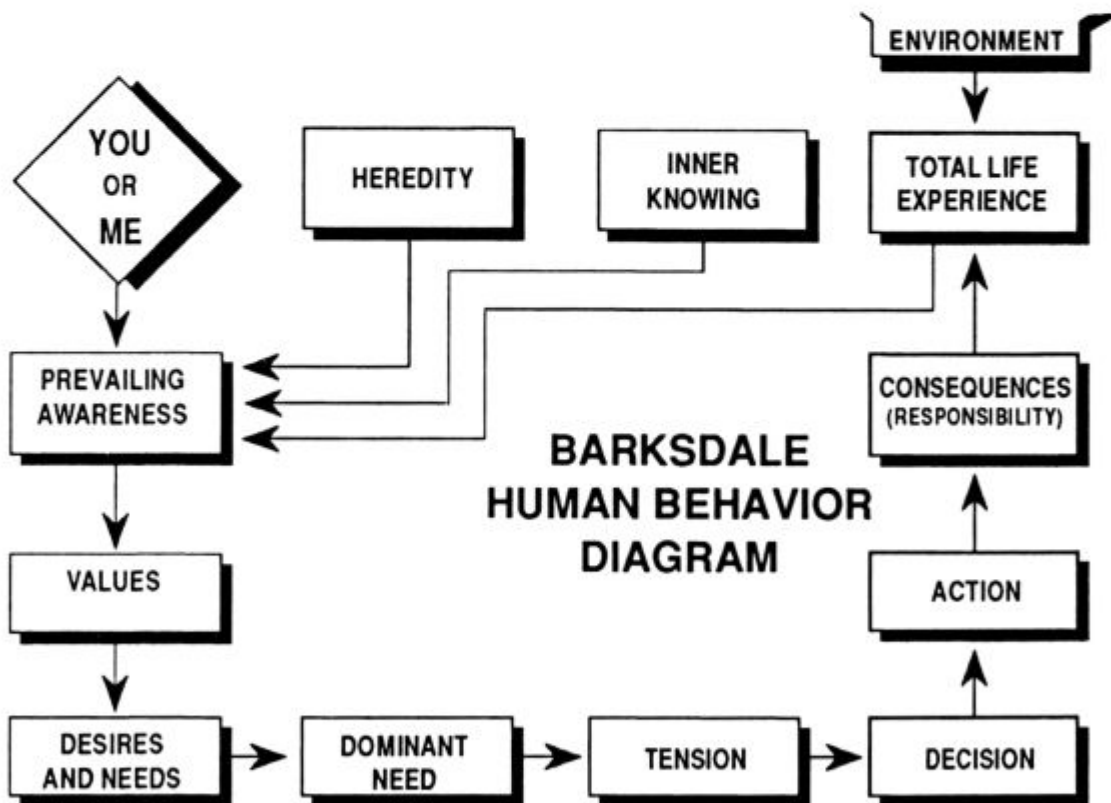
“Feeling Bad” is another term for experiencing hurting emotions and destructive stress.

There are two distinct sources of hurting emotions and destructive stress. The first source is value judging and resisting *people*—both ourselves and others. To eliminate the emotional turmoil and stress generated in this case, it is necessary to accept the reality of who we are and the realities of human behavior so we can accept the offending people totally and unconditionally, regardless of any undesired characteristics, actions or behavior.

The second source of destructive stress is value judging and resisting unwanted *circumstances*. Although considerably more prevalent than that caused by value judging and resisting people, this stress is also much simpler to eliminate, I think you will be surprised at how simple it is. In fact, the procedure for handling unwanted circumstances can be summarized in only four words, “*Willingly Accept What IS!*”

The Realities of Human Behavior

The following Human Behavior Diagram is of significant help in understanding how we humans actually function. With this understanding we can then correct distorted concepts of human behavior that lead to the turmoil and stress generated by value judging and resisting people.



Let's begin with the box labeled *YOU OR I* and who we really are. We are not our body, mind, actions, or awareness. We *are* each the precious, nonphysical essence or spirit that animates our mind and body. Our body is simply the vehicle

which houses us and does our bidding. Our mind is our brain, or human computer, and its associated nervous system.

Our *ACTIONS* are simply the means we choose to satisfy our individual needs. The means we choose to fulfill our needs are determined by our individual awareness.

Our *AWARENESS* is how well our mind functions, i.e., how clearly we see and understand, both consciously and non-consciously, *everything* that affects our life. Our *prevailing* awareness is our awareness at any given instant in time.

“Awareness” is without doubt the most important factor in human behavior. Nonetheless, we are not our awareness; we are the individual who is aware, for we certainly cannot *be* “how clearly we see and understand.”

As indicated on the diagram, our awareness is the *automatic* product of our *HEREDITY*, everything we brought into the world with us; our *INNER KNOWING*, or intuitional insights; and our *TOTAL LIFE EXPERIENCE*, including the lifelong impact of our *ENVIRONMENT*.

VALUES are what we feel are of significant worth and importance to us personally. They are tangible or intangible, sound or distorted, depending on the degree to which our awareness is in alignment with reality, with what actually IS.

Our *NEEDS* are personal desires so strong that if they are not fulfilled or resolved, they generate uncomfortable tension. Our *DOMINANT NEED* is the need on which we act. *TENSION* is our signal to act in order to free ourself of discomfort, for our fundamental human need is to “feel good.”

Remember, “feel good” is an overall, satisfying sense of inner peace and well-being, mentally, physically, and emotionally. Since this is our fundamental need, it is our ultimate underlying motivation.

The basic Law of Human Behavior is: “We can do only what we would rather do than not do at the time.”

There are no exceptions to this law, because there is no other reason possible for doing anything. Therefore, in order to relieve our tension, we determine “what we would rather do than not do,” and make a *DECISION* to act accordingly. We inevitably do what our prevailing awareness determines we “would rather do than not do” because we are unwilling to accept the consequences of doing otherwise.

For example, suppose you really hate to get up in the morning and go to work, yet you realize you would lose your job if you didn't, and you really need the money to support your family. Consequently, you would rather get up and go to work than not, even though you might not *enjoy* doing so.

Since “what we would rather do than not do” is determined by our *prevailing* awareness, by how clearly we see and understand everything that affects our lives at any point in time, it is now apparent that our prevailing awareness determines everything we feel, think, say, and do—everything we do, refuse, or neglect to do.

Now, our every *ACTION* has *CONSEQUENCES*. The consequences of everything we do, refuse, or neglect to do make us inescapably *responsible* for everything we feel, think, do, and say; for we benefit or suffer, “feel good” or “feel bad,” depending on the consequences of our actions. According to Webster's Dictionary, the true meaning of responsibility is “answerable to or accountable for.”

The consequences of our every act feed into our current awareness by way of our total life experience, giving us a new awareness with which to handle life's problems.

Our awareness may also be changed by new input from our Inner Knowing, our direct connection with our Source, infallible wisdom ever waiting on the threshold of our consciousness.

However, at any point in time, our awareness simply is *what it IS*, the *automatic* product of our Heredity, Inner Knowing, and Total Life Experience, none of which factors can we

change on demand.

The fact that the data supplied by our individual awareness determines everything we feel, think, say, and do; and that at any given time our awareness simply is what it IS, make it apparent that there is no rational justification for blame and guilt. In other words, any fault in what we do lies not in us but in our prevailing awareness, which is not us, and for which we are never to blame.

Furthermore, our individual awareness is unique, for no two people, not even identical twins, can have the same Heredity, Inner Knowing, and Total Life Experience. We unconsciously feel that others have the same awareness as we do, and therefore, that they “should” act as our awareness indicates we would. What is the reality?

The reality is that they can do only what *their* unique awareness motivates them to do, i.e., what it determines *they* “would rather do than not do” at the time. It is, therefore, unrealistic to expect others to behave as our individual awareness indicates that they “ought” or “should.” As stated before, we can do only “what *we* would rather do than not do”—and this is determined by our unique awareness, while others’ behavior is determined by their unique awareness.

Our awareness has been distorted, i.e., thrown out of alignment with reality, with what actually IS, by the false and destructive concepts of who we are and why we behave as we do. These unreal concepts have been laid on us from birth by our faulty cultural conditioning.

Practically all problems in human relationships are the result of the faulty concept that we *are* our actions and awareness. This concept causes us to *value judge* and *resist* others for behavior we do not like or want because it does not conform to our personal values, desires, or expectations.

Since our *fundamental human need* is to “*feel good*” mentally, physically, and emotionally, we resist people we do not

like or approve because we perceive them to be a threat to our “feel good.” We mistakenly believe that anything we do not like or want keeps us from “feeling good.” What is the reality?

The reality is that it is not what we don’t like or want that causes us to “feel bad;” it is our *emotional resistance* to the reality that it actually exists that destroys our “feel good,” by generating hurting emotions which result in destructive stress.

A *consciousness* that we are not our bodies, personal characteristics, actions, or awareness—that we are inviolable spiritual beings, totally worthy and without fault just as we are—enables us to accept ourselves and others totally and unconditionally, regardless of unwanted characteristics or behavior.

When we do so, we automatically feel warm and loving toward one another, for love is our *natural* state of being. To actually experience love, however, we must first remove the impassable barrier to loving and being loved that we erect by value judging and resisting each other.

The observable reality is that we cannot experience love when value judging and resisting ourselves and others, because our emotional resistance generates such negative, hurting emotions as hostility, resentment, anger, hate, and bitterness.

Value judging and resisting ourselves makes us feel unworthy and “less than,” and results in a compensating need to value judge and resist others in an attempt to feel better about ourselves by comparison. This then generates a compensating need in them to value judge and resist us in return. This cycle of mutual value judging and resisting erects the “impassable barrier” that denies genuinely loving relationships.

This is the reason that we can love others only to the degree we truly love ourselves, for only to the degree that we stop value judging and resisting ourselves can we rid ourselves of a compensating need to value judge and resist others. Value

judging ourselves leads to hating others as we hate ourselves, instead of loving our neighbors as we love ourselves.

It is vitally important to understand that we do not have to like, approve, or “put up with” others’ unwanted *behavior* in order to accept *them* totally and unconditionally. Such acceptance of people, but not necessarily their unwanted actions or behavior, enables us to deal with them and their behavior as harmoniously and effectively as circumstances permit.

The observable reality is that relationship difficulties are primarily caused by identifying people with their actions and behavior, and not acknowledging and accepting the fact that they have the innate right and freedom to say and do exactly what their unique awareness causes them to say and do.

The truth is that they cannot possibly do otherwise without a different awareness, which is impossible at the instant of any decision or action. They are, however, inescapably responsible for the consequences of everything they do, refuse, or neglect to do.

Total, unconditional acceptance of ourselves and others removes the impassable barrier to loving and being loved, and automatically enables us to enjoy truly loving relationships.

Because love is our natural state of being, the only way we can *keep from “feeling good”* is by value judging and resisting.

How can we tell when we are value judging and resisting?

1. We no longer “feel good”—we experience hurting emotions and destructive stress.
2. We experience an enormous drain of our precious energy.

In order to refrain from value judging and resisting people, we must stop identifying them with their actions by realizing that they are not what they feel, think, say, or do. It is

crucially important to be consciously aware that their actions are simply the means they choose to satisfy their dominant needs. This is all actions really are! Every human act is a response to our individual need to do “what we would rather do than not do”—no need, no action!

Since our fundamental human need is to “feel good,” mentally, physically, and emotionally, our every act is an attempt to maintain or achieve a state of “feeling good.” Distorted needs, i.e., needs out of alignment with reality, breed distorted actions and behavior. We can function harmoniously and effectively only to the degree that our needs are in alignment with reality, with “what actually IS,” for it is impossible to deal harmoniously with unreality.

We can stop value judging and resisting ourselves and others by *realizing* that:

1. We are not *what we do*—our actions are simply the means we choose to satisfy our dominant needs. Consequently, we aren’t “bad” if we act “bad”;
2. It is our unique prevailing awareness that determines “what we would rather do than not do,” therefore, we are invariably doing what we have to do at any given time;
3. Any fault in what we do lies not in us but in our prevailing awareness, which is not us, and for which we are never to blame;
4. All value judgments, all “oughts,” “shoulds,” and “musts,” are irrational, for we are inevitably doing the *best* our unique awareness permits—we could not possibly do otherwise without a different awareness;
5. Our fundamental human need is to “feel good,” and the only way we can keep from “feeling good” is to value judge and resist unwanted circumstances, ourselves, or others—or accept others’ value judgments of us;

6. Value judging and resisting ourselves and others prevent harmonious, loving relationships, and generate hurting emotions and damaging stress;
7. Value judging is totally futile; it provides no benefit and the resulting stress blocks the priceless insights of our Inner Knowing;
8. Only we ourselves have the power to keep ourselves from “feeling good.” No one else has that power. We do so by value judging and resisting ourselves or by accepting the value judgments of others.

These realizations allow us to accept ourselves and others “totally and unconditionally,” despite unwanted characteristics, mistakes, defeats, and behavior. They correct the false and destructive concepts of human behavior and of our true identity that are the root cause of value judging and resisting one another, which result in unloving relationships, hurting emotions, and destructive stress.

Once we realize that we are actually precious, nonphysical beings, we can stop identifying ourselves with our actions and personal characteristics, and by doing so eliminate any stress we have been experiencing due to our resistance to people.

How I Discovered the Root Cause of Emotional Hurting and Destructive Stress

Three revealing events in my life enabled me to discover the basic cause of stress.

My only son was killed at age 23. We had enjoyed an extremely close, loving relationship, so I was very puzzled to find I was not grieving over his death. I experienced no hurting sense of loss.

My friends told me this was because I was not facing up to

the reality of his death, and predicted I would suffer dire consequences when I did. It has now been well over twenty years since his death and I have never suffered any significant hurting, let alone grief over his passing. In fact, I thoroughly enjoy reminiscing about the great times we shared.

It was not until several years later, when my cherished wife of forty years was dying with cancer, that I discovered the reason for my lack of grief when my son was killed.

About three months prior to my wife's death, I was suddenly overwhelmed with devastating sorrow. I could hardly bear to face the prospect of living without her love and support. I realized that forty years of an exceptionally close and happy marriage had made me quite dependent on her loving support and companionship.

At this point I had the insight to ask myself, "What is the reality?" The *reality* was that my wife was dying. A year and a half of terrible suffering had destroyed her will to live. Moreover, the cancer specialist had convinced me her death was imminent and had related just how it would come about. I also knew intuitively that she would not survive. A vital question came to mind, "What can I do about it?" The answer was—absolutely nothing!

I clearly realized that I was powerless to avert her death. I was most fortunate at this point to receive an insight from my Inner Knowing to willingly accept the reality that she was dying. The exact instant I *willingly* accepted this desperately unwanted reality, my terrible hurting ceased. Moreover, I experienced a deep sense of peace, a blessed calm, in place of my intense emotional suffering and stress.

I was absolutely astounded. Nothing had happened outside my head. My beloved wife was still dying with cancer, yet I was no longer hurting! It was a "miracle." My overwhelming grief and stress had totally disappeared!

It now became clear that it was not anticipation of my wife's death that had caused my devastating hurting and stress, but

my unwillingness to accept the reality that she was dying.

I also then understood why I had not experienced intense grief over my son's death. Since I had perceived his death to be a reality I was powerless to change, I had not resisted it. I had unconsciously accepted the reality of his death, even though I was most unwilling to lose his loving companionship.

I now realized that our hurting emotions and destructive stress are generated in our heads—not by unwanted circumstances in our lives, but by our “emotional resistance,” that is, by our unwillingness to accept the reality that such circumstances exist. This realization that our emotional hurting and the resulting stress occur in our heads led me to the startling insight that we have the power within ourselves to eliminate hurting emotions and damaging stress.

This life-changing perception was confirmed a week before my wife died—when I again experienced overwhelming grief. Again I was fortunate to recognize that her approaching death was a reality I was absolutely powerless to change, and stopped resisting it. As before, my overwhelming grief ceased the exact instant I willingly accepted the terribly unwanted reality that my beloved wife was dying! Consequently, when she did make her transition, instead of heartrending grief I experienced a profound sense of relief and gratitude that she was finally released from her intense suffering. Even though keenly aware that I was losing her loving companionship, I experience no *hurting* sense of loss.

This life-changing discovery was reconfirmed when my second wife left me after five years of a very happy marriage. I was completely devastated when she told me of her decision to leave, for I loved her dearly. With a deep sense of hurting, I went for a long walk.

As I kept turning her decision over and over in my mind, I came to the realization that it was *her* life and that she had the right and freedom to leave me. I acknowledged this fact and

willingly accepted the reality she was leaving. I did not do so because I liked or approved her leaving, but because it was a reality, and because I chose not to hurt. My emotional hurting totally ceased the very instant I willingly accepted this reality.

I have not hurt since, except for a few times when I started feeling sorry for myself. Such hurting, however, was instantly dissipated as soon as I realized I was resisting her leaving and willingly accepted this reality. I also discovered I did not have to like this unwanted situation in order to willingly accept the reality that it did exist.

Since it is our emotional resistance that causes our suffering (not unwanted circumstances themselves), we have the choice to hurt or not to hurt, to accept or resist the unwanted realities in our lives. I am truly grateful for this lesson for it has revolutionized my life and the lives of many others with whom I have shared this priceless revelation.

The Key to Eliminating Hurting Emotions and Destructive Stress

The key to eliminating the hurting emotions and destructive stress generated by our emotional resistance to unwanted people and circumstances is to **willingly** accept the reality that they do exist. For example, if a loved one behaves in a way that conflicts with your cherished values or desires, you can avoid or eliminate hurting emotions and injurious stress merely by *willingly* accepting the reality that the unwanted behavior actually occurred.

How can such a simple statement as “I willingly accept the reality that an unwanted circumstance exists” free you of emotional hurting and stress? It does so because the emotional term “willingly,” when sincerely felt, instantly converts our resistance, i.e., our “unwillingness,” into emotional acceptance.

The key to such willing acceptance is to perceive the signif-

icant difference between willing acceptance of an unwanted *situation*, and willing acceptance of the *reality* that it exists.

By accepting the reality of an unwanted circumstance, I do not mean merely an intellectual recognition, but an *emotional acceptance*—a decision not to emotionally fight the situation. It means that you emotionally accept the reality because it is what it IS, and because resisting it cannot make it go away or help you deal with it.

As I discovered when my wife was dying of cancer, it was *not* her impending death that caused my intense hurting and stress, but instead my *unwillingness* to emotionally accept the *reality* that she was dying. My willing acceptance canceled out my unwillingness to accept the reality of her imminent death.

It is important not to allow your mind to dwell on ideas like “It isn’t fair,” or “I don’t deserve this.” It is also important that you not try to justify the unwanted behavior or situation, as your concepts and values can obstruct your willing acceptance of their reality. You thereby end up reinforcing the value judgment you are trying to release. Don’t try to make the behavior or situation acceptable to your personal values, just accept the reality that it exists.

Once we free ourselves of emotional turmoil and stress by willingly accepting reality, we can proceed to do all within our power to eliminate or deal with what we have been resisting with a calm, rational mind instead of being consumed with self-defeating emotions and destructive stress.

For example, imagine that you have planned your garden wedding months ahead. You awaken on your wedding day to a deluge of rain that shows no sign of letting up. Certainly you do not like the fact that it is raining, but you can’t stop it. Has the rain spoiled your happy day?

No, your wedding can only be spoiled if you resist the fact that it is raining. If you willingly accept the reality that it is raining, you will be able to handle the necessary changes free

of hurting disappointment and self-defeating stress, thereby as harmoniously and effectively as possible. You can then enjoy your wedding day just as much as if everything had gone according to plan.

The profoundly important realization that we do not have to like or emotionally accept an unwanted circumstance in order to *willingly* accept its *reality* is the secret to feeling good despite any adverse circumstances in our lives. Furthermore, even though we may be unable to do anything about the unwanted circumstance, which is often the case, we can still free ourselves of destructive, self-defeating emotions and harmful stress.

We, ourselves, generate all emotional hurting and stress *in our heads*. This life-changing realization gives us a choice to hurt or not to hurt—a choice to emotionally resist or emotionally accept the unwanted realities in our lives.

Procedure for Eliminating Hurting Emotions and Destructive Stress

Realize that the only way you can experience hurting emotions and destructive stress is to resist, i.e., to be unwilling to emotionally accept the reality of someone or something that doesn't satisfy your personal values, desires, or expectations—there is *no other way to hurt emotionally!*

Whenever you notice you are not “feeling good”—whenever you experience such hurting emotions as impatience, frustration, disappointment, resentment, hostility, anger, hate, and bitterness; anxiety, fear, and worry; grief, depression, and despair, ask yourself, “Why am I not feeling good?” Probe as long and deeply as necessary to determine who or what you are value judging and resisting.

Then ask yourself, “What is the reality? Does the particular behavior, situation, condition or event actually exist, or

threaten to become a reality?”*

Having now determined the “reality” that you have been resisting, i.e., that you have been unwilling to emotionally accept, make your “acceptance statement.” Firmly, decisively, and with absolute conviction say, “I *willingly* accept the *reality* that (concisely identify the circumstance) actually exists.”

Eliminating the destructive emotions and stress generated by resisting unwanted circumstances requires no practice, only **willing** acceptance of the **reality** of what you are resisting. If you are not instantly freed of your emotional hurting and stress, it can only be because you have not yet *willingly* accepted the reality of the unwanted circumstance. It is *not* because the particular circumstance is especially tragic, as for example, the suicide of a loved one.

You can free yourself of hurting emotions and destructive stress even when you are not aware that you are resisting anything, by using the acceptance statement in this form: “I *willingly* accept the *reality* that things are the *way* they *ARE*,” or if you prefer, “that people and things are the *way* they *ARE*.”

You can readily accept unwanted realities when you fully realize the truth of the following critically important reasons for *willingly* doing so.

Choose to “Feel Good” Rather than “Feel Bad”

Be aware that all impatience, all frustration, all hostility, resentment, anger, hate, and bitterness; all anxiety, fear, and worry; all depression, despair, and suicide are caused by emotionally resisting our inability to control our universe.

**Note:* To eliminate any anxiety, fear, or worry, willingly accept the reality that the threatening behavior, situation, condition, or event may actually occur.

Realize that *you cannot control* your universe—you cannot make time, people, or circumstances conform to your individual values, desires, or expectations. However, also realize that you *can* prevent unwanted realities, even the loss of a loved one, from causing you destructive emotions and stress. You can do so by willingly accepting the reality of behavior, situations, conditions, and events you do not like or want because they do not comply with your personal values, desires, or expectations.

Clearly understand that you have a choice to hurt or not to hurt, and choose to “feel good” rather than “feel bad.” Know that you can *willingly* accept unwanted realities when you are aware that:

1. No one has the power to make you “feel bad”; only you yourself, possess this power—only your unwillingness to emotionally accept reality can keep you from “feeling good.” The more you resist, the more intense your hurting and stress become; the less you resist the more quickly you regain your natural state of feeling good;
2. You do not have to like or approve an unwanted behavior, situation, condition, or event in order to willingly accept its reality;
3. Your emotional resistance is futile; it blocks your priceless Inner Knowing, provides absolutely no benefit, and is the only thing that can keep you from “feeling good”;
4. Your willing acceptance of unwanted realities enables you to do everything within your power to deal with the unwanted circumstances as harmoniously and effectively as the circumstances and a calm, rational mind permit;
5. Emotional resistance drains you of precious energy you need for happy, productive living;

6. Your unwillingness to emotionally accept unwanted realities generates self-defeating stress and can cause you serious health problems.

Choose to “feel good” rather than “feel bad,” to deal with displeasing people, their behavior, and unwanted situations, conditions, and events in your life as harmoniously and effectively as you can. Therefore, state with absolute conviction and sincerity:

*I willingly accept the reality that (concisely identify the particular behavior, situation, condition, or event you do not like or want) actually exists;**

or

I WILLINGLY accept “What IS” (i.e., the unwanted realities in your life);

or

I willingly accept the reality that people and things are the way they are.

Be conscious as you make this statement that the only thing that can possibly prevent you from instantly freeing yourself of hurting emotions and damaging stress is a lack of sincere willingness to accept the unwanted realities. Decide to simply go with the flow of life—accept “what is.”

The Stress of Rigid Deadlines

One of the most prevalent sources of emotional turmoil and stress is establishing rigid deadlines for completion of our objectives.

**Note:* Remember, the key to the phenomenal success of this life-changing statement and, in fact, the entire stress program, is the word “willingly,” for this emotional term, stated with total sincerity, instantly converts your emotional unwillingness into emotional acceptance of the unwanted reality.

Even the most carefully planned deadlines are unrealistic, for we cannot control the future—we cannot control unforeseen circumstances.

Deadlines are self-defeating, for resisting the reality that we may be unable to meet them generates impatience, frustration, anxiety, and destructive stress. They are futile, for they accomplish nothing positive.

Resistance to our inability to meet deadlines also generates self-condemnation and guilt, even though we have inevitably done the best our available capabilities, time, and energy enabled us to do, and the circumstances and our prevailing awareness permitted.

What *is* constructive in place of unrealistic deadlines are clear cut *objectives* and the recognition that any required time commitment can be no more than a rationally-based expectation, because of our inability to control time, people, and circumstances.

Since we can do only what we would rather do than not do, well-defined objectives motivate us to do first things first, one at a time, without resisting the time and energy required for their completion.

Any time we fail to keep required commitments in spite of our best efforts, we can avoid self-condemnation, emotional hurting, and destructive stress by willingly accepting the reality that we are not our actions and that, although our expectations were unrealistic, they were the best we could establish at the time with our prevailing awareness. We can then tolerate any unwanted consequences with equanimity.

How to Handle Excessive Workloads Free of Emotional Turmoil

You can avoid becoming turmoiled and stressed by heavy or urgent workloads, and feel comfortable with a sense of incompleteness, by realizing that you cannot do more or better

than your current capabilities, available time, and energy enable you, and circumstances and your prevailing awareness permit—and that any resistance is both futile and self-defeating.

Neither let your mind dwell on all the work you have yet to do. Be conscious that doing so generates impatience and frustration which prevent you from working as calmly and effectively as you otherwise could.

Instead of resisting the reality of any inability to complete your scheduled work, make “feeling good” your number one priority and be consciously aware that “tomorrow is another day.”

Be aware that your every task requires time and effort, and that regardless of the importance or urgency of your workload, you cannot do anything sooner than your capabilities and circumstances permit. Therefore, it is important for you to do first things first, one at a time, and to not resist your inability to do more or better.

Six-step Procedure for Handling Heavy Workloads

- Step 1 List all your current and pending endeavors.
- Step 2 To the left of each item rate its relative importance.
- Step 3 To the right of each item rate its relative urgency.
- Step 4 Determine the priority of each item by carefully evaluating both its relative importance and urgency. Note any items that can be dropped or delegated to another person, and do so whenever it is feasible. Transfer the remaining items to a final list for your personal action.
- Step 5 Do not allow your mind to dwell on the possibility or

likelihood of missing “deadlines.” Instead, consciously acknowledge and *willingly* accept the *reality* that you cannot control your universe—that you cannot possibly do *more* or *better* than your available capabilities, time, and energy enable you, and your prevailing awareness and circumstances permit.

Step 6 Now, *patiently* and willingly do first things first, one at a time, and do not resist your inability to do *more* or *better* than you are doing.

You will find that if you conscientiously follow this six-step procedure, you can handle your endeavors with surprising speed and gratifying effectiveness, free of damaging stress.

You will thereby avoid “burnout,” because no matter how heavy or urgent your workloads, you will dispose of them with abundant energy and inner peace. As a result you will experience much greater zest for living.

Essential Realizations for Successful Endeavors

The essential realizations for successful endeavors are that at any given time you can do only what the depth and clarity of your understanding, your current capabilities, time, and energy enable you to do; what your unique, prevailing awareness determines you would rather do than not do, and what existing circumstances permit you to do.

Be aware that you cannot possibly do more or better than these conditions allow you to do—not even if you knew you would be shot at sunrise for not doing so.

A clear understanding and willing acceptance of the reality of these realizations eliminates blame and guilt, builds and nourishes sound self-esteem, frees you of hurtful emotions and damaging stress, releases your innate potential for creative work, and increases your productivity.

These realizations also show the fallacy of comparing your accomplishments with those of others as evidence of your worth, or what you or others “should” or “should not” do, thereby enabling you to stop value judging and resisting both yourself and them.

How to Avoid the Stress of Hurt Feelings

The major source of hurt feelings is value judging and resisting someone for disappointing your expectations. The cause of such disappointment is *unrealistic* expectations as to how your parents, mate, children, or others “should” behave—that is, what they “ought” to or “ought not” to do, based on your personal concepts of how people “should” act or react.

The fact that your expectations were not satisfied proves they were unrealistic. They were unrealistic because your disappointment and hurt feelings were rooted in the unfounded assumption that others have the same awareness as you, and therefore, “should” fulfill your expectations. In this way you set yourself up for feeling “betrayed.” Actually, betrayal is simply another term for disappointed expectations.

You do not have to like disappointed expectations. However, they will not cause you hurt feelings and the resulting stress unless you value judge and resist the individual for not fulfilling them. So-called heartbreak is the bitter disappointment one experiences because of value judging and resisting loved ones for not fulfilling cherished hopes and expectations.

The only realistic expectation you can have is that everyone will inevitably act according to the Law of Human Behavior and “do what they would rather do than not do” at the time, the only reason possible for doing anything.

Why do you invariably “do what you would rather do than not do”? Because you are unwilling to accept the consequences of doing otherwise. For example, you may get up and go to work in the morning, not because you like to, but

because you are unwilling to accept the consequences of losing your job.

As stated before, you do not have to like or approve people's behavior in order to keep from value judging and resisting them, for they are not their actions. Besides, you have no way of knowing what anyone will do or feel at any given time, for you have no way of knowing what their unique awareness will motivate them to feel or do.

For example, can you know all the pressures, the intensity of conflicting needs and desires others are experiencing at any given time? All you can really know is that everyone inevitably has done what they "would rather do than not do," regardless of their specific reasons for doing so. The reality is they could not possibly have acted otherwise with their prevailing awareness, and you cannot control another's awareness, for you cannot control their Heredity, Inner Knowing, or Total Life Experience.

If you are to avoid the stress of hurt feelings—if you are to "feel good" despite unfulfilled expectations, you must understand that it is unrealistic to expect others to satisfy your expectations. Therefore, do not allow your "feel good" to depend on anyone's fulfilling them, for you cannot know or control what another's unique awareness will motivate that person to do.

Remember, it is our unique awareness, i.e., how clearly we perceive and understand everything that affects our life, that determines everything each of us does, refuses, or neglects to do. Since we can act *only* as our prevailing awareness indicates, it is clear that any fault lies not in us but in our prevailing awareness.

It follows that a distorted awareness, i.e., one that is out of alignment with reality, generates distorted, often hurtful, behavior. However, since our prevailing awareness is simply what it is at the time—the *automatic* product of our Heredity, Inner Knowing, and Total Life Experience, and since we

cannot change any of these factors at the instant of any decision or action, it is also apparent that there is never any rational justification for shame, blame, guilt, or remorse.

Since we can each do *only* what our own unique awareness determines “we would rather do than not do,” it is clear that we are inevitably doing what we *have to do* at any given time. Also, since we could not possibly do otherwise with our prevailing awareness, we are invariably doing the *best* we possibly can. Value judging and resisting ourselves or others for not satisfying our personal values, desires, or expectations is, therefore, totally irrational.

The overriding reality is that you can be free of hurting and the resulting stress *only* to the degree that you *do* stop value judging and emotionally resisting yourself, others, and circumstances that do not conform to your personal values, desires, or expectations.

Make “Feeling Good” Your No. 1 Priority

Choose to enjoy the wonderful here and now, the only *living time* there is. Make “feeling good” your number one priority.

Realize that despite any unwise actions or behavior, or lack of success, you *deserve* to “feel good,” because “feeling good” is your birthright, your natural state of being.

Regardless of any appearance to the contrary, you are a precious, nonphysical being, totally worthy and without fault just as you are, inevitably doing the best your current capabilities, time, and energy enable you to do, and existing circumstances and your prevailing awareness permit.

Realize that you are your own authority and inescapably responsible for your own life and well-being, because you inevitably receive the consequences of everything you think, say, do, and feel.

Exercise your own authority to critically examine these statements and to accept or reject their reality.

1. To avoid or eliminate hurting emotions and destructive stress:

Willingly accept “what IS,” because “what is” is *reality*. Willingly accept “what is” because your emotional resistance to “what is” not only keeps you from enjoying life, but is totally futile, destructive, and self-defeating—it provides absolutely no benefit!

2. To free yourself from blame and guilt:

Willingly accept the reality that you were invariably doing the best the existing circumstances and your prevailing awareness permitted. Realize you are without fault—that any fault in what you did lies not in you but in your faulty awareness, because it is your prevailing awareness that determines what you “would rather do than not do.” Realize that you could not possibly have done differently without a different awareness, which is impossible at the instant of any decision or action.

3. To avoid or eliminate hostility, resentment, hate, and bitterness:

Stop identifying the particular person with his or her actions or behavior. Realize that emotions such as hostility, resentment, hate, and bitterness are destructive to your mental, emotional, and physical well-being, and that they are irrational because people can do *only* what their prevailing awareness determines they “would rather do than not do,” regardless of the consequences.

To rid yourself of such hurting emotions and damaging stress, willingly accept the reality that people are not their attitudes, actions, or behavior—that we

are each a precious, nonphysical being, totally worthy and without fault, ever doing the best the existing circumstances and our prevailing awareness permit.

Realize that it is prevailing awareness that is at fault, and that *no one* is ever to blame for unwise or hurtful actions because we are not our awareness, or ever to blame for it, no matter how limited or distorted it may be. Nonetheless, each of us is inescapably responsible for our actions, because none of us can escape their consequences.

4. To free yourself of anxiety, fear, and worry:

Realize that anxiety, fear, and worry are generated by emotionally resisting the reality that what you fear (are anxious or worried about) may actually happen.

To free yourself of anxiety, fear, or worry, realize that you cannot control your universe, and willingly accept the reality that the threatening situation, condition, or event *may* come to pass.

Also realize that every unwanted experience contributes to the needed expansion of your awareness. Such expansion is profoundly important because it is your prevailing awareness that determines everything you think, say, do, and feel.

Caution: When making your “acceptance statement,” do not let your mind dwell on how disastrous it would be if the threat to your “feel good” became an actuality. It might prevent your willing acceptance of the reality of the threatening circumstance. The time to consider how to best handle it is after you have willingly accepted its reality. Your mind will then be calm and rational, able to deal with the threat as effectively as prevailing circumstances permit. You don’t have to try to rid yourself of hurting emotions—just willingly accept reality.

5. To avoid or eliminate self-destructive envy and jealousy:

Willingly accept the reality that you *are* experiencing envy and jealousy, and that you cannot control your universe.

Realize that envy and jealousy are self-destructive, totally futile, and that you are denying fulfillment of your fundamental need to “feel good.” Remember that only you can make yourself “feel bad,” by emotionally resisting whatever you do not like or approve.

Realize that no one is any better, more worthy, or important than your own precious self, regardless of their “enviable” characteristics, achievements, life style, or material possessions.

6. To avoid loneliness:

Willingly accept the reality that you are lonely. Realize that you are a precious, spiritual being, totally worthy and without fault just as you are. You can enjoy your own company by realizing that you are the center of your universe—the most important person in your life.

7. To avoid or eliminate heartrending grief over the loss of a loved one:

Willingly accept the reality of your loss, because it *is* a reality and one you are powerless to change; and because you choose not to suffer. Although aware of your loss, you will no longer grieve over it.

8. To avoid self-defeating impatience and frustration:

To enjoy your work and increase your productivity, realize that impatience and frustration make it more difficult. They generate emotional turmoil and stress

that cause you to make mistake after mistake, which seriously handicaps your ability to accomplish your objectives as harmoniously and effectively as you otherwise could.

Patiently do first things first, one at a time, alert for ways to do them more efficiently—and do not resist the reality of what you have yet to do.

No matter how urgent any unfinished work may be, willingly accept the reality that you cannot possibly do more or better than your current capabilities, available time, and energy enable you to do, and existing circumstances and your prevailing awareness permit. You can then function calmly, and with optimum clarity and effectiveness.

9. To avoid or eliminate burnout.

Burnout too is caused by emotionally resisting our inability to control our universe—our inability to control time, people, and circumstances. It is usually a combination of chronic fatigue, boredom, emotional unrest, and resentment generated by emotionally resisting prolonged heavy and demanding workloads. Nothing drains us of precious energy like emotional resistance.

The remedy: Do not set rigid deadlines; accept everyone you dislike or resent totally and unconditionally; and *willingly* accept the reality of everything you do not like or want because it does not comply with your personal values, desires, or expectations.

Basic Requirements for Stress-free, Joyful Living

You will have achieved a stress-free, joyful life when the following basic requirements are fulfilled:

1. You are conscious that all unloving relationships, all hurting emotions and destructive stress are caused by trying to control your universe—by value judging and emotionally *resisting* yourself, others, and behavior, situations, conditions, and events that do not comply with your personal values, desires, or expectations.
2. You choose to enjoy life. Consequently you *willingly* accept the *reality* that you cannot control your universe. You willingly accept the reality of everyone and everything you do not like or want, for you know you cannot deal with unreality.
3. You willingly accept the reality that we are not our personal characteristics, actions, or behavior—that we are all precious, spiritual beings, totally worthy and without fault, inevitably doing the best that circumstances and our prevailing awareness permit, ever becoming more aware and loving. You then willingly accept both yourself and others totally and unconditionally.
4. You are conscious that when you willingly accept the reality of any behavior, situation, condition, or event that does not conform to your personal values, desires, or expectations, you are instantly free of hurting and stress. You then deal with the particular circumstances clearly and rationally, and consequently as harmoniously and effectively as they permit.
5. You avoid or instantly eliminate any anxiety, fear, or worry by simply stating with absolute sincerity, “I *willingly accept the reality* that the threatening situation, condition, or event I am anxious, fearful, or worried about *may occur*.” Then with a clear, rational mind you do everything within your power to prevent it.

6. You willingly accept the reality that you cannot possibly do more or better than your available capabilities, time, and energy enable you to do, and circumstances and your prevailing awareness permit. Then, free of emotional turmoil and stress, you willingly do first things first, patiently, one at a time, and do not resist the reality of what you have yet to do.
7. You realize that three essentials for joyful, stress-free living are:
 - a. A *consciousness* that we are all precious, spiritual beings, totally worthy and without fault, just as we are, ever doing the best that circumstances and our prevailing awareness permit—ever becoming more aware and loving;
 - b. A letting go of our conditioned, low self-esteem need to control our universe, and instead, accepting everyone totally and unconditionally, and *willingly* accepting the *reality* of everyone and everything that does not comply with our personal values, desires, or expectations;
 - c. A *consciousness* that every experience is for our learning and growth, the expansion of our awareness.

The Power of Affirmations

This section presents the second essential step for achieving joyful living. At the subconscious level of your awareness, affirmations integrate the intellectual understanding of the realities of human behavior acquired by studying this book, thereby allowing you to automatically act and react in alignment with their reality.

Your consciousness is all-important to your health and overall well-being. It is, therefore, crucially important that you be aware of and refrain from emotionally affirming any-

thing you do *not* want to express in your life, such as, “I’m so stupid; things never go right for me,” etc.

Achieving a desired consciousness is the creative power of the universe, and appropriate affirmations are the “magic tools” that enable you to achieve any desired consciousness.

However, just repeating the words of affirmations gives them little power and can become quite boring, which causes many people to stop using them. They thereby deny themselves the tremendous benefits they are capable of producing when internalizing affirmations willingly, emotionally, and with sincere desire and visualization of the anticipated results as already accomplished.

To receive optimum benefit from your affirmations, begin by mentally verifying the truth of each statement and thoughtfully meditating on its significance to your inner peace and well-being—to your enjoyment of life!

Get comfortable and relaxed. Clear your mind of all other thought and make your affirmation really come alive. Be fully aware of the meaning and significance of each word and phrase as you repeat them. Visualize how you will look and feel, how peaceful and happy you will feel when you have them fully internalized. Emotionally sense how joyful, free, and loving you will be when you achieve a *consciousness* of their truth.

Several sets of affirmations are offered here for your use. You may choose to use them all, or choose only those that are especially meaningful to you or appropriate for a particular circumstance.

The most effective times for doing your affirmations are usually as soon as you waken in the morning and just prior to going to sleep at night. It is also especially productive to implement your affirmations at every available opportunity throughout the day, plus at any time they are particularly applicable to your activity.

At the same time you are using the affirmations to reprogram your awareness on the non-conscious level, begin to use the action statements that start on page 45. Repeating them with full understanding and deep conviction will enable you to develop a life style that is in alignment with reality.

Affirmations for a Happy, Fulfilling Life

Sunday Affirmations

I feel warm and loving toward both myself and others, for I *willingly* accept everyone totally and unconditionally as perfect, nonphysical beings, ever doing the best our prevailing awareness permits.

I am *conscious* that all unhappiness is caused by resisting reality—by foolishly resisting “what IS.”

I love life and enjoy every minute of it. I *willingly* accept all unwanted realities because I choose to experience inner peace and happiness.

Monday Affirmations

I am *conscious* that the meaning and purpose of life is learning and growth—the expansion of our awareness so that we may become more understanding, loving, and compassionate.

I am *conscious* that I *am* a precious, nonphysical being, totally worthy and without fault, ever doing the best my prevailing awareness permits, ever becoming more aware and loving.

I am *conscious* that “feeling good” is my birthright, and that I deserve to “feel good,” because I realize that I *am* a precious, nonphysical being, totally worthy and without fault.

Tuesday Affirmations

I am *conscious* that I have no need to prove my worth by my

behavior and accomplishments, because I realize that my very existence proves my innate worth and importance.

I am *conscious* that I cannot prove or disprove my worth by what I do or don't do, for I realize that I am not my actions—that my actions are merely the means I choose to satisfy my needs.

I am *conscious* that I am in charge of my own life and inescapably responsible for everything I do, refuse, or neglect to do, because I inevitably benefit or suffer, “feel good” or “feel bad,” depending on the consequences of everything I think, say, do, and feel.

Wednesday Affirmations

I refrain from value judging and resisting myself and others because I am *conscious* that all value judging is totally irrational, for I realize that we are not “what we do,” and that we are inevitably doing the best our unique awareness permits.

I am *conscious* that our awareness is how clearly we perceive and understand, both consciously and non-consciously, everything that affects our lives, and that it is the automatic product of our Heredity, Inner Knowing, and Total Life Experience.

I am *conscious* that I am never to blame for my unique awareness, no matter how distorted it may be, for I realize that at any given time it simply is what it IS.

Thursday Affirmations

I am *conscious* that I can do only “what I would rather do than not do,” because I realize that I am unwilling to accept the consequences of doing otherwise, and because I realize there is no other reason possible for doing anything.

I am *conscious* that I can do only what my prevailing awareness permits, for I realize that it is my awareness that determines “what I would rather do than not do.”

I am *conscious* that I automatically love myself when I accept myself totally and unconditionally. I realize that I am not my actions or behavior, and that I can do only what my prevailing awareness determines I would rather do than not do.

Friday Affirmations

I am *conscious* that I am invulnerable to the value judgments and attitudes of others, for I realize that I am a perfect, non-physical being, totally worthy and without fault, ever doing the best my prevailing awareness permits, ever becoming more aware and loving.

I am *conscious* that I cannot possibly do “more” or “better” than my current capabilities, time, and energy enable me to do, and circumstances and my prevailing awareness permit.

I am *conscious* that I automatically love myself when I accept myself totally and unconditionally. I realize that I am not my actions or behavior, and that I can do only what my prevailing awareness determines I would rather do than not do.

Saturday Affirmations

I am *conscious* that I cannot truly enjoy loving relationships while value judging and resisting, because I realize that doing so prevents total, unconditional acceptance of myself and others, the essential requirement for loving and being loved.

I am *conscious* that I have nothing to hide, nothing to prove, nothing to defend, nothing to fear, nothing to resist, and nothing to feel guilty about, for I am ever doing the best my current awareness permits—the only thing I can possibly do at the time.

I am *conscious* that I am not dependent on others for validation or affirmation, because I am my own authority, and I accept and love myself totally and unconditionally despite any mistakes, defeats, or failures.

Affirmations for Accepting the Realities of Human Behavior

I willingly accept the reality that my *fundamental human need is to “feel good,”* to experience contentment, inner peace, and an overall, satisfying sense of well-being—that I cannot enjoy life or be truly successful without fulfilling this fundamental need. Therefore, I make “feeling good,” mentally, physically, and emotionally, my No. 1 priority.

I willingly accept the reality that I cannot *control my universe*—that I cannot control people or their behavior, for I cannot control their awareness, neither can I control time or circumstances. I realize that it is emotionally resisting my inability to control my universe, my inability to make people and circumstances conform to my personal values, desires, or expectations that causes my emotional hurting and self-defeating stress.

I willingly accept the reality that “feeling good” is a *natural* state of being, since emotionally resisting myself, others, and circumstances I do not like or want is the only thing that can keep me from “feeling good.”

I realize that emotional resistance is an *unwillingness* to *accept reality*. Therefore, *willing* acceptance of the reality of what I do not like or want instantly converts my emotional resistance into emotional acceptance. Consequently, I have a choice, a choice to “feel good” or “feel bad”—to willingly accept or emotionally resist the unwanted realities in my life.

I willingly accept the reality that if I am to fulfill my fundamental need to “feel good,” any time I am not “feeling good” it is up to me to be aware of anything I do not like or want and willingly accept its *reality*, i.e., *Willingly accept “What IS.”* I realize I do not have to like or want someone or something in order to willingly accept its reality, to accept the fact that it exists. I realize that such acceptance instantly frees me of self-defeating emotions and harmful stress, thereby

enabling me to handle the unwanted circumstance as harmoniously and effectively as a calm, rational mind and the circumstance permit.

I willingly accept the reality that no one, and no circumstance, has the power to make me “feel bad”—that only I, myself, can keep me from “feeling good”—that I do so by value judging and resisting people, behavior, situations, conditions, and events that do not conform to my personal values, desires, or expectations—that *I and I alone have the power to control my “feel good.”* Any time I am not enjoying life, it is entirely up to me to recognize and willingly accept the reality of what is bothering me.

I willingly accept the reality that we are inviolable, non-physical beings, totally worthy and without fault just *as we are*—that we are invariably doing the *best* our available capabilities and our prevailing awareness permit, ever becoming more aware and loving.

I willingly accept the reality that *I am not my actions*—that I am the *one who acts*, and that my actions are merely the means I choose to satisfy my needs—that if I were an action, I would cease to be when I completed that action. Therefore, I realize that I am not “bad” if I act “bad,” but that I am inescapably responsible for everything I do, refuse, or neglect to do.

I willingly accept the reality that “we can do only what we would rather do than not do”—that this is the Basic Law of Human Behavior, the fundamental motivation for everything we do, refuse, or neglect to do, for there is no other reason possible for doing anything.

I willingly accept the reality that I am without shame, blame, guilt, or remorse for any unwise or hurtful act, because it is my prevailing awareness that determines what I would rather do than not do. Therefore, any fault in what I do lies not in me but in my faulty awareness, which is not me, and for which I am never to blame, because at the instant of

any decision or action my unique awareness simply is what it IS—the automatic product of my Heredity, Inner Knowing, and Total Life Experience, none of which factors can I change at the instant of any decision or action.

I willingly accept the reality that I have the authority and freedom to do anything I choose to do, anything at all! I realize, however, that even though I am never to blame for what I do, I am *inescapably responsible* for everything I think, say, do, and feel, for I inevitably benefit or suffer, “feel good” or “feel bad,” depending on the consequences of everything I do, refuse, or neglect to do. I realize that the unwanted consequences are the corrective for any unwise acts.

I willingly accept the reality that *there are no faulty people*—only people expressing through a faulty awareness. Consequently, instead of condemnation, I have loving compassion for those who commit antisocial acts, for I know that they must suffer the consequences of their acts, even though they could not have acted otherwise at the time with their limited and distorted awareness.

I willingly accept the reality that I cannot possibly do more or better than my available capabilities, time, and energy enable me; and circumstances and my prevailing awareness permit. Consequently, I do first things first, one at a time, and *I willingly accept “What IS.”* Moreover, I give thanks for my progress instead of resisting and value judging myself for not meeting arbitrary goals and deadlines.

I willingly accept the reality that a limited and distorted awareness causes self-rejection, the root cause of hurtful, antisocial behavior. I realize that mistakes are a positive experience, because if we are fully aware of their causes and effects, their consequences are the most fruitful source for our learning and growth, for the needed expansion of our awareness.

I willingly accept the reality that *love is a natural state of being*, for I realize that we are automatically in a state of

loving when we stop value judging and resisting one another—when we willingly accept both ourselves and others *totally and unconditionally*.

Affirmations for Patience and Peace with Myself and My Universe

I AM patient and at peace, because I make “feeling good” my number one priority. I willingly accept the reality that the only thing that can cause me to experience hurting emotions and destructive stress is to resist the reality that I cannot control my universe.

I AM patient and at peace, because I do not try to control my universe. I willingly accept the reality that I cannot control time, people, or circumstances, because I choose to “feel good” rather than “feel bad.”

I AM patient and at peace, because I willingly accept the reality that I do not have to like or approve people, or unwanted behavior, situations, conditions, or events in order to accept the reality that that’s the way they are—that they do exist.

I AM patient and at peace, because I accept everyone totally and unconditionally, and because I accept the reality of all unwanted circumstances even though they do not satisfy my personal values, desires, or expectations. I can then deal with unwanted realities calmly and rationally, and thereby as harmoniously and effectively as the unwanted circumstances and my prevailing awareness permit.

I AM patient and at peace, for I willingly accept the reality that no one and no thing has the power to make me “feel bad”—that only I, myself, have the power to keep me from “feeling good.”

I AM patient and at peace, because I willingly accept the reality that I have a choice to “feel good” or “feel bad”—to

accept or resist the unwanted realities in my life, and because I choose to willingly accept “what IS.”

I AM patient and at peace, because regardless of the urgency or size of my workload, I willingly do first things first, patiently, one at a time, and do not resist the reality of what I have yet to do.

I AM patient and at peace, because although I determine my priorities, I do not set unnecessary deadlines, either consciously or unconsciously, for I willingly accept the reality that I cannot control time, people, or circumstances.

I AM patient and at peace, because I willingly accept the reality of the unwanted consequences of any mistakes, defeats, or failures, and calmly and rationally do everything within my power to avoid them in the future.

I AM patient and at peace, for I willingly accept the reality that everything I do, refuse, or neglect to do is for my learning and growth—the expansion of my awareness. When I am aware that “growing and loving” are all that really matter, everything else falls into place.

I AM patient and at peace, for I am conscious that the less I resist reality, the happier and more loving I am—and the more eager and able I am to contribute to the well-being and happiness of others.

I AM patient and at peace, for any time I don’t know what to do, I gladly let go, ask for guidance, and follow my “Inner Knowing,” the infallible inner wisdom ever waiting on the threshold of my consciousness.

Affirmations for Achieving a Consciousness of Reality

Monday

I am conscious that we are all doing the best our unique

awareness permits.

I am conscious that no one has the power to hurt or “put me down.”

Tuesday

I am conscious that I am my own authority.

I am conscious that I deserve to “feel good.”

Wednesday

I am conscious that there is no valid reason to value judge and resist anyone or anything.

I willingly accept myself totally and unconditionally.

Thursday

I am conscious that I am totally worthy and without fault.

I am conscious that no one is more or less worthy or important than my own precious self.

Friday

I am conscious that I cannot control my universe.

I *willingly* accept the *reality* of everyone and everything I do not like or want.

Saturday

I am conscious that everyone has their own unique awareness.

I am conscious that there are no faulty people, only people expressing through a faulty awareness.

Sunday

I am conscious that we are all precious, spiritual beings, regardless of any appearance to the contrary.

I *willingly* accept “what IS.”

**Daily Affirmations for Eliminating
Emotional Turmoil and Stress**

Monday

I am patient and at peace, because I *willingly* accept the *reality* that I cannot control my universe—that I cannot control time, people, or circumstances.

Tuesday

I am patient and at peace, because I *willingly* accept the reality that all experiences, however unwanted, are necessary for my learning and growth—for the expansion of my awareness.

Wednesday

I am patient and at peace, for when undertaking a new endeavor, I *willingly* accept the *reality* that my worth does not depend on my actions or accomplishments.

Thursday

I am patient and at peace, because I *willingly* accept the *reality* that I can do only what circumstances and my prevailing awareness permit.

Friday

I am patient and at peace, because I *willingly* accept the *reality* that I can do only what my prevailing awareness

determines I would rather do than not do.

Saturday

I am patient and at peace, for I calmly do first things first, one at a time, and *willingly* accept the *reality* that I cannot possibly do more or better than my available capabilities enable me to do, and circumstances and my prevailing awareness permit.

Sunday

I am patient and at peace, for I *willingly* accept the *reality* that the present is the only *living time* there is—the only time there is to “smell the flowers,” and experience the wonder and joy of life.

Action Statements for a Happy, Fulfilling Life

“Faith without action is dead.” To establish and maintain a life style that supports and nourishes a happy, fulfilling life, the third essential step for experiencing joyful living is to implement supportive “action statements.”

Memorize each of the following statements and carry the appropriate one in your mind throughout the day. Be aware and mentally affirm the relevant statement any time you are not acting in accord with it.

Sunday Action Statements

I make “feeling good” my No. 1 priority.

I do not allow personal comparisons to affect my sense of worth.

I accept full responsibility for my own well-being—for everything I think, say, and do.

Monday Action Statements

I approach every problem and new endeavor with confidence.

I exercise my own authority and acknowledge others' right to do the same.

I allow myself the freedom to make mistakes, free of self-accusation and guilt.

Tuesday Action Statements

I think for myself, make a firm decision, act accordingly, and willingly accept the consequences of my decisions.

I follow all undertakings through to a logical conclusion.

I do not blame others for my problems, mistakes, defeats, or handicaps.

Wednesday Action Statements

I do not set unnecessary or unrealistic stress-producing deadlines.

I do not try to prove my worth by my accomplishments.

I do not resist my inability to do more or better than circumstances and my prevailing awareness permit.

Thursday Action Statements

I do not let others talk me into things against my better judgment.

I am kind and patient with myself.

I am open and frank with everyone, free of all masks and pretensions.

Friday Action Statements

I patiently do first things first, one at a time, and do not resist what I have yet to do.

I do not deny my needs, feelings, or opinions to please others.

I do not try to impress others with my worth and importance.

Saturday Action Statements

I do not require others' confirmation, agreement, or approval.

I defer to no one on account of their wealth or status.

I *willingly* accept "what IS."

Checklist for Maintaining Your "Feel Good"

It is important to use the affirmations and action statements every morning and evening for at least five weeks to gain the benefits of the program. Otherwise, although you may remember some of the ideas, it is very probable that you will continue to experience the stress-producing thought patterns instilled by the faulty cultural conditioning of our society.

Using the affirmations and action statements gives you the opportunity to develop a high self-esteem, low stress consciousness. You will be amazed at how much your experience of life will improve when you automatically act and react in alignment with reality. Even so, there will probably be times when your awareness falls out of alignment with reality and you are not sure what is causing you to "feel bad." Review this list at those times to restore your natural state of peace and well-being.

I am free of hurting emotions and destructive stress:

1. **Because** I have made "feeling good" my No. 1 priority. I no longer resist my inability to control the

universe. I have stopped resisting the reality that I cannot control time, people, or circumstances. I no longer strive to control my universe by value judging and resisting people and things that do not conform to my personal values, desires, or expectations. In short, I have learned to *willingly* accept and deal with *reality*;

2. **Because** I realize I deserve to “feel good.” I am my own authority and the only way I can “feel bad” is to value judge and resist myself, others, or some experience I do not like or want;
3. **Because** I acknowledge everyone’s right and freedom to do what their prevailing awareness determines “they would rather do than not do,” for there is no other reason possible for doing anything. I realize that no one can do otherwise without a different awareness, which is impossible at the instant of any decision or action;
4. **Because** I do not value judge and resist people for unwanted actions or behavior, for I realize that everyone is inevitably doing what they “have to do” at the time, for I realize they can only do what their prevailing awareness determines they “would rather do than not do”;
5. **Because** I realize I am in charge of my own life, for I am inescapably responsible for everything I do, refuse, or neglect to do, because I inevitably benefit or suffer, “feel good” or “feel bad,” according to the consequences of everything I think, say, and do;
6. **Because** I accept myself and others totally and unconditionally. I realize we are not our personal characteristics, actions, or awareness, and that we are inevitably doing the best we can at the time;
7. **Because** I realize I am invulnerable to the negative opinions, attitudes, and value judgments of others,

for I do not need their agreement or approval to know I am totally worthy and without fault just as I am;

8. **Because** I realize I have no need to prove my worth, for my very existence proves my innate worth and importance. I realize that it would be impossible to prove my worth by my achievements, because I am not my actions—all I can prove by my achievements is my capability, which has nothing whatever to do with my innate worth and importance;
9. **Because** I do not value judge and resist myself or others for not doing more or better than our capabilities, time, energy, and circumstances enable us to do, and our prevailing awareness motivates us to do;
10. **Because** I do not value judge and resist myself or others for making mistakes or performing less than perfectly. I realize we are not our actions, behavior, or awareness, and that we are never to blame, because any fault in what we do lies not in us but in our faulty awareness which determines everything we think, say, and do;
11. **Because** I do not allow my “feel good” to depend on anyone or anything satisfying my personal values, desires, or expectations, for I realize that I cannot predict what anyone “would rather do than not do”;
12. **Because** I avoid frustration and stress by patiently doing first things first, one at a time, and not fretting about what I have yet to do;
13. **Because** I willingly accept the reality of experiences I do not like or want because they do not satisfy my personal values, desires, or expectations;
14. **Because** I avoid anxiety, fear, and worry by willingly accepting the reality that what I am anxious, fearful, or worried about may actually occur;

15. **Because** I am aware of my basic objectives and make firm decisions by weighing the anticipated costs of each available alternative against its expectable benefits;
16. **Because** I realize that the more I focus my attention solely on what I am doing at the time, the quicker and better job I do;
17. **Because** I do not let personal problems accumulate. I resolve them one by one as they arise instead of allowing them to continue to generate emotional turmoil and stress;
18. **Because** I realize I live in a beneficent universe. I realize that the ultimate purpose of life is learning and growth, and that all mistakes, defeats, and failures, all experiences contribute to the expansion of my awareness and willing acceptance of my universe;
19. **Because** I genuinely love myself and others, for I accept everyone totally and unconditionally. I realize that, regardless of displeasing characteristics, unwanted actions, behavior, or appearances, we are all precious, spiritual beings, totally worthy and without fault, inevitably doing the best we can at the time, ever becoming more aware and loving.
20. **Because** I choose to richly enjoy the fantastically wonderful "here and now," the only "living time" there is!

Q.E.D.
Quite Easily Done

PERSONAL AFFIRMATIONS AND ACTION STATEMENTS

This section is provided for you to write in affirmations and action statements that you have customized for your specific needs and circumstances.

Personal Affirmations and Action Statements

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