

Look Inside



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“You’ve always had the power.”

– Glinda the Good Witch

A Native American legend goes like this:

The Creator gathers all the creatures of the world and says, *“I have a **great and mighty secret**. Where shall I hide it from the humans so they will only find it when they’re ready for it?”*

The eagle says, *“I’ll take it to the moon and hide it there.”*

“No,” says the Creator, *“One day they will travel to the moon and find it there.”*

“Then I’ll hide it on the bottom of the ocean,” offers the salmon.

“No,” says the Creator, *“One day they will get there and surely find it.”*

“I know, I know,” cries the buffalo, *“I will hide it in the Great Plains!”*

“Oh, but, they will dig it out one day, too,” the Creator says.

The mole then says, **“Hide it INSIDE them.”**

The Creator says, *“It is done, for they shall look there last.”*

What IS this great and mighty secret? It is that **everything comes from within**. It is that what we wish to create on the outside we must first create on the inside. The time has come. We are now looking inside.

And what do you find when you look inside? You find what you’ve always been seeking. **You find the astonishing magnificence of your True Self.**

Your environment is a mirror reflecting back to you what you're thinking and feeling. If you think and feel love, your environment will show you love. Same with fear. Same with joy. Same with anything else you can name. **Your thoughts and feelings inside create your experience outside.**

The Outside In, action-oriented approach, seems easier to many of us because we've practiced it so much more. But that's the only reason. When we begin living from the Inside Out and accessing our inner power, life gets easier and richer and everything works out better. We're learning that BE-ing (inside) is much more powerful than DO-ing (outside).

Living from the Inside Out brings true freedom. It's the freedom to change the way you feel with your thoughts. It's the certainty that, when you change the way you feel with your thoughts, **your outer circumstances will change to match your inner state.** When you live from the Inside Out, you no longer feel compelled to run away from bad feelings, self-medicate, blame other people or try to manipulate circumstances.

Living from the Inside Out brings full empowerment. Have you ever tried to change other people or external circumstances in an attempt to feel better? It doesn't work, does it? It doesn't work because it's exactly backwards. It doesn't work because **your happiness or unhappiness is determined by what's happening inside YOU.** Seek on the inside what you desire to experience on the outside and, voila, it appears on the outside.

“As a man thinketh in his heart, so is he,”

– James Allen

Every single thing you are experiencing in your life – the wanted, the unwanted, the health, the illness, the wealth, the poverty – is a reflection of what's going on inside you. Doesn't it then make sense to look inside for the answers and solutions?

Vivian's experience is instructive and inspiring:

I spent much of my life feeling powerless and afraid. A childhood terror of being all alone in an inhospitable universe and not being able to do anything about it had a strong hold on me for most of my life. Because I felt

powerless, I was afraid I wouldn't be able to handle life's difficulties. I was afraid it would be too much for me and I would not be able to stand the pain. So I tensed up against the scary world and my body became chronically stiff to the point where I developed fibromyalgia.

I have been able to relax more and expand my capacity to a greater extent over the years. What really helped me was visualizing my healthy body and replacing my limiting beliefs with empowering beliefs by continuously affirming, "*I have the power to easily move through everything that comes my way;*" "*I can do this;*" and, especially, "*I can feel good no matter what.*" As I relax my body and remind myself that Source and I are in this together, the fibromyalgia dissipates. With Source, I have the power to face my life and handle anything that comes up for me. **Now, instead of fear, I am filled with love.**

To be fair, we got off to a rocky start. From the beginning, we got all turned around and confused about where to look. As babies, we had no choice but to look outside ourselves to get our needs met. In most cases, when we fussed and cried, we were rewarded. This is fine for infants. The problem comes when we never make the shift and we spend our entire lives expecting someone or something "out there" to fix things and make us feel better.

At some point in your journey, you probably decided there must be a better way and started asking the big questions: *Who am I? How can I get what I want? How can I be happy and enjoy my life?*

It is my intention that this book will assist you to find satisfying, empowering answers to these questions and to **consciously create the life you truly desire – from the Inside Out.**

Transformational Process: Three Questions

I invite you to write your current best answers to the following three questions. At the end of the book, you'll have an opportunity to answer these questions again from your enhanced perspective. I'm confident your answers will be even more empowering and satisfying to you at that time. It is my positive expectation that, as you travel the pages of this book contemplating and applying the Inside Out approach to life, you will experience a profound personal transformation.

Who am I?

How can I get what I want?

How can I be happy and enjoy my life?
