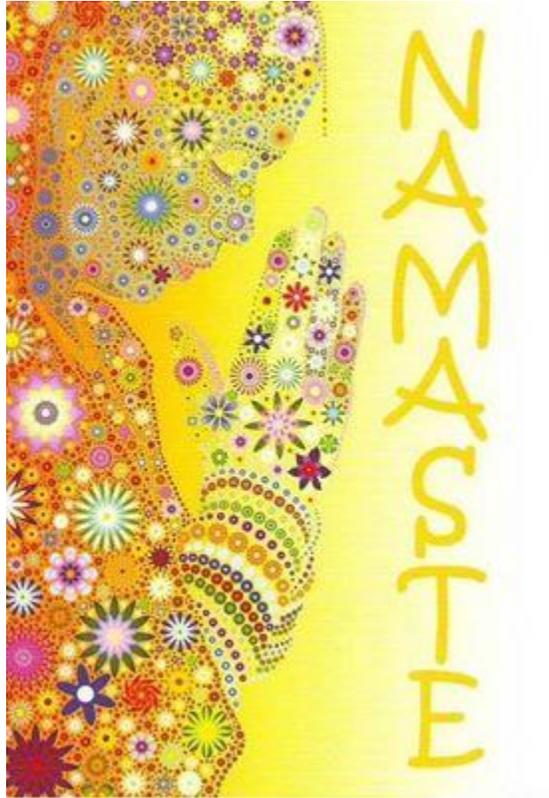


Introduction



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“Nothing comes from without. All things come from within.”
– Neville Goddard

***Who am I?
How can I get what I want?
How can I be happy and enjoy my life?***

These are questions human beings have been asking for millennia. And, with a few notable exceptions, we’ve all been seeking answers outside ourselves. Now, in the 21st century, the time of awakening, many of us are getting a glimpse of Who We Really Are, understanding where happiness comes from and learning how to manifest our desires easily and joyfully. **We’re realizing what only masters and sages have known before – and that is to look inside.** And, with that, we’re all masters and sages now.

For ages, we’ve considered the external world to be more real than the internal world. Now in light of quantum physics, we’re understanding that **what we experience on the inside actually determines what we experience on the outside.**

We now know that the external is a pure reflection of the internal. So, rather than trying to directly change the outside, we change the inside, confident that the outside will automatically reflect that change.

For 18 years, I practiced Buddhism; and one of the most valuable Buddhist teachings for me was this: **As I change, my world will change.** As I change my thoughts and feelings on the inside, the outside will – indeed must – reflect that change.

This book is about my understanding that life is best lived from the Inside Out. Having spent most of my life living from the Outside In, I can tell you Inside Out works a lot better.

The Outside In approach to life is about trying to get your needs met and your desires fulfilled from outside yourself – from other people and external circumstances.

“We live our lives as if the better we can make the outside world, the better our experience on the inside will be. But the reality is 180 degrees away. Our moment by moment experience of life is being created from the inside out.”

– Michael Neill

The Inside Out approach is a complete 180 degree shift. The Inside Out approach is based on the understanding that everything you could ever want or need is available to you on the inside. It’s based on the understanding that what you experience on the outside is a reflection of what you think and feel on the inside.

And that’s the work – to see something inside that’s not yet apparent on the outside. Most of us are in the habit of looking at what-is and having a knee-jerk response to it. No power there. Our power comes in looking at what-is, deciding what we prefer, then “seeing” the thing we prefer to experience. Using our physical eyes to see what-is, then using our non-physical eyes to see and create what we prefer.

As you continue to respond to what you see out there, you get more of that. As you use your internal power to visualize what you prefer, you get more of that. That’s the work. That’s the evolution of humankind we are now upon.

So if you have an illness, your work is to see yourself healthy. If you have no money, your work is to see yourself with wealth and abundance. If you have a painful relationship, your work is to see yourself in a loving, fulfilling relationship. That’s the work.

This book contains **the Inside Out approach to a life of happiness, health, prosperity, love, freedom and empowerment.** It contains the key to your treasure chest within. This key has been offered by mystics, masters, saints and sages throughout history. Now, the key is in your hands and, with it, the power to create the reality you truly desire.

Namaste,

A handwritten signature in black ink that reads "Kate". The letters are fluid and cursive, with a long tail on the 'e'.

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