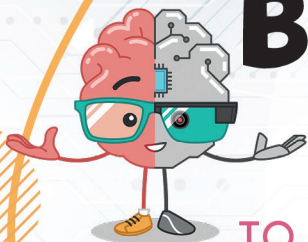


THE NO BRAiNER GUIDE



TO HAPPINESS


A TRULY SIMPLE GUIDE FOR AN
EXTREMELY COMPLEX JOURNEY

ONE STEP BEYOND
“THE POWER OF
POSITIVE THINKING”

TOM MAC GUINNESS



THE NO BRAiNER GUIDE



TO HAPPINESS

A TRULY SIMPLE GUIDE FOR AN
EXTREMELY COMPLEX JOURNEY

ONE STEP BEYOND
“THE POWER OF
POSITIVE THINKING”

TOM MAC GUINNESS



nobrainerguide.info

ACKNOWLEDGMENTS

Life is a journey and no one can get very far without the help and support of a lot of people.

This book is dedicated to those people in my life.

To my parents for showing and teaching me to be a decent person, to my family for loving me and keeping me honest, to my mentors who equipped me by sharing their experience and knowledge and to my friends and co-workers for their faithfulness and encouragement.

ABOUT THE AUTHOR

My name is Tom Mac Guinness. I was born in Dundalk, a medium sized town on the east coast of Ireland about halfway between Dublin and Belfast in 1951.

I was raised in a fine Irish family, the eldest of 7 children. My father was a well-known and respected local businessman.

At the age of 20 I had a profound spiritual experience, which changed my life and I spent the next 8 years as a missionary mostly in South America.

Upon my return to Ireland in 1979 I took over the management of the family equestrian centre in Dundalk. The limitations of the business soon became obvious and in 1985 I set up Horseware Products to develop and manufacture horse blankets.

Today Horseware employs more than 150 people and its main brand Rambo is the market leader worldwide.

Update • 2/2/2022

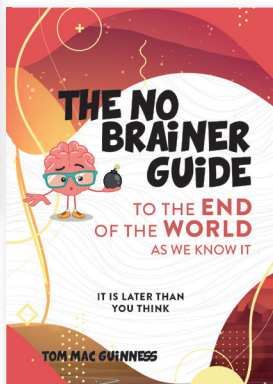
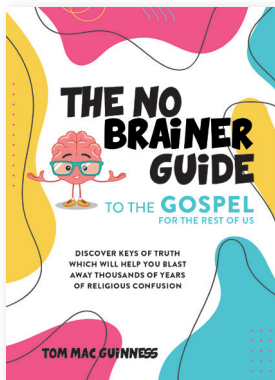
Since I wrote the first introduction to The No Brainer Guide, in 1995, Horseware has grown to be the undisputed world leader in its market segment with more than 700 employees worldwide and has production facilities in Ireland, Cambodia, China and USA, producing more than a million of blankets each year.

Over the years I and Horseware have won many awards for business, innovation and product excellence including 35 BETA Innovation Awards for new product development. In 2002 I was chosen as the Ernst and Young Irish Industrial Entrepreneur of the Year.

In 2021 I sold a controlling interest in Horseware. I have an involvement in many projects but my focus now is to share the many lessons I have learned through the promotion of my books.

I have also taken the time to write two other books and a third scheduled for 2023, which will be title The No Brainer Guide to Business.

OTHER BOOKS



CONTENTS

INTRODUCTION	15
1. FOUNDATIONS	23
Why are so many people unhappy? The self-destruct button	
2. YOUR SUBCONSCIOUS	29
Mind management Loving yourself is fundamental to your happiness	
3. ANOTHER ENEMY OF HAPPINESS IS TIME	35
In the now Looking back with regret Looking forward with fear	
4. WHAT IS A MAN? BUT THE SUM OF HIS THOUGHTS	39
Rules of mind management The gate keeper Achievable goal The gate keeper is you!	

5. FULFILMENT **45**

Square peg in a round hole?

What are your talents?

6. DEAL WITH THINGS **51**

Never put off to tomorrow what you can do today

Tag team

A thief

How it works

The love of God is better

Living in the past, you must move on!

Your choice and not someone else's fault

Simplifier

Jesus was a simplifier

The five blind men and the elephant

7. HAPPINESS IS **59**

Jealousy or envy

The camel and the tent

Body, mind and spirit

Everyone has a spiritual dimension

The driver drives

Looking through a different window

We need a new language

8. FORGIVENESS **69**

Forgiveness works in 2 directions and 3 levels

Forgiveness is a cornerstone in
the wall of happiness
Skill is a combination of knowledge and practice

9. SUCCESS 73

What is that in your hand?
The parable of the talents

10. SELF-LOVE AGAIN 77

God said, "it is good"

11. THE HAPPY STATE 79

The United States Declaration of Independence
Happiness and joy
Contentment and satisfaction
Thankfulness
Giving
Happiness is a wall
Most people don't have the resources
The power of positive thinking

12. ENERGY 87

Happiness is a choice

13. GOD WANTS YOU TO BE HAPPY 91

Universal laws
God does not discriminate
Its all about the energy

14. WORDS **95**

Words have power

15. SIN **99**

Missing the plane

Dealing with sin

Firstly

I am sorry

Put out the garbage

Fresh every day

16. BE A PEACEMAKER **105**

Peace with yourself

The source

Guard your peace

It is a result

Horse and cart

17. HOME BREW OR ENDLESS SUPPLY **111**

Get connected

Sub suppliers

Good marketing

Dependency

Rights and responsibilities

Why is it we don't learn?

God wants a family

Balance

18. UNIVERSAL LAWS	121
Gravity works for everyone	
19. POWERFUL NEW WORLDVIEW	127
20. SEISMIC SHIFT	129
God wants you to be happy	
The mind is your servant	
Navigate this world	
Secret sauce	
Love takes happiness to a whole new level	
21. IF YOU WANT TO BE HAPPY YOU NEED TO HAVE LOVE THINKING	141
Happiness is generated by love thinking	
22. THE POWER OF LOVE	143
There is power in love, love is the energy of God	
Belief and faith	
Decide to be happy, learn the laws, apply the technique	
23. LEARN THE LAWS	153
1. The law of love	
2. The law of asking, seeking	
3. The law of giving	
4. The law of forgiveness	

24. THE TECHNIQUES **155**

Crystallising

This is not a cult

My hope for you

How

10 Words or less

The name of Jesus

Intel Inside

25. AND IN THE END **169**

APPENDIX 1 **171**

APPENDIX 2 **181**

INTRODUCTION

Happiness is not a destination

Happiness is not a destination, it is not a state of perfection, it is a work in progress. It is incremental, it is fleeting like a flame or flower, it needs to be managed delicately and nurtured with care.

It is like the beautiful flower on the table in front of me. For it to remain healthy it needs to be cared for, nurtured, it has to be fed and watered, not too much sun, not too little, it has to be protected from the elements, a strong wind can blow those flowers away.

Happiness is a journey yet there is no final destination, there are landing points along the way, where you arrive, staging points, resting points where you stop to rest or enjoy the view but they are temporary. Once the moment is savoured you are back on the journey again.

Everybody wants to be happy, WHY?

What is happiness? How do we define it?

How can we measure it? It is like how long is a piece of string? it is relative, subjective and maybe impossible to define. Why are some people naturally happy yet others

seem to live unhappy, tormented lives? Is it genetic? Is it dependant on the amount of endorphins, serotonin, dopamine, or other chemicals in our brains at any given moment, or whether the sun is shining or not?

Is it actually good to be happy all the time? Do we need a certain amount of dissatisfaction to push us to improve or change our situation?

What is the difference between happiness and satisfaction, what is the relationship between satisfaction, contentment and happiness? Are they all the same or are they something different?

I may not be able to answer all these questions to your satisfaction, but I believe I have learned some of the answers over the past 65 years and would like to share them with you.

I am a happy and relatively successful person, but I was not always that way, it took me a while to learn the keys to happiness, to figure out the formula and learn the techniques.

Yes! In a lot of ways it is like growing a beautiful flower or making a long journey there are ways of doing it that work better than others. There are different techniques but there are certain laws or principles that are constant and apply in just about every situation.

It is those simple principles and techniques I want to focus on in this book.

It is called the NO BRAINER GUIDE for a reason! It is not BIG book padded out to fill 500 pages.

No! Simple needs to be simple or else it is not simple! I am not a scientist so you will not have to be one either. I am not a psychologist so you will not have to lie endlessly on the couch of your mind trying to unravel your life story.

Happiness is a feeling, an emotion. It's not like a virus or a bacterial infection that has a name and occupies space and time. We talk about it like it exists in a real tangible way but does it?

Like any emotion it comes and goes so how do we have it coming more of the time and going less of the time.

Scientifically we know that the release of certain chemicals like serotonin in the brain produces feelings of well-being. Happiness or a version of it can be induced by stimulating the brain to release certain chemicals. There is a definite mechanism that can be employed to produce feelings of happiness using an external agent, so therefore there is a way to manipulate or induce feelings of well-being and happiness.

So there is in fact something tangible present in time and space? But is there a way for us to stimulate this

mechanism without resorting to drugs? Or other artificial stimuli?

If you could not manipulate your feelings of happiness there would be no point to writing this book. If happiness was a fleeting emotion that came and went like the wind that could not be controlled there would be no point of trying to manage it. Although it is not completely understood, we do know enough to know, it can be manipulated. Happiness or at least a version of it, is a mechanical physiological function'. Happiness can be generated.

A generator is a machine that generates something, it usually involves an input of some sort of energy and the output of a given resource.

Let's take an electrical generator for example:

The input is usually some form of hydrocarbon. Oil, gas, the machine then transforms that energy into electrical energy.

You can generate happiness

You can generate happiness by taking one emotion and passing it through the machine of your brain and processing it into a different kind of energy.

Like the generator, the machine does not have a will of its own. A generator does not all of a sudden in the middle

of the night decide to turn itself on and start generating electricity.

Your brain has no will of its own

Just like the generator, an outside force applies a decision or a force to it, like turning it on by throwing a switch and it starts at a certain speed and power. Someone must decide to throw the switch and set the parameters.

Before the generation there is the ignition or the initiation, before action there is a decision, to act.

You have to turn the key to start the engine, there is a defined process.

If feelings of happiness and well-being can be generated by a physical mechanism at work in your brain by applying certain external stimulus, be they drugs or just a good night's sleep, then can those same feelings be generated by you, using techniques and processes to manipulate your mood and the flow of these chemicals?

That is the question! And the answer to it really dictates whether I should continue writing this book and whether you should read it.

Who is in control

Because if we cannot control our destiny and our happy state, if we have no way of generating happiness and are

at the mercy of chance and circumstance, then there is no point of trying. I believe we can and in fact do control our happy state whether we know it or not. It is lack of knowledge and preconceptions and a negative outlook that prevents us from achieving happiness and many other things as well.

Complex yet simple

It is complex yet simple but like all complexity it can be broken down and segmented into its constituent parts, in other words, disassembled, each part examined, checked out, understood and then reassembled.

You know the expression “can’t see the forest for the trees” or vis versa “you can’t see the trees for the forest”. Some people only see the forest and others only see the trees. So first you see the forest, then you find a tree, then you find a branch, then a twig and then a leaf. In this book we are not going to look at the twigs or the leaves in the forest of happiness, we may look at the odd branch but mostly we are going to look at the trees that make up the forest of happiness.

We are on a journey to discover truth

What are the Barriers, roadblocks to the search for truth, Delusion, distraction? To find the truth you must be open and the truth is that we many times ignore the obvious. I have developed this concept of barriers more fully in the

appendices as I do not want to interrupt the flow of the book.

Some of the trees may not even seem to belong in the forest but they do and it will become more obvious how they fit in as you proceed into the book. I say “into” because it is like entering into a cave system. The book will lead you into unexpected places a bit like a mystery, to a discovery, an epiphany, a conclusion.

I have struggled very deliberately not to try to persuade, just to present, to illuminate from my own experience and from the words of Jesus. My goal is to share, not to teach, to “compartir” as they say in Spanish, to give.

CHAPTER 1

FOUNDATIONS

You see happiness has its foundation in a very deep and strong place, it is like a strong fort you build deep in your soul which you build one block at a time. Each block is a lesson or experience that we learn from and place carefully in the wall of our peace.

Sometimes we have a major event or peak in our learning curve and we gain a whole new room in the building. If we have a strong structure, built on a strong solid rock foundation it will stand up to the storms of life, unlike a structure that is built on the sand which is constantly falling over and having to be rebuilt after every storm.

The foundation upon which we build is important, therefore if we build on a delusion, a lie or an insecurity, we will have a weak foundation which will prevent us from building a solid structure. It will also dictate the extent or size of the structure since the foundations will only support so much.

Jesus put it like this “All who listen to my instructions and follow them are wise, like a man who builds his house on solid rock. Though the rain comes in torrents, and the

floods rise and the storm winds beat against his house, it won't collapse, for it is built on rock. But those who hear my instructions and ignore them are foolish, like a man who builds his house on sand. For when the rains and floods come, and storm winds beat against his house, it will fall with a mighty crash."

Why are so many people unhappy?

Is it because they choose to be unhappy? Is it that they like to be unhappy? For some perverted reason that is the state of mind they are comfortable with. We know that circumstances, the environment and the physical state in which we find ourselves can affect our mood. We also know that there are many examples of people in terrible circumstances who are happy, even joyful.

I will keep coming back to the proposition, the conclusion, the fact, that we can decide to be happy.

I have learned

St Paul said "I have learned" to be content, it was a learning process. He did not say that he was always happy and content! No, he says clearly that he had learned to be content. He had learned in his mind, he had trained his thinking, through experiences, through revelations and through the power to direct his thoughts and train his mind. He Had Learned, I have learned and you can learn, but if you want to.

It is also obvious that some just don't *want* to why???

When Satan Tempted Jesus one of the temptations was to self-destruct. He took Jesus up onto the pinnacle of the temple and tempted him to throw himself down, in other words to commit suicide, saying that God would save him.

Over the last number of years this temptation has begun to manifest itself in some startling and terrifying ways. The number and frequency of young people who are committing suicide has risen dramatically. There is the terrifying explosion of people who are self-destructing and taking others with them, the suicide bomber, the mass gunman killers. These are all yielding to the same temptation that we are all subject to, the temptation to self-destruct, to self-harm.

This temptation is manifested in many ways, with differing levels of intensity, from the suicide bomber, to the young girl who is self-harming, from the gunman who wants to die but does not want to go alone, to the young man who for no apparent reason hangs himself and to the person who wants to remain unhappy.

It is just a matter of intensity and predilection, whether you are cutting yourself physically or mentally what is the difference, it is self-harming, it is the same temptation to self-destruct and self-harm that the devil tempted Jesus with on top of the temple.

Jesus said no! You can say no! You can say no to that negative thought when it creeps into your mind! You can say no to those feelings of envy, jealousy or condemnation when they cross your mind! You can decide not to entertain those thoughts of self-doubt! You can decide not to listen to the voice of fear or you can yield to the temptation to self-harm to self-destruct.

The self-destruct button

We all have one but how do we keep from pushing it?

It is a matter of how we react to external influences. Someone says something annoying or hurtful and we react by replying in kind without thinking, without understanding the consequences. Without trying to understand where the person is coming from or what is their motivation, so we begin a spiral of negativity that interrupts our rhythm and takes away our peace.

Jesus was very clear about this He said “agree with your adversary quickly”, “love your enemies, do good to those who despitefully use you”, he said, “turn the other cheek”, “go the extra mile”.

What we don't realise is that we are *actually hurting ourselves* when we react like this, when we react negatively towards others.

For instance, someone makes a comment about your performance that you think is unreasonable and you react by saying something which may be very true about their performance. They in turn reply with a further comment and so on until you have moved away from the original subject and you have a sort of emotional table tennis going on that will not stop until one of the participants either misses the ball or decides not to hit it back.

Nothing is gained? Maybe a fleeting moment of satisfaction that you have won the argument, vanquished your foe, had the last word? But look at what is lost, look at the cost of such a victory. A friend lost, a relationship broken, a family feud, your peace disturbed, your blood pressure raised, your sleep disrupted, your day ruined.

Think of how many wars have been started by a single shot? One shot and it escalates from there. Every day we are waging our own mini wars. Jesus said “blessed are the peacemakers for they shall be called the Children of God”. The benefits of being a peacemaker are immeasurable, being a peacemaker is the corner stone of happiness, it is the raw material upon which we build the solid foundation. The place where we build our happiness, brick by brick, stone by stone, day in day out, it is part of the wall we talked about earlier. If our peace, contentment and happiness are to survive what life and in fact we ourselves are constantly throwing at it, we have to build upon the rock not the sand.

CHAPTER 2

YOUR SUBCONSCIOUS

Your subconscious is a deep well that has been filling up since you were born and even possibly before you were born. The subconscious is like an iceberg you only see the tip, 80% is unseen below the surface. Some of its content you are responsible for and some of it has been influenced by your interactions with people, the circumstances and the environment that has surrounded you. It seems to me that we don't start out with a completely empty bucket, that from the start there is a genetic imprint and possibly even a predisposition, imposed by your genetic makeup and time and place of birth, maybe even your star sign.

In your younger years these outside influences are the major contributors to this well of the subconscious. But as you get older and your will develops, you are more and more responsible for what does or does not go into your subconscious.

Ultimately you are responsible for whatever goes into your subconscious. Unless you understand and accept this you are at the mercy of chance and circumstance. "Guard your heart with all diligence for out of it is the issues of

life”, “as a man thinketh so is he”, “the heart is deceitful above all things who can know it”, “it is not what goes into a man that defiles him but what comes out of him, for out of the heart come terrible things”.

That is why Jesus said for someone who would corrupt a child that it would be better that a millstone would be put around their neck and be cast into the sea than to harm one of these little ones.

Mind management

We put so much junk into our minds and then we are surprised when the junk comes back to bite us in the ass.

I keep coming back to the proposition, that you have control, just like you are in control of what you eat. You are in control of what you eat mentally and spiritually and that affects your mind and that affects your thinking and that affects you state of mind and that affects your happiness. It is a process, a chain reaction. One brick at a time, you built the foundation in your subconscious, you manage the process. *We have to take responsibility* so why don't we???

Why do we self-harm?

Could it be that deep down we are tempted to hate ourselves. If not that what?

Jesus said that we must love our neighbour as ourselves, that we were to love ourselves, that we could not love our neighbour if we did not love ourselves.

If you look at the context of this passage it starts out: "You shall love the Lord thy God with all your heart, with all your mind, and with all your might". It starts out by us loving something outside ourselves, that prevents you being self-absorbed, so when we come to love ourselves there is a balancing love, which is the love of God.

If there is no balancing love, then we can make ourselves a god and the love becomes internally focused, self-worship. We need self-love to be balanced, if we do not have self-love our relationship with God will not be balanced we will be using God as a crutch instead of an energy. It will be dependant instead of interdependent.

You have to love yourself, you have to like yourself, to take care of yourself.

If you love yourself a lot, you will be able to love your neighbour a lot and so on. Loving yourself, accepting who you are and loving who you are, is fundamental to your happiness.

Loving yourself is fundamental to your happiness

Because unless you love yourself you cannot love your neighbour and even your love for God will not be balanced. So what do we mean by loving oneself?

For me this was a hard one to answer!

Before I have always been thought that we should take the lower seat. That you should be seen, not heard. That you should prefer the other, that you should love your neighbour. The “as yourself” bit was always cast in a negative light, like you are a selfish self-lover anyway so at least love your neighbour that much.

It was not until I read a book called “Your Erroneous Zones” by Dyer Wayne that it occurred to me what this really meant. Even though I had read, even quoted this phrase thousands of times, it was not until I read this book that I realized what it was saying. Paul is saying so many times, that we need to hate the flesh. David said he was merely a worm, but we need to realise that we are loved. If God loves us and there is no doubt about that, then we should love ourselves too, if it is ok for God to love us then it is ok for us to love us, to love ourselves.

You are loved, God loves you how you are, right now not how you will be or might be if you lost weight or did

some great deed in his name, God loves us right now as we are, no conditions, no strings attached.

If God can accept us as we are then we should do likewise, you need to accept yourself as you are, for what you are.

Self-acceptance is another corner stone in the foundation of happiness. This acceptance needs to be unconditional and irrevocable. It is not dependant on your mood, your spiritual condition, your looks, your educational status, your behaviour. It is dependant entirely on the fact that God loves you as you are, right now regardless of all those extraneous factors.

God's love is not dependant on your behaviour, you cannot earn it, you cannot buy it, you don't deserve it, it is a gift but you have to accept it, to receive it, stop right now and think about that for a moment and rest in the love of God.

Accept the gift of His love, surrender to it, let it roll over you.

Let it seep down deep into your soul until it heals and binds up your broken places.

Let the peace of God wash over you in the realisation that it is a gift, that you did not do anything to earn or de-

serve it and therefore you cannot do anything to lose it or have it taken away.

CHAPTER 3

ANOTHER ENEMY OF HAPPINESS IS TIME

In the now

Yes, time, what time is it? Is it yesterday? Is it today? It is neither because it is now. In the now, the past and the future don't exist because we are always in the now. But how many people live in the now? How many of us dwell in the past or are waiting for the future, yarning for the old days, the way it was or cling to some memory of some moment past?

How many of us are focused on the future either with fear or anticipation? Looking back or looking forward affect us in a number of ways, some more destructive than others.

This whole area of time and the “now” is so convoluted that it could take a whole book just to address it but this is the no brainer guide so I will try to break it down into simple bits.

Looking back with regret

Looking back with regret is probably one of the most destructive and wasteful emotions because there is absolutely nothing you can do to change the outcome. If I only had! The only thing we can do is learn and if we do that we can move on, the results of our actions will live on but we must forgive ourselves and move forward.

Looking back with Yearning, looking back is less destructive but stops us living in the now and seeing the possibilities and joy of the present moment.

Looking back with love and fondness is not a bad thing and should be indulged in from time to time and can enhance the present moment by giving it perspective and balance. Looking forward can be broken down in more or less the same way.

Looking forward with fear

Looking forward with fear destroys your peace and eats away at your present moment joy.

Looking forward to the future *in anticipation*, in other words ignoring the present moment, denying your present happiness or deferring your present happiness in the anticipation that you will be happier when you arrive at some point in the future, where you will have achieved some particular goal.

Looking forward to the future in a preparatory mode in other words preparing for the future. Planning, setting goals and providing for future needs, deferred gratification. This is necessary and should be undertaken but should not take us away from the present moment.

I realise that this is a rather simplistic summary of the subject and most of the time we indulge in a mixture of all of the above, however I think it helps to simplify the complicated as it helps us separate the forest from the trees.

You could call it awareness; you are aware of the now?

Regret over the past and fear of the future are two of the greatest threats to our peace and happiness. You need to understand how they interact so you control and limit their impact on your mood and happiness. *You have to learn to live in the "now"* your happiness depends on it.

CHAPTER 4

WHAT IS A MAN? BUT THE SUM OF HIS THOUGHTS

Everything comes from your thoughts, you're thinking, which instructs your decisions, which directs your life and your destiny. Your life is the result of your choices, your decisions which most of the time is driven by your mood.

You decide such and such because you feel like it, because you felt it was the right thing to do at the time. Decisions are driven by how you feel but where do these feelings come from? Your moods, your feelings come from you your mind. If our mind is so important to our life why is there no education on how it works, how to manage it, direct it, maintain it?

This a valid question. If something is so obvious, so important, how is it that there is so little known on a day to day level about it?

Don't get me wrong there are plenty of people who make their living delving into your mind, analysing, mapping, deconstructing, unpacking, but normally after the damage is done, it is a recovery operation, repair job, closing the stable door after the horse is gone.

People go to college for years to study neurosis, complex mental diseases, that is not what I am talking about. The fact is, I am not sure why this this aspect of human life is so neglected.

Rules of mind management

I am not addressing paranoia or bi-polarity here I am talking about the basic 101, the obvious, the clear and simple rules of mind management.

Like looking after your car there are basic things you have to do. You check the water, change the oil, rotate the tyres, have it serviced at regular intervals put in the correct fuel, clean it now and then.

You don't have to be a mechanic or know how to take an engine apart to drive a car. There are probably about 10 basic rules and 5 fundamental principles you need to follow.

The gate keeper

Proverbs 4:23 Keep your heart with all diligence, for out of it spring the issues of life.

It says in proverbs “guard your heart with all diligence for out of it come the issues of life” It says guard your heart, your mind with all diligence. The first thing you need is a gatekeeper who guards the entrance and decides what will or will not be allowed to enter, yes! Enter your mind.

I hope you are not getting tired of me continually stating and restating the obvious but this is as it says on the cover it is the no brainer guide. I am trying to replace complexity with simplicity. A 10 words or less version would be too simple but that is what I will arrive at in the end. Repetition is the law of memory and when you put this book down I want its simplicity to be etched into your subconscious.

These simple principles cannot be learned, they have to be absorbed, integrated into your mental circuits, they must form part of your thought process. There is an element of discipline required because like most skills we acquire, it requires both practice and focus. But first you have to know what you want to achieve and really want to achieve it and what most of us want more than anything in life is to be happy.

Achievable goal

For this to be an *achievable goal*, we must have some expectation that it is achievable. We must have the hope and in this case, we must at least have the basic acceptance that we are responsible to some extent for our mental well-being and can influence its condition and functioning.

The gate keeper is you!

You can choose what goes in. Imagine yourself standing there, sword in hand, day and night on guard, can you see it? Allowing this thought to pass through and blocking this other one at the entrance.

There is a learning curve, what to let in, what to keep out? It is not possible of course to monitor everything, just like what we eat, not everything is the optimum but the overall the mix needs to be balanced and healthy. Just because an unhealthy thought gains access does not mean that it can take root. As they say “you can’t stop the birds flying over your head but you can stop them building a nest in your hair.”

Once you realise and accept that you are the gatekeeper you have actually taken a giant step forward. Without actually doing anything you have achieved what the majority of the human race are failing to do.

We could just say that you have decided to take responsibility for your thought life but that is so aspirational and abstract but if you visualise yourself as this gladiator standing guard at the gate of your mind.

It is your mind, you own it, it belongs to you and you have the right and the authority to control it. There you are, a powerful gladiator, sword in hand allowing this one to pass and that one not. All you need now it to be able to discern which ones, thoughts to invite and which ones to discourage.

Another way to look at it is that your mind is like a dinner party you can choose who to invite, who you like and if some guests show up uninvited you don't necessarily have to throw them out but you don't have to sit down and have a conversation with them. And next time they will know for sure, not to show up as you have made it clear that they are unwelcome.

You entertain and encourage the good and discourage and ignore the bad. It is that simple.

CHAPTER 5

FULFILMENT

Fulfilment is an important constituent of self-worth and self-worth is an important element of self-loving. Self-loving will neutralise the self-loathing in your life. You cannot get rid of self-loathing by focusing on the loathing, you need to replace it with self-loving.

Just like darkness, you cannot get rid of the darkness, it is the default. In the absence of light there is darkness and that is that. You must introduce light. Darkness is emptiness, an empty nothingness and light fills it up.

Lack of purpose or fulfilment, is a major impediment to happiness because without it, it is difficult to generate self-esteem and self-worth and as we have seen it is very difficult to generate self-love if we don't have self-esteem because self-loathing is the default. In other words, *a life that has no purpose is empty.*

That is why it is so important to have a reason or reasons to get up in the morning.

To feel that you make a difference, that the world would be a worse off place if you were not here, this gives purpose to your existence.

I am not talking about rocket science here. I am not talking about turning the world upside down or starting a new political movement. I am talking about the little things that we do, all day, every day. Things we take for granted, things we find boring, things we dislike doing.

If we change our attitude to them they can become vehicles for us to move toward having purpose in our lives.

Until I was 12 years old I hated school. It was boring, I found it difficult and just did enough to get by. When for some reason when I entered high school, I had a realisation that changed my attitude.

I realised that I was going to be in school anyway so why waste the time. It was my time, my choice, so I decided, I made a choice that I was going to be proactive and put in the effort to do my best.

So I went from being in the middle of the bottom quartile to the middle of the top quartile, and got the grades necessary to do whatever I wanted to do in college. It was not until 30 years later when my son was diagnosed with dyslexia that I realised that I also suffer from dyslexia which explains why I can't spell and most of the time can't read my own writing.

Why then are you writing a book? Well as you can see I have a special style. I might have a problem with spelling and writing but I can talk for Ireland, so I write like I am just talking to you and what is wrong with that?

I didn't know I was dyslexic but because I had made a decision, I developed coping mechanisms to allow me to overcome my disability. Had I been diagnosed at the time it might have given me an excuse.

Today we have Word for Windows, grammar check and spell check and all that good stuff. My dyslexia, has turned out to be a great advantage as it has allowed me to become the world leading innovator in my business and where I have made industry changing innovations 3 times in 30 years.

The hardest thing about the writing for me is to keep focusing on the key elements to see the trees for the forest, to focus on one tree at a time. The ten words or less approach to problem solving, break the problem down into little bits so you can see and understand each part so when you reassemble them you can see the big picture because you know where all the little parts fit.

I am also finding as I write this book that I am getting more personal and talking about my own experiences more which is something I did not expect and am not sure yet if it is a good thing or not. Can't be that bad as it

at least shows that I have been that soldier and have been through it myself.

Your purpose is your life, as Solomon said in ECC 9:10 Whatever your hand finds to do, do it with all your might; for there is no work or device or knowledge or wisdom in the grave where you are going.

Let's take work. Most of us spend one third of our lives at work, so it is a pretty sure thing that how we interact, in and with our work will have a significant impact on our happiness. Therefore in order to have a holistic perspective on how to create happiness we must consider our work situation.

Square peg in a round hole?

First are you *a square peg in a round hole*? Does the shoe fit? Is your temperament and skill set a match for those required for that kind of work? People naturally gravitate towards jobs where their talents are a match but many people get stuck in a job that does not really suit them and for a variety of reasons can't get out of it. The good news is that with the right attitude you can make just about any job work for you but it is easier if there is a good fit.

What are your talents?

It is important that you stop and think about what are your talents? What are the things you like to do? What are

the things that come naturally and easily and what are the things that you really struggle with?

If you feel there is a mismatch get some advice to help you discover your gift or calling and maybe do a course on the areas where you feel you are gifted and make a plan to move into an area that is more compatible with your gifting. You may feel that you are not in a position to make a change right now but if you take a medium to long term view, you can prepare for the moment when an opportunity presents itself as it invariably does. This can become part of your purpose and as long as your expectations are realistic and attainable it will stimulate your motivation and energy.

It is not just the match of talent that dictates your fulfilment and happiness at work, it is also where you work.

What is the culture of the workplace or company you work for. The good news is that if you choose, you can always create your own atmosphere but again it is easier if the atmosphere is supportive, encouraging and caring. As the song goes “Everywhere you go you always bring the weather with you”, you can bring the sunshine or you can bring the rain. Companies and organizations have cultures, try to find one that works for you.

At the moment I employ over 750 people and by the time you are reading this I expect that to be nearer 1000. I know that coming to work can be a pain but if I can make the

experience the very best I can, within the confines of what is possible, everyone benefits. Not only will our employees be happier but the company also benefits because they will be motivated to do their best on a multiple of levels.

The creation of a supportive caring culture within our organisation is one of my main responsibilities. Its creation has been the cornerstone of our success and one of my major achievements in life. Look for an organisation that has a culture that you want to be part of.

CHAPTER 6

DEAL WITH THINGS

Never put off to tomorrow what you can do today

I was born a procrastinator. I am still prone to procrastinate but now most of the time I procrastinate for the right reason. There are genuine reasons to put things off. For example, you might need more information, you may not have the time or opportunity at that moment but most of us procrastinate out of a fear.

Fear of failure, fear of the consequence but most of the time we are not really sure of what we are afraid of, its' subliminal, subconscious. The only way to bring it to the surface or to out it, is to face it and most of the time when we do, it proves to be a nothing. We were afraid of a nothing or it wasn't as bad as we had feared and sometimes it turns out to be as bad as we had feared. The fear, of the fear, is much worse than the thing that was supposed to be feared.

Tag team

Remorse, regret over the past and fear of the future are two of the most vicious enemies of the happy state. They are like a tag team you get rid of one and the other jumps into the ring. They are different and have different looks. One is tall and skinny and the other is short and stocky. They have different techniques and need to be fought differently.

Fear needs to be attacked head on, straight in there, he is not nearly as tough as he looks he needs to be tested, probed and attacked.

Remorse moves slower it is more of a mind game with him and you need to psyche him out, wait for your moment and strike.

Fear is the default you need to replace it with something. Fear is darkness it must be replaced with light. Fear can only be replaced by the light of love because love casts out fear.

Fear is a subject all on its own and it would take another book to examine it properly but a basic understanding of fear is necessary if you are to maintain the happy state (see chapter on fear in *The No Brainer Guide to the Gospel for the Rest of Us*).

A thief

You have to look at fear as a thief, he comes to steal and destroy. You need to see Fear as your enemy, so you need to guard against it, you need to bolt your doors, put on the burglar alarm and be vigilant. Fear comes to steal your peace, your, joy and your happiness, your most valuable possessions.

How it works

You need an awareness of how it works, his tricks and techniques, its modus operandi. Some fears are like pickpockets don't confront, opportunistic. Some are like the mugger will confront you and threaten, another will sneak into your home when you are not there, another will enter your home and hold your whole family hostage and rape your daughter.

They are all thieves just different levels of intensity.

The love of God is better

Not all fear is bad, the fear of jumping off a tall building is good. "The fear of the Lord is the beginning of wisdom" but it is only the beginning because the love of God is better but you need to start somewhere. Fear motivates many people and that is negative and that kills happiness. You need to replace fear as a motivator, you need to replace

it with love, love for your own life, love for your neighbour, love for your job, even love for your enemies.

You need to confront your fears. What normally happens when you confront a thief? He flees, he disappears as fast as he can. What normally happens when you confront your fear? It disappears.

Mostly it flees but sometimes it wants to fight then you have to deal with it.

Living in the past, you must move on!

Remorse over the past, living in the past. The past is no place to live because it does not exist except in your memory. It prevents you from living and enjoying the now and only the now exists in real time. You might have done something terrible or something terrible may have been done to you but it is over and you need to move on.

What is it that prevents people from moving on in life? I'm not sure anyone knows, it gets complicated, but let's look at it anyway. The whole "I could have, should have, would have, thing. If only I hadn't taken that turn, if only I hadn't said that word, if only I had asked her out on a date, if only I hadn't given him the car keys".

Sometimes you can go back and do something about a past action, you can go back and apologize, you can learn a lesson but many times you can't. The first thing you need

to do is decide which is it. Can a mistake be rectified? Is there anything you can do to change history? If there is then it is up to you to decide whether you are going to do something about it or not!

But if there is nothing you can do, you need to decide how you feel about what happened and decide how you are going to deal with the situation. The interesting thing is that you can decide how you are going to deal with the situation going forward irrespective of the cause or the effect.

I'm not saying it is easy but you can move on if you want to. Some don't want to move on, they want to stay and spend a lifetime mourning, regretting, wishing it had been different. I know it sounds harsh but the fact is, if you do decide to stay there in the past, there is no happy oxygen there so your happy state will suffocate.

Your choice and not someone else's fault

We come back to the same spot each time: the decision. If you decide to stay in the past you are deciding not to be happy. That is fine as long as you realise that it is your choice. If you want to be miserable it's a free world it is your choice as long as you realise that it is your choice and not someone else's fault.

We keep coming back to the realisation that you can to a large extent decide to be happy, you can create happiness.

Just like you can create the shape of your mind and body by exercising, or studying or controlling your diet, you can shape your happy state.

Why was Einstein the most famous scientist of all time? Because he took one of the most important scientific theories of all time and broke it down to $E=mc^2$.

Simplifier

I'm a simplifier, that does not mean of course that I am simple, no! It is just that my first reaction is to simplify things, to find what is the crux of the matter, the heart of the problem, to find the main issue, the key, the solution to the problem.

There are basically 2 kinds of people simplifiers and complicators that is why I selected the title "No Brainer".

Jesus was a simplifier

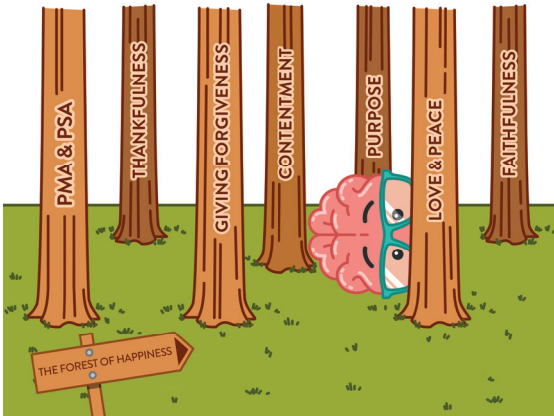
He said "suffer little children to come unto me, forbid them not, for such is the kingdom of heaven" and "unless you enter into the kingdom of heaven as a little child you will in no wise enter therein".

All his greatest lessons were delivered wrapped up in short stories that anyone with an open mind could understand and relate to. I don't want to hear on the internet, O! That Mac Guinness guy he doesn't understand, it's not

that simple. I know! It's never that simple but it is at the same time simple and complicated.

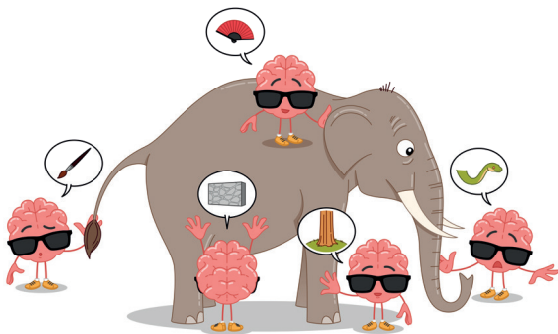
Let's take a tree for example it is both simple and complicated at the same time. Normally there is one trunk and everything above it the branches and below it the roots. Apparently complicated but it all comes together in the trunk.

It's like not seeing the trees for the forest or visa versa. The forest is happiness and the trees are the elements that go to make up the happy state. We are looking at the trees very superficially one by one first because that is the only way I can deal with them without confusing either myself or you for that matter. Hopefully when we are finished we can put them all together and see the forest.



The five blind men and the elephant

Another way of looking at it is like the 5 blind men and the elephant. Each blind man was asked to describe the elephant, each took a different part and each had a different description. One described the ear, one the trunk, one the back, one the leg and one the tail. Each description was correct yet different. So often we get buried in some corner, we are convinced we are correct and in fact we are correct but without seeing the big picture you can be right and wrong at the same time.



And so “these men of Indostan disputed loud and long. Each in his own opinion exceeding stiff and strong, though each was partly in the right and all were in the wrong!”.

So let's at this point take a step back and put some of the forest back together.

CHAPTER 7

HAPPINESS IS

Happiness is a state of mind that can be created by having a positive self-image that is developed through having purpose in your life and a basic understanding of how your mind works and thereby managing it correctly.

We have looked at the different trees like, purpose, like remorse and fear but there are a lot more besides let's take a really common tree in the forest, jealousy or envy.

Jealousy or envy

The 10th commandment say "Thou shall not covet thy neighbour's wife or his goods". Envy also known as the green-eyed monster will devour your happiness and lock you out of the happy state zone indefinitely, so you must be mindful and careful to not allow him into the tent.

The camel and the tent

I'm sure you have heard the story of the camel and the tent. The idea is not to let him get his nose under the skirt

of the tent because if it does the rest of the camel will be in before you know it. Give an inch take a mile. The best way to deal with these monsters is to have a big body-guard at the door checking for ID. Just say no to thoughts of envy and jealousy.

It is interesting that there should be 2 specific commandments dealing with the one emotion 20% of the 10 commandments so it must be very important.

We need to keep in mind that the commandments were given for our benefit not God's. God knew that if there were no guidelines there would be no way to develop society on a macro level or to organise the personal space on a micro level. He gave a set of 10 rules which are still the guiding light, ever after thousands of years have passed. Later he simplified it even more, reducing them to 2 rules "Love God with all your heart and your neighbour as your-self".

Jealousy takes you out of the present moment into a parallel universe. In this place you are put into neutral gear. Jealousy begins with a small thought, the nose inside the tent and your life goes on hold as the thought becomes a monster, devouring you mentally, spiritually, and emotionally. Jealousy makes you take your eyes off your road, you are looking at someone's else's road, what someone else has, so you miss all that you could have because you are focusing on their house, their wife, their flashy car, all

the while time you are missing opportunities to have the same or even better.

Envy can even make you ill, as can fear and other emotional states, that is because we are holistic in nature and even though we are made up of different parallel systems, they all work together and affect each other.

Body, mind and spirit

If anyone of the 3 is not functioning correctly it effects the whole. It is a constant balancing act. It is like a *computer* there is the *hardware*, the actual machine like your physical body, there is the software the programs that run on the computer and there is the operating system. *The operating system* is like our mind how it is programmed how is it wired in other words how it is formatted.

How our minds are formatted is in my view part nature and part nurture and it is constantly being reformatted like getting upgrades as we go along in life through our decisions and experiences. The operating system must be compatible with the hardware and sometimes you can even upgrade the hardware. The operating system, reflects our attitudes, our worldview and how we generally approach and deal with life. It is the operating system that we have mostly been looking at so far in this book because that is the part that you can most easily upgrade or reformat.

Reading this book could be, depending on how open you are to the ideas in it, could be considered a sort of upgrade that you are downloading, reformatting requires a more invasive approach or intervention.

An upgrade can be an experience, a movie, a chance meeting, a relationship that adjusts your mental code a little, it is an incremental adjustment. It can be painless, effortless, almost unnoticed. A reformatting requires a significant act of your will. It can be caused or brought on by an experience but the change is more radical as it requires and conscious act of your will.

Just like there are different operating systems like iOS for Apple and Windows for Microsoft and even Windows 10 is different to Windows 3.1. Some people have say a Christian formatting and some a Muslim formatting, some on top of that may have a cultural formatting say a Chinese world view and some an English worldview. How we are formatted affects our worldview.

The formatting generally has been changing over the time, just look at the kind of shows on TV today and what was popular in the fifties, very different, this is formatting on a cultural scale.

This is always a slow-motion change and some cultures are more open to change than others.

The software that runs on the hardware and is managed by the operating system is our spiritual or metaphysical dimension.

The software is like the program that runs on the operating system like word or excel or explorer or Facebook or WhatsApp. Some people run loads of programs others almost nothing. Just like some people have a well-developed spiritual dimension and others nothing, at least that they are conscious of.

Everyone has a spiritual dimension

Everyone has a spiritual dimension just some are aware of it and some not.

We don't like to talk about our spirituality these days why? Why has it suddenly become unfashionable, uncool to talk about your spiritual life?

It is fine to refer to your karma, the energy in the universe but not a personal spirituality. It's fine to be a Jew or a Catholic which is a kind of a label, a marker of who you are but to express yourself spiritually is uncool. To talk about your software is just not the done-thing any more.

There is a distinction between the operating system, your mind and the software that runs on it. Your mind is basically a machine, billions of neurons, that store infor-

mation, it has little to do with your thinking, your software, your spirit, your consciousness directs your thinking.

You direct your thinking, that is why people don't think like machines, because they are not machines, they are beings, for want of a better word they are a spirit, you are spirit.

The driver drives

Look! It is just logic. Ask yourself are you your body? Your body is like your car, the engine, the wheels, the shell. The mind is like the operating system, the brakes, the electrics, the steering that allow it to be driven and you are the driver. Each part is important, essential, but the driver drives, the driver is you, your will makes the decisions. You decide how fast to go, what turns to make, which side of the road to drive on.

Your body and mind are a vehicle to accommodate you, to allow you to get around. If you can accept this worldview and absorb it into your being, it will allow you to have the correct perspective of your state. It will give you the ability to manage your body and mind with authority and confidence. It is fundamental to managing the happy state. You are in charge, you that is, your will has the ability and the authority to direct your body and your mind so that they obey your will.

You are not your body, the hardware, you are not your mind the operating system! You are something else the software, you are what could be called a spirit. Let's leave all the religious baggage at the door for a moment. It has been accepted for thousands of years that there is a spiritual world, although today we are more lightly to describe it as another dimension in a quantum parallel universe, same thing, different words.

Every culture without exception as far as I know had a belief system, which acknowledged a parallel spiritual system until about a 100 years ago it all started to change, why? Well, we got so smart all of a sudden that we discovered that we actually made ourselves and even though we may not have discovered it yet there is a perfectly good explanation for all the observed paranormal phenomenon and activity.

Looking through a different window

What actually happened was that we began to think in a different way, our formatting has changed over the last 2 generations. People used to think in spiritual terms but now they think in scientific terms. Our worldview has changed we are looking through a different window.

Religion and religious people generally don't like change they resist being re-formatted. The religious sector instead of embracing science resisted it, which doesn't

make sense. If what they really believed is true, nothing that science discovered could contradict that truth. Most of the greatest pioneering scientists of the 19th century were believers including? Newton, Faraday among many others. YES! There has been exaggeration, misdirection, misinformation, on both sides.

As far as I know science has not as yet come up with any discovery that excludes the possibility of a parallel, let's call it spiritual universe. In fact, discoveries like the big bang and quantum physics are leading science in that direction.

The fact is that the picture painted and generally accepted by the world's religions, is in many cases a figment of their tradition and imaginations. As Paul said "eye has not seen, nor ear heard, nor has it entered into the heart of man the things that God has prepared for those who love him" so here is Paul basically saying that even he has no clue of what to expect.

We need a new language, we need to be open and we need to be honest, if we are going to approach the truth.

We need a new language

We need a new language, less triumphant, less judgemental, less sure that we know it all because we don't. Not only a new language but also a new attitude, less arrogant, less judgemental, less sure and more like Jesus.

Jesus said let he that is without sin let him cast the first stone and it says that they all to a man departed one by one. One minute they wanted Jesus to give his approval, to stone this woman to death next they were all slipping away ashamed, disarmed, exposed. None of us can afford the to be self-righteous, for we are all sinners. It does not really matter whether it is a serious one or a minor one, it leaves you short of perfection and anything less than 100% is not perfection! And if you are not perfect you need to somehow to make up the difference and how do we do that?

If your goal is to be perfect, then you will never be happy because it is an unattainable goal, an un-scalable wall. So somehow you have to make up the difference and that difference is called forgiveness.

Jesus talked a lot about forgiveness. In fact, he talked more about forgiveness than he did about sin. And when he did talk about sin it was usually in the context of the forgiveness.

Forgiveness is a massive pillar in the temple of the happy state, it is crucial. It is a big tree in the centre of the happy forest and deserves close examination, so let's go over and take a closer look.

CHAPTER 8

FORGIVENESS

Forgiveness works in 2 directions and 3 levels

It works going in and going out, giving and receiving. You give forgiveness and you receive forgiveness.

It's a gift it cannot be bought or earned it can only be given and received.

Forgiveness works on multiple levels depending on your worldview.

You receive forgiveness from God, yourself and others and we give forgiveness to ourselves and to others.

We need forgiveness from God to fill the gap between our imperfection and God's perfection and that is kind of obvious depending on your worldview.

We need forgiveness from others because it creates harmony both for us and them. Forgiveness from God and others helps us to do the hardest forgiveness of all, forgive ourselves.

We need to be able to receive forgiveness of and from ourselves because that enables us to be free and happy.

Forgiveness is a cornerstone in the wall of happiness

Because we are the manager of our souls, our minds, we have to be able to receive forgiveness for ourselves and from ourselves, we must be willing to forgive ourselves. Without self-forgiveness we cannot replace self-loathing with self-love. If you hate yourself there is no way you can be really happy.

As you can see all roads lead to Rome. It is all interconnected, interdependent, there are a number of balls that have to be juggled, sometimes we drop one or two, that's life. We get distracted or life throws us a curve ball. If you have an idea about which balls to prioritise, you can keep the whole show going, as you put it back together and like everything else in life you get better with practice.

Skill is a combination of knowledge and practice

Obviously, knowledge comes through the feeding of your mind with information that reformats your worldview and mind set. Knowledge without application is useless, this is why we need practice. Practice is the application of

knowledge through your will. It requires work, perseverance and to some extent opportunity.

This is why, it is so important for you to understand and believe that you have power, the power of your will, to make things happen, to change things. The power to forgive and receive forgiveness is in your hand, you may be victimised but you don't have to become a victim. Every journey begins with the first step, forgive someone today and see what it feels like.

CHAPTER 9

SUCCESS

It is difficult to be happy unless you are successful but what is success? First of all, success is relative. What is a success for me may be a failure for another and some are never successful, not because they don't succeed but because they are never satisfied with their performance.

What is that in your hand?

You have to use the cards you have, make the best with what you have. Look what God said to Moses. When God said that he was going to send Moses to liberate the nation of Israel, Moses said that he had nothing to offer, that he was old and inarticulate. God said what is that in thy hand? He had a branch of an Almond tree which I presume he used as a walking stick. The Lord told him to throw it on the ground and it turned into a serpent and when he picked it up by the tail it turned back into a stick again and the lord told him to show that to Pharaoh.

The point is you always have something even if it is only an old stick. Use what you have right now, don't wait un-

til you think all the conditions are perfect, use what you have right now.

I believe that everyone has a talents and gifts but we don't all have the same gifts or even the same amount of talents. It is what you do with the talents you do have, that counts. First you have to figure out what are your talents. Many fall at that hurdle either out of fear, apathy, laziness or ignorance and sometimes out lack of opportunity.

The parable of the talents

The parable of the talents illustrates all of these scenarios.

First not all got the same, one got 1, one got 5 and one got 10.

The one who got 5 and used them to gain 5 others got exactly the same praise as the guy who got 10 and gained another 10. They were both praised for being good and diligent servants and were told that because of their efforts they were going to be entrusted with more talents and responsibility going forward.

However, the guy who was given the one talent went away and hid it because he was afraid and because of that, the one he had, was taken from him and given to the guy with the ten. Because he was afraid and didn't use it, he lost it, so use it or lose it.

Do your best with what you have and success and happiness will seek you out. Success will hunt you down and find you! Don't worry about the other guy and if only you were only, as good as, as tall as, as smart as, or as good-looking as, use what you have. Find your talent, develop it and find your place in the world.

Do just that and you will be fulfilled, your self-worth will grow, you will feel that you are making a difference in the world and your road to happiness will be bright and wide.

CHAPTER 10

SELF-LOVE AGAIN

At this point I would like to revisit the subject of self-love.

God said, “it is good”

As we discussed in an earlier chapter Jesus was very clear about loving your neighbour as yourself, it is very clear that God wants us to love our neighbour so it stands to reason that God wants us to love ourselves.

God made us in his own image and likeness so why would we not love ourselves. When God was finished creating our world he “said it is good”. God’s perfect plan is for us to love ourselves! For us to be self-directing, confident, interdependent beings.

However, there can be a fine line between self-love and selfishness that is important to define.

You cannot love yourself and loath yourself at the same time but you can be selfish and hate yourself at the same time. Loving your neighbour as yourself means loving your neighbour at least as much as you love yourself. It doesn’t

necessarily mean that you cannot love him or her more than yourself.

Selfless-ness is another state that is espoused, worshipped, by the religiously minded, where the aim is to minimise self, to shrink one's ego, to neutralise it to such an extent that it is so weak that it cannot disturb your peace. It is a kind of aesthetic for the soul. It is neither self-love or self-hate it is an emptying of self, an absence of self.

This gives a sense of peace which is cool but it also leads to a level of acceptance where you are at the mercy of something that is called fate, Karma, god's will. Where you have no control and therefore no responsibility. Where you are simply a leaf carried on the currents of events and you are not expected to swim to shore.

It is difficult to feel happy when you are numb, because after all, happiness has to be felt to be real and to be enjoyed. Happiness is made up of different elements and they are all not necessarily present in the same proportion, at the same time. Part of the joy of life is when you feel alive so if your goal is basically not to exist, to neuter your feelings by suppressing yourself, you are selling yourself short.

CHAPTER 11

THE HAPPY STATE

As I have progressed with the writing of this book I have found myself using the term the “Happy State”. So I want to revisit something we touched on in an earlier chapter “the many faces of happiness”.

The United States Declaration of Independence

The United States Declaration of Independence talks about “the pursuit of happiness” as a right that people should have. The right to pursue happiness, to attain the state of happiness. Not necessarily the right to be happy, no more than people have the right to be rich, wealthy but they have within certain constraints the right to attain, pursue happiness just like they can pursue and attain wealth.

Happiness like wealth is relative but unlike wealth it is hard to measure and quantify. Just like wealth it is manifested in different forms. For example, you could own millions in property but be cash poor and not have a dollar in your pocket.

For instance, I recently (sept 2017) finished in 11th position in the European Endurance Championships which for me was an outstanding success. However my goal was to be in the top 10, a position I could have and should have achieved, however this would not have been a successful result for the person who came in first almost an hour ahead of me. So you see it is relative, I was very happy with the result as were my team. I didn't dwell on the fact that I could have done better. The fact that I left a little on the table is for me a great motivator.

The manifestations, the faces of happiness are many, love, joy, contentment, peace, satisfaction, to name just a few! It is like the blind men and the elephant it depends on which part you are looking at any given moment. The closer you get to the subject, the more specific the description, the more misleading it can be if you get stuck in a particular spot and don't stand back every now and then to observe the big picture, to get the overview.

Happiness and joy

Most people confuse happiness and joy, the Bible says "the joy of the lord is our strength" David said his cup runneth over, joy is when your happiness runs over, when it cannot be contained when you are just like a glass that is being filled and the liquid reaches the top and it starts to run over the edge.

Joy is the manifestation of happiness, it is a powerful emotion but it is very fleeting, it comes and goes in intensity. It is contagious, it is to be shared, you can put some of it into someone else's cup. It is at the top of the pyramid but underling it is a bedrock of other emotions that support it.

Contentment and satisfaction

At the base of this pyramid there are the solid structures of contentment and satisfaction. There is a subtle but significant difference between these two emotions. Contentment is in the now, satisfaction is more to do with the past and specially the future.

Paul put it like this that in whatever state he found himself in he was content, whether full or hungry, hot or cold, in a palace or a hut. He says he learned to be content, he was talking about his present state and he specifically says that he had learned to be content, that he had trained himself how to be content, he had worked at it.

To me contentment is the bed rock of happiness. If you are not content in the now, it is very difficult to be happy. Contentment is very much in the now it is very connected to peace, another bedrock in the pyramid of happiness, peace is also very much in the now.

Thankfulness

Contentment is a very deep emotion, very solid and rests on a foundation of thankfulness.

In everything give thanks for this is the will of God in Christ Jesus concerning us.

In everything not just the good things, the pleasant, the convenient things but everything. Even the bad things, the painful things because “all things” work together for good to them that love God and are called according to his purpose. In everything give thanks because all things work together for good.

All things work together for good. Every situation has a silver lining, has a lesson, has a purpose even when we blow it, there is always something to be gained, salvaged. When life hands you a lemon with the right attitude you can always make some lemonade.

Without exception all things work together for good, it just depends how you deal with it. If it doesn't kill you it makes you stronger. That might be a bit extreme but it is about the height of it.

Count your blessings, look on the bright side, it's not rocket science, it is a simple act of will, a decision, a mental and spiritual process, a learning curve. Paul said he learned, you can get on the curve at the bottom and

work your way up, find one thing to be thankful for and start from there.

Even if you are at the very bottom of the curve, in a complete funk and finding it difficult to find the door out of it. Stop, think of just one thing you could be thankful for, just one blessing, no matter how small or insignificant, focus on it for 5 minutes.

Be thankful for it for just 5 minutes then think of just one other thing and tell me that you do not feel better! You will have lit 2 little candles to give just enough light to start the process of looking for the door out of your dark place. A lot of times these doors are locked and so stuck that you need a key to liberate yourself, to unstick yourself, thankfulness is a master key that unlocks such dark places. Giving is another.

First of all, you need to believe that there is a door, in fact there are many doors out but they all need a key. Thankfulness is a key to unlock one of those doors, get into the now, find one thing to be thankful for, put the key in the door and take a step up the curve.

Giving

Then take out the giving key. Give something to someone, even if it is only a kind word or a smile. Giving is a stimulant, like caffeine first thing in the morning. It is an activity, is more active, easier to activate and always

works. Give and it shall be given is a universal law that is like the spiritual version of gravity.

“Give and it shall be given pressed down and running over shall men give into your bosom for with the measure you give, it shall be returned to you again”.

LUKE 6:38 “Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you.”

Giving gets your eyes off yourself and gets you looking out. The fundamental difference between self-love, self-worth and selfishness is the direction of your vision, your focus. The difference between self-awareness and introspection. It is more blessed to give than receive, when you give you are actually receiving something, a blessing and part of the blessing is a stone on the road to happiness, another brick in the wall of your happiness.

Happiness is a wall

Happiness is a wall that deflects all kinds of attacks. It is like a protective bubble that surrounds you and protects you, it surrounds you everywhere you go.

Like the song by Crowded House “Everywhere you go, you always bring the weather with you”.

It is like a self-fulfilling prophesy, it takes a lot of work to build it but if it is solid and well-built it doesn't take a lot to maintain.

All stone walls look alike from a distance but up close they are all different like fingerprints. Each wall has stones of different shapes and sizes arranged in different patterns but they fit together and all must obey the law of gravity. Some stones are foundation stones, some are corner stones and some just fill in.



Most people don't have the resources

It is absolutely true that you can make yourself happy by simply following some simple rules. The problem is that it is not so easy to keep up the fight, to have the mental

energy to be constantly on your guard, to be constantly on duty. Most people don't have the resources within themselves to maintain the wall against the constant attacks and assaults on their happy state. You need a resource, you need energy, you need power.

The power of positive thinking

Most of the rules, guidance I have used and in fact most teachings I have used, have come from the gospels, the teachings of Jesus. The power of positive thinking movement came from the words of Jesus applied to our way of thinking outside of its religious context.

It began with a trickle in the early 19th century with people like James Allan's "As a man thinketh" and the floodgates were opened by Norman Vincent Peale's "The Power of Positive Thinking" and then everyone jumped on the band wagon.

By applying positivity to whatever, you can make it better, make it work to a greater degree.

You can apply positivity to any subject, philosophy, way of life and you will improve it, all it needs is right thinking and energy.

CHAPTER 12

ENERGY

It is the energy. Energy is the problem and like all problems you need to look for a solution. Energy and motivation have to be generated, to generate them you need fuel. If the will is directing the mind, there is a requirement for fuel, to generate the energy.

The mind is like an engine and it needs fuel. The kind of engine dictates the kind of fuel.

Take for example a steam engine, like a steam train you are constantly feeding it with wood or coal, a relatively inefficient system and an awful lot of work for the return. The horse and cart, the horse eats hay, produces a lot of by product, heat and manure and eventually pulls the cart, the steam engine is better?

Then there is the petrol engine like in your car, much more efficient, a much more concentrated fuel source less waste and by product.

What about a nuclear reactor? Tiny amount of fuel generating a massive amount of energy. This leads us to the

questions: What kind of engine do you have and what is your fuel source.

What is your fuel source, where do you get your energy? This is where the spiritual or metaphysical part becomes very important.

Without realizing it we are constantly drawing energy from the atmosphere around us, from our colleagues, from our family, at work, at play. We are drawing spiritual energy from what we read, what we watch, it is all feeding into our fuel tank and it is affecting our happy state.

We gravitate towards the kind of energy that attracts us. You have heard the saying “you are what you eat” well it is the same mentally and spiritually. You must be careful about what you put into your fuel tank, what you allow in.

Paul said whatever things are good, wholesome, a whole list of good stuff you should allow in but get the bouncer to stop the rest.

You are the bouncer, the doorman, the gatekeeper. You can control what you allow in. You can pick your friends, you can choose the kind of company you want to work for, you can choose what you will watch on TV or which movies you will go to see. So here we go again! You can choose to a very great extent where you draw your energy from and that includes, the spiritual energy we all access.

Not everyone is aware of the spiritual energy that surrounds us. Just because people ignore it does not mean it is not real. Everyone has experienced it, whether they know it or not, everyone has felt it. This spiritual energy can be incredibly powerful for good and for bad. Just like food, we develop a taste for a certain flavour of this energy and seek it out, we gravitate towards it, without even being aware of it.

Happiness is a choice

As I have stated repeatedly already, happiness is a choice that we make but that choice requires energy and there is a source of energy that is freely available if you seek it out and that energy is God.

CHAPTER 13

GOD WANTS YOU TO BE HAPPY

It is his highest will for you to be happy and successful.
This thinking is contrary to much religious thinking which gives the impression that God wants you to suffer, to struggle, you know the “valley of tears” syndrome. We do suffer but it is usually our own doing, our own mistakes and sins and actions. It is not God’s will.

I am bringing this up because it is important to find the source of much of this wrong thinking that pervades our culture. Much of it comes from religious thinking which has perverted the truth about what God wants for us and how he perceives us. As I keep repeating, you can choose to be happy that is because God has made us in his own image and likeness and has given us a free will.

That means ultimately you choose, not your parents, not your friends, not your wife, you have the choice and you have the responsibility, because God gave you free will. Don’t waste it, do not give it away.

Many don't want to choose, don't, won't! Take responsibility, just like the man with the one talent. He didn't want to choose, he was afraid so he went and hid it.

Just because you are responsible and you have to initiate the process of choosing, because it is a process, just like building a wall, it is one stone at a time. Just because you, you have to do it, does not mean that you have to do it on your own. There is a resource there, if you ask for it, if you seek it, if you are open to it.

Universal laws

Contrary to what you may think God has made universal laws which like gravity, work for all, the good and the bad, the believer and the agnostic. The rain falls on the good and the bad, happy and the sad, the winners and the losers. I don't believe God discriminates, his blessings, the sun and the rain are there for everyone but his energy although freely given, has to be drawn down.

God does not discriminate

There is money in your account but you, have to cash the check. God does not discriminate, he loves all equally but he has set limits, he will influence but not decide for you, his hand is outstretched but you, have to reach out. Once you put your hand in his, the journey becomes an adventure. Trials become challenges and you will find the

energy you need. “You will rise up with wings like eagles you will run and not be weary, you will walk and not faint”

ISA 40:31 As Isaiah said those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

Its all about the energy

It is all about the energy, getting the right fuel, is so important.

Building the happy state requires fuel, energy, you have to find a source to supply that energy. The kind of fuel will define the kind of happy wall you build.

CHAPTER 14

WORDS

There is a strong connection between thoughts, energy and words.

Thoughts are like bullets they only become like dangerous when you fire them. As long as they are in the gun they cannot do much damage to anyone else. Where do words come from? They are thoughts first when you speak them they become words. Thoughts become energised when you speak them.

Like bullets words can do damage but they can also do good. Depending on the thought, a blessing or a curse. You must be careful of what thoughts you allow your mind to generate but you need to be even more careful what thoughts you allow to be energised as words.

We confirm, affirm and energise our thoughts when we turn them into words.

When a thought becomes a word, it takes on another dimension, it becomes established in your mind, it gets

extra power. Like the gene in the bottle, as long as it is in the bottle it can't achieve much.

Jesus said "it is not what goes into a man that defiles him but what comes out of him, that is his words".

He also said that "by your words you shall be justified and by your words you shall be condemned".

He said we would have "to give account for every idle word".

Words have power

Jesus said "if you say unto this mountain" he didn't say if you think about it long enough. No he said to SPEAK to the mountain. Use words.

Words make things happen so be careful how you use them. Paul said "let no corrupt communication come out of your mouth" but "what is good for the edification of the listeners". He also said "comfort one another with these words".

So be careful what you say it has a direct impact on how you feel. If you say happy things you will be happy if you say angry words you will be angry.

You can strengthen your PMA by careful choosing the words you use, it is like a feed back loop a self-fulfilling

prophesy, a perpetual motion machine of positive thinking, it feeds on itself, it works in both directions.

CHAPTER 15

SIN

There is a concept in spirituality called sin. I am sure you are all familiar with it. I am a little apprehensive approaching this subject because of the strong connotations the word sin has in the religious context.

Missing the plane

I would like to make it clear what I mean by sin. Sin in its very broadest interpretation is missing the mark, missing the target, no matter what the context. Missing God's target is what I call sin. You can sin against God and you can call that sin. You can sin against your brother and that could be called an offence, you could sin against the law of the land and that could be called a crime, a Felony, you could sin against your computer by putting in the wrong code and that would be called a mistake. At the end of the day sin is getting it wrong. Sometimes it is by an inch and sometimes it by a mile. It does not really matter, it is not a 100%, it is not perfection. It doesn't really matter whether you miss the flight by a minute or an hour once the door is closed that's it.

Sin can be difficult to define since it can be relative and what is a sin for one may not be a sin for another. Paul said “that which is not of faith is sin”. For instance, not washing your hands a certain way is considered a sin in some religions and certain sexual practices are considered a sin in others.

Normally it is our conscience our inner voice, that tells us what is right or wrong. It is when we do something wrong and our conscience convicts of it that we know we have sinned or not.

Dealing with sin

Sin is easily dealt with on a mental, metaphysical level. The consequences of your mistakes, errors and wrong actions will have to be dealt with but on a mental, spiritual level you simply ask for forgiveness.

You confess your mistake to the one you offended and ask for forgiveness. Whether they give it is not a prerequisite, it does help the process but for you to be forgiven internally, in other words for you to forgive yourself, it is not a prerequisite that you are forgiven. Most of the time we are having to continually forgive ourselves.

The act of recognising our error and seeking if you like, to repent from it, triggers a reset button in our operating system. It initiates a change in our thinking, large or small, depending on the seriousness of the error and the depth

of our repentance. Our hardware gets a reformat and our spirit or software gets an upgrade.

It is like the striker who misses the goal. Sometimes it is a far out shot at an acute angle and it is a miss that is easily forgiven but what about an open goal miss? You must forgive yourself, move on with the game. If you are going to spend the rest of the match beating yourself up, it is going to affect your performance. The reason I am bringing this up is that there are 2 states connected with repentance and forgiveness that are very similar but are very different in the way they affect the Happy State.

Firstly

Conviction, you are convicted when you have done something that you know was wrong, you made a mistake. You are clear about it and the key word here is clear. You can deal with it by apologising, confessing, repenting and seeking forgiveness. “I am sorry” can be the 3 hardest words in the world to say but look at all the wars that could have been avoided if they had been used more often in the course of history.

I am sorry

I am sorry are 3 of the most liberating words ever spoken. 3 words, 4 syllables, 8 letters that if you learn to say them often, will transform your happy state.

Forgiving and receiving forgiveness is like putting out the garbage of every day. If we live, we create garbage, whether it is down the toilet or into the bin, we are creating garbage all the time, little bits and big bits.

Put out the garbage

We normally clean up as we go, we don't just leave trash lying around the place. If we do the whole place gets bunged up, the place gets into smelly mess. Let not the sun go down upon your anger, put out your garbage every night. Put out your garbage regularly so your happy state is clean and tidy, not messy and confused because that can lead to the other condition I mentioned above which is condemnation.

Condemnation is when you feel bad about something but you are not sure what it is, the opposite of clear, it is the funk state. It begins as a small feeling but can spiral and plunge you into a deep dark hole. A kind of helpless dark hole, like a mental quick sands. It is like there is all this garbage around and you don't know which piece to pick up first. Well if there is not one particular piece that catches your attention, then just get a roll of big black plastic bags and get filling and dump the lot in the dumpster.

Don't be tempted to start picking through the garbage as it will only suck you in, dump the lot and start afresh.

Fresh every day

God's mercies are new every day, every morning it's a new start, don't bring yesterday's garbage with you, confess it, dump it, and forgive yourself and move on. When the children of Israel were wandering in the desert for 40 years, God fed them with manna each morning and you could only eat today's manna, it would not keep until the following morning, so it is one day at a time.

The fact that you may still have to deal with some of the consequences of your mistakes should not damage your happy state, as rectifying your mistakes will help us learn and avoid them in the future. It is part of building the wall, the learning curve of life, it is difficult to be in the happy bubble if it is full of stinky trash. Learn to say sorry, and seek forgiveness, learn to forgive yourself and learn to spot the difference between conviction and condemnation.

CHAPTER 16

BE A PEACEMAKER

Be a peacemaker not a shi*-stirrer. “Blessed be the peacemakers for they shall be called the children of God”. What do you think Jesus meant by that? There are peacemakers and there are peace breakers and there are varying degrees of both. Peace is not just the absence of war. It is not just a passive thing; it is not just a vacuum. Jesus said peacemakers, making requires action, energy, it is not just passive, it requires effort, participation.

To make peace you have to establish certain conditions, you have to create harmony, establish harmony, nurture forgiveness and tolerance, align goals and priorities. It is not necessarily the avoidance or absence of conflict it is a struggle.

How wonderful and pleasant it is when brothers live together in harmony!

For harmony is as precious as the anointing oil that was poured over Aaron's head, that ran down his beard and onto the border of his robe.

Harmony is as refreshing as the dew from Mount Hermon that falls on the mountains of Zion. And there the LORD has pronounced his blessing, even life everlasting.

Psalm 133:1-3

Psalm 133 says “behold how good and how pleasant it is for the brethren to live together in harmony, for there the Lord commanded a blessing even life forevermore”. Therefore if you want to be happy be a peacemaker.

Peace with yourself

First make peace with yourself, forgive yourself, tolerate your weaknesses, be in harmony, body, mind and soul. Seek out the peacemakers in your life. Avoid the war makers those who always seem to be in an argument and causing a drama. Be part of the solution by bringing your peace with you wherever you go. That does not mean that you have to be nice all the time and avoid controversy at all costs. It does mean that you must keep an eye on your source, your own inner peace.

The source

It is like the safety presentation on the aircraft before take-off. They always tell you to secure your own oxygen mask before attending to others. Same thing you need to secure your own peace before you can make it for others.

You need to work to make your peace rock solid, rock solid so that when the storms of life come against it will be able to withstand.

This again shows the importance of self-love, self-appreciation. You are worth it! You cannot give what you do not have, you cannot be a peacemaker if you are not at peace yourself.

We are made in the image and likeness of God, what God made is good, you are good, you are his creation. You need to have a positive vision of yourself. You are good, I don't mean that you don't sin, make mistakes or don't fail to live up to some of the aspirations you have. I don't mean that you are a perfect vessel without cracks or flaws. What I mean is that fundamentally you are a beautiful creation, you are a beautiful reflection of God's love. If we were all to view each other in this light it would solve so many conflicts, prevent so many wars.

It is when we move in an environment or have a world-view where this perspective is absent, where one person can see another as an object, not connected to the life of God or in many cases it is their god that allows them to treat that person in the most ungodly way. A world without a respect or belief in a universal God, a God that loves everyone equally and unconditionally, is a world where it will be very improbable that you will have peace.

Guard your peace

You have to guard your peace. The way to know if your peace is solid is how you react when it is threatened, not just by too much coffee but by a real life crisis, a disappointment, a betrayal, a disaster. Jesus said “in the world you will have tribulation but be of good cheer I have overcome the world”.

Peace in the mists of the storm. Paul talks about a peace that passes understanding. Jesus talks a lot about peace He said “my peace I leave with you, not as the world gives I give to you let not your hearts be troubled”. Jesus did not talk a lot about joy or happiness but he did talk a lot about peace.

Peace I leave with you, My peace I give to you;
not as the world gives do I give to you. Let not
your heart be troubled, neither let it be afraid.
John 14:27, NKJV

I am leaving you with a gift — peace of mind
and heart! And the peace I give isn't fragile like
the peace the world gives. So don't be troubled
or afraid.
John 14:27, TLB

I am leaving you with a gift — peace of mind
and heart. And the peace I give is a gift the

world cannot give. So don't be troubled or afraid.

John 14:27, NLT

It is a result

Like happiness, peace is a result. It is an end result rather than a single element. Like a cake, it is the result of a number of ingredients that undergo a process, where the end result is a cake. Peace is made up of a number of ingredients like love, forgiveness, tolerance, patience and perseverance all mixed together and cooked in the oven of a positive heart and mind to produce the cake of peace.

Likewise, happiness is a cake. I know I have said before it was a wall, a forest, a state, a bubble and probably a few other things before I finish this book, to illustrate the un-illustratable. It's like trying to describe a cloud.

We cannot see peace or happiness. We can see its action, its results, like a laser show when the laser is passed through a vapour or a mist, the image appears. We have to project what is a feeling onto something to get an image of it.

Horse and cart

Sometimes we put the cart before the horse, peace is the horse and happiness is the cart. You have to feed the horse; you have to take care of the horse, otherwise the

cart is going nowhere. No horse or cart are exactly the same, some carts have two wheels some have 4, some like a sledge have none. Not all cakes are the same, they all have common ingredients but in different proportions which produces different textures, different flavours to produce different tastes.

Peace and happiness have many of the same ingredients just like bread and cake they have many of the same ingredients.

I don't think you can be really happy if you don't have peace. But the world is seeking happiness but are we putting the cart before the horse. First you must find peace, built your peace, find the bedrock of peace upon which to build the wall of happiness.

CHAPTER 17

HOME BREW OR ENDLESS SUPPLY

You can do it on your own if that is what you want. You can manufacture your own, you can brew your own but why? You can try and pull yourself up by your own boot straps but why would you want to when there is an endless supply of energy at your disposal? You can brew your own but you only have limited resources, only so much energy, why not tap into the endless energy of God?

You will still have to do the cooking, the mixing, you will still have to pick the inputs and decide on the recipe but it is so much easier if you have the energy and the top-quality ingredients at your disposal.

Why go it alone?

Even God didn't want to do it on his own. The Father has the Son and the Holy Spirit.

A team! Each has its own designated duty, function, God has shown us the cooperative model.

Granted the Father is the boss but Jesus stresses that they are at the same time one. He also says that if we will accept him by believing in him and receiving him that we will be joined with them in one.

Get connected

Imagine that you can get directly hooked into the grid of the universe, no sub suppliers, no middle men. A direct connection to the unlimited power source that is the universe and then some.

Why would you want to go it alone when you can have all that?

The really sad thing is that many are already plugged in but they either don't know they are plugged in or they don't know how to turn it on and use it.

Sub suppliers

A lot of this is to do with the sub suppliers, the gurus, the churches and their religious teachings, that basically promote themselves as brokers. The first commandment says "I am the Lord thy God I will have no other gods before me". God wants a direct relationship with you he does not want a middle man, reinterpreting the message, mudding the waters. God has the bandwidth to communicate with you directly on a multiple of levels.

The priest, the preacher, the Iman get in God's way most of the time. If they are not prompting you towards a direct relationship they are getting in the way. In my view the reality is that they encourage the middle man, mediator status. They differentiate the message so they become the unique supplier, the preferred supplier, the only show in town. They structure the kingdom in such a way that you have to go through them.

Good marketing

This is a perfectly natural marketing strategy. In business you always try to differentiate your product and segment the market. Just take a drive through Greer, North Carolina and you will see what I mean, a different church on every corner. Like all good middle men, they add their own little twist to the story. They are usurpers, usurping the place of God.

Dependency

They say there is a little truth in all religions, I don't know what to say about that but they all have one thing in common they create a dependency, on them and their system.

They create a system where you never arrive where you are never sure. Am I in sin? Am I in grace? Do I have enough brownie points built up to go to heaven? It is a never-ending treadmill, there is never an arrival. A bit like treading water if you stop kicking you sink.

God has given each of us a life jacket we just have to take it and put it on. A buoyancy device so we can float in his forgiveness and salvation.

If God had wanted us to be perfect, he would have created us perfect. He didn't create us perfect because he wants us to learn to be perfect. He gave us free will so we could figure it out for ourselves. So that is where this learning curve and free will come in. You have the choice to choose, the right to decide, the responsibility to pick the ingredients to the cake of life and learn how to cook it.

We have a responsibility to ourselves and to others. We are not in this alone, true, our responsibility is to ourselves first, just like the oxygen mask. We build our own happiness but then we become part of the happy wall for our community and then our country and then the world, It's all interconnected. If there is a famine somewhere, you may not be directly responsible but we are all responsible, collectively. *Responsibility* is an important stone in the wall of happiness, being responsible, taking responsibility gives you freedom and control.

Rights and responsibilities

With every right comes a responsibility. With the right to vote comes the responsibility to vote, with the right to decide comes the responsibility to choose.

Jesus said “the Spirit of truth would guide you into all truth”. He will guide but not decide. He will direct not dictate. Because he wants you to learn to grow. It’s not that God wants us to make mistakes, it is just that he knows we will. We learn from our mistakes, we all make them but we don’t always learn the first time so we repeat them over and over until we get the message and the penny finally drops. That is why you need to forgive yourself and move on. Sin is simply missing the target and no one gets a bullseye every time, we all drop the ball.

NKJV “However, when He, the Spirit of truth, has come, He will guide you into all truth.”

Smart people learn from their mistakes but the smarter ones learn from the mistakes of others. It’s a short cut if you like but it requires a special mind-set. That is why we go to college. To learn from others, we learn from the teacher, who learned from the teacher before him, so we stand on the shoulder of giants. Like the invention of the light bulb which was the result of a thousand failures, mistakes. So fail fast and enjoy the ride.

Why is it we don’t learn?

What is it? Why is it that we don’t learn? We don’t do the right thing? Why did Adam and Eve eat of the fruit? Just in case you don’t know the story I will go through it again. God created a paradise and he created Adam and Eve and

put them into it. He even involved them in the creation by having them name all the other animals he had created, everything was perfect. They had total freedom.

There was only one thing he asked of them and that was not to eat of the tree of good and evil. In fact, it was the tree of the knowledge of good and evil, because in the day that they would eat of the fruit they would surely die. Everything was great until the serpent came to them and persuaded them that God had lied and surely they would not die. We all know the end of this story, they ate but they did not die, or did they?

Something did happen. First they saw that they were naked, second they hid from the presence of God, third they blamed each other and fourth they were thrown out of the garden to fend for themselves. Into a world of thorns, a valley of tears where they would have to earn their way by the sweat of their brow.

Real happiness is as Jonie Michel sang at Woodstock “We have to get ourselves back to the garden”.

That is where God wants us, we have to find our way home, to restore that state, that relationship, that intimacy.

So why would God go to all this trouble? Why? Why? Why?

God wants a family

Because God wanted a family? It appears from all the evidence, that God wants and maybe even needs your love, not your obedience or your service, he wants you to love him. Not a slave not a servant not a robot but a willing lover. A Love freely and willingly given unconditional and reciprocated. Now that is freedom, freedom from condemnation, freedom from need, freedom from fear, fear of God.

Solomon said that “the fear of God is the beginning of wisdom” but it is only the beginning. Love of God is the goal; fear of God is the default setting.

A big part of the problem today is that there is no fear of God, no realisation that there are consequences to our actions. There are plenty of fear phobias. There was the fear of atomic war, mutual self-destruction, which has now been replaced with fear of global warming. There are many fears but the fear of God has slipped into the background, it is withering away, it has melted away like ice on a sunny day.

It is not cool to talk about sin or its consequences. Sure people talk about karma and you reap what you sow but in a casual superstitious way. Truth has become a moveable feast; relativity is the order of the day. That the truth is relative is a crazy idea in my view. If there is truth, as in a creator a supreme intelligence then there is only one in

this arena, that is interacting with us. How we individually view or interpret this truth may vary but not truth itself.

I am not so arrogant as to think I know or understand it all. I have no any idea of how this is all going to end up, what awaits us after death! To know even a small part of the story, to try and put God in a box, packaged up for sale. It is a mystery, we are only seeing the tip of the iceberg, as Paul said “We see through a glass darkly”. All I know is that the presence of God came into my soul when I opened the door of my heart to Jesus one night in London in September 1970 and we have been friends ever since.

My life has changed, my worldview has changed as I have continued on this journey but what has never changed is the presence, the real presence, the sense that the Spirit of Jesus is with me, I am never alone.

You can be happy without the presence, without the Spirit. Some of the most miserable people profess to have this presence. The presence is not enough, you have to activate the presence to receive the benefits. But you don't need the energy of the presence to be happy.

The laws of happiness are universal they do not discriminate, you have your own energy and there are other limited suppliers out there, so all you need to do is follow the plan. Learn the recipe, mix the ingredients and cook the cake, build the wall or create the bubble. People are doing it all over the place. Doing it for themselves, they

believe they can make on their own and some seem to be doing not too bad of a job of it.

Many of these people have become very skilled in the art of happiness and have a deep understanding of the process and the ingredients and are making some very nice cakes.

There is a whole industry built around these words but they usually don't acknowledge the source.

As I explained at the beginning of the book we are made up of 3 basic elements hardware, operating system and software. So as long as you are healthy, have a sound mind and know how to cook you will get along better than most because, you will always have some software that will run on your system.

Many, particularly the religious types focus on the software but their hardware is old and creaky and their operation system has not been updated and is buggy. So, they are out of balance. Balance another element in the wall of happiness. If you want to be happy you need a balance in your life.

Balance

If your wall is not vertical it will eventually fall over. Each stone must set in place with a level to insure it is properly aligned. 99.99% of walls are vertical. There are walls that

are not vertical but it needs a very special kind of engineering to make them work. Your wall must have balance, be vertical because of the force of gravity.

CHAPTER 18

UNIVERSAL LAWS

Gravity works for everyone

Gravity works for everyone it is universal. It does not depend on your beliefs system or your world view. Just like Positive Mental Attitude, PMA, it works for everyone who uses it. It does not depend on your circumstances, colour, race or creed. There are a number of these universal rules that can be compared to gravity. Giving is one of them, Jesus said “give and it shall be given, pressed down and running over shall men give into your bosom for with measure that you give, shall it be given to you in return”. You cannot lose by giving no more than you can lift yourself up by your own boot straps or jump out of a second floor window and not fall and hurt yourself. It’s the law! He that withholds tends to poverty.

In my own case after I upgraded my operating system, it was some time before I upgraded my software. What I mean by that is, that even though I had the realisation that Jesus was real and he had come to live in me and that I had all his resources within me, I did not know how to

realise them or how or where to apply them. I was limited by my worldview, by my conditioning, so I applied this new paradigm only to a small part of my universe.

In the Jewish Tradition God's blessing and favour was evident in a holistic way. It extended to every aspect of life, to your business, your family, your farm, your community, not just to your religious life. Prosperity was a sign of God's blessing.

The early christians took on a different approach and they divided life into flesh and spirit. They took on the Greek philosophy of segmenting life into body and soul, basically the body was evil and the soul was good. Paul may not have intended it to go as far as it did but he was a major proponent of this view. After all he was a highly educated religious leader and teacher so you see even he struggled to reprogram his software.

The early christians like all religious began to complicate the message by mixing philosophy with the basic simple gospel of the new testament.

The idea of God and Mammon took hold. Two parallel universes not connected, the king and the priests, each in turn trying to be on top. It was a power struggle to control the minds and souls of men. There was always this conflict on a micro and macro level, both in society and in the hearts and minds of men.

This is another reason for the drift away from spiritual thinking or worldview. The scientific and secular worldview is in the ascendancy and the spiritual is losing influence. There is now a drift from the spiritual to the material because the two were never properly connected in the first place and anyway what use was a belief system that does not help the pay the mortgage. That is, have a practical application in your day to day life?

When Jesus made reference to Mammon it was not in this context. He said “you cannot serve God and Mammon”. Mammon was the local God of prosperity, of material success and wealth. Jesus was not saying you cannot be successful or wealthy, he was saying that you cannot serve both Him and your wealth. Mammon was a piece of stone merely a symbol. It is not money that is the root of all evil it is the love of money that is the root of all evil. What you give your love to, is what you serve, what you serve is what you worship. As Bob Dylan sang “you got to serve somebody” where your heart is there will be you treasure also.

I had spent 8 years as a missionary, had memorised many passages and had learned to apply the principle of Positive Spiritual Attitude, PSA, to my life and was quite skilful at it.

I understood how it worked on a spiritual level and in my spiritual work but at that time it never really entered my mind that it should work on other levels as well.

It wasn't until I started my own business and some friends gave me some books on positive mental attitude PMA that I began to realise that God was interested in being involved in every aspect of my life and the principles I had learned in my missionary work were applicable to my whole life including this new business I was starting.

The more of these books I read the more I began to realise that most of what they were saying had been taken straight out of the new testament, the gospels and particularly the words of Jesus. They were just repackaging it and presenting it as something new, a new discovery.

Some did acknowledge the origin of their ideas but most did not. A notable exception to this was Norman Vincent Peale the author of the "Power of Positive Thinking" a book that ignited an explosion of popular psychology.

Dr. Peale was a minister in a church in New York but apart from him it seemed to me that most Christians were for some unknown reason completely oblivious to this aspect of the gospel. They were by enlarge negative, reactionary and narrow in their worldview, they were more interested in their reward in some next world rather than engaging with this one. They were not in the now, for them

this place was a temporary holding area and the sooner they were out of it the better.

Although these concepts, ideas, words, had been around for thousands of years suddenly they were rediscovered and this launched a massive industry, legions of speakers, an avalanche of books.

As I pointed out above many of these people have become very skilled in the art of happiness and have a deep understanding of the process and the ingredients and are making some very nice cakes. Because this way of thinking and living works even if you apply it on a self-help basis.

God is no respecter of persons and he makes it rain on the just and the unjust. A positive thinking crook it a better crook than a negative thinking one and so on.

Here are some quotes from Jesus on the power of positive thinking:

As soon as Jesus heard the word that was spoken, He said to the ruler of the synagogue, "Do not be afraid; only *believe*."

Jesus said to him, "If you can *believe*, all things are possible to him who believes."

But He said to them, "Why are you fearful, O you of little *faith*?"

“Therefore I say to you, whatever things you ask when you pray, *believe* that you receive them, and you will have them.”

But when Jesus heard it, He answered him, saying, “Do not be afraid; only *believe*, and she will be made well.”

Then Jesus answered and said to her, “O woman, great is your *faith!* Let it be to you as you desire.”

“For assuredly, I say to you, if you have *faith* as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and *nothing will be impossible for you.*”

“And all things, whatever you ask in prayer, *believing*, you will *receive.*”

But He said to them, “Why are you so fearful? How is it that you have no *faith?*”

Then He said to the woman, “Your *faith* has saved you. Go in peace.”

So the Lord said, “If you have *faith* as a mustard seed, you can say to this mulberry tree, ‘Be pulled up by the roots and be planted in the sea,’ and it would obey you.”

And He said to him, “Arise, go your way. Your *faith* has made you well.”

CHAPTER 19

POWERFUL NEW WORLDVIEW

This super-charged, self-empowerment with the drift towards materialistic and scientific thinking has created a powerful new worldview. This new thinking has in some cases been mixed with a pseudo eastern philosophy to produce a whole new worldview. Sometimes known as new age, a new age of pseudo spirituality. It is the age of self-empowerment of looking within to find God and truth.

Paul said: “When I look within I find no good thing”, taken out of context this would seem to contradict much of what you have read in this book so far, what he was referring to is that the truth is not within.

He said the things that he would do, he did not do but the things that he didn't want to do, he did do.

He was acknowledging the realisation that the reality was that he only had limited resources and that within those resources he could only go so far.

Jesus said on one occasion said: “The kingdom of God comes not by observation, the kingdom is within”. He was saying: “Don’t look here, don’t look there for the kingdom is within”. He said if we would open the door that He, the Father and the Holy Spirit would come and make their abode in you and that was the only way for you to be in the kingdom, was for the kingdom to be in you.

When this happens, you are not god but you become part of God. You are joined to the universe and you have access to the resources of the universe. You have if you like, money in the bank but you still need to learn how to grow your account and make withdrawals.

That requires upgrading the operating system and updating the software on a regular basis.

This is where the religious system generally falls down badly. They have no upgrade path for your or their operation system. In fact, they resist upgrades big time. Their traditions, their buildings, their rituals, their structure. Therefore, as change becomes a way of life and all pervasive, they are being left behind.

This is nothing new Jesus said: “No man puts a new piece of cloth on an old garment nor do men put new wine in old bottles”. Paul said that God would make all things new. There will be a new heaven and a new earth. God is the creator and creativity produces newness, change, some incremental and some seismic.

CHAPTER 20

SEISMIC SHIFT

The new testament was a seismic shift, a massive change in how God revealed himself to us. In Jesus we could get a feel for how God is, his nature, his actual self. How he wanted to relate to us”.

Jesus said “I have not called you servants I have called you friends”. We were to know God and Jesus Christ who he had sent. He wanted to fire the middle man and get up close and personal. He was going to replace all the law and the prophets with a simple rule, to love God and love your neighbour. That was hidden in the old testament but now it was in the open for all, for anyone who could receive and believe. Jesus said repeatedly “let him who has ears to hear let him hear”.

God wants you to be happy

Jesus said that we would have problems yes, there will be challenges and accidents and disasters. He referred to these as “tribulation” but then in the next breath, he said *“be of good cheer I have overcome the world”*.

“I have come that you may have life, an abundant life.” Be of good cheer in the context of your problems and challenges. He said *“let not your hearts be troubled neither be afraid”*.

The human condition is to default to fear, worry and doubt. Jesus said take no thought for tomorrow, sufficient unto the day is the evil thereof. Fear is like mental and spiritual gravity pulling us down. It is God’s will for us to rise above our circumstances and be happy but we must exercise our will to resist the gravitational pull of negative thinking and allow solutions and resolution to come to us through the open door of positive body, mind and soul attitude.

The logic is if it is God’s will for you to be happy, then if you are unhappy is that a sin?

Without getting into it too deeply if we define sin as missing the target of God’s will. There are different degrees of missing the target. Some have been deceived into shooting at the wrong target all together. You may not shoot at the target at all because you have no interest in cooperating with God on any level.

You may be like most people who are trying but just not getting the bullseye every time. There are degrees of effort, some try hard, some only make a little effort but either way the idea that you could be sinning if you are unhappy is counter to the most religious thinking, who would consider that suffering is a virtue.

Being unhappy is not a sin of itself because, unhappiness is the result of your actions and those actions which bring suffering are in most cases sins, so unhappiness is normally the result of our sins and omissions and our sins are the result of wrong thinking. It's all tied in together, cause and effect.

A small wrong turn, change of direction here or there will result in you going way off course and a big back track or change of course later. That is why you need to be checking yourself all the time.

When you are driving you are constantly changing the direction of the auto, if even subconsciously and the faster you go the smoother the turns need to be. Same in life if you want to be happy you need to be constantly readjusting your thoughts to keep them right. One little negative thought that darts through your mind, is enough to move you off course. It says guard your heart with all diligence for out of it comes the issues of life.

The word pure comes to mind, pure thoughts, but what do we mean by pure thoughts? Think of pure water, crystal clear, uncontaminated, refreshing, so pure thoughts are like that. If your mind is a cess pool of anger, gossip, envy, confusion, frustration. Well it is going to be anything but refreshing or crystal clear, it will be stagnant and polluted.

The mind is your servant

You always have to be conscious that the mind is your servant, it obeys, what the will directs. The mind is your creation; it is either like a Frankenstein or like a Ferrari. It is your vehicle, to take you where you subconsciously want to go, it will take you there.

One of the very first books in this genre of positive mental attitude, although it was not called that at the time is “as a man thinketh” by JJ Allan. It was written in 1902. It is a short, even tiny book and I would recommend you to get it and read it. It is a sort of no brainer guide, in the sense that it has one message “You Are What You Think”. He talks a lot about the Law of the mind, the laws of thinking, about pure thoughts. It is a tiny book so he does not get into what he means by the law or for that matter what pure thoughts are but he does, as I am doing, repeats the mantra you are the result of your thinking. Learn to think correctly in accordance with the laws of the mind and your mind will take you to wherever your deepest desires direct.

I had faith, I had experience but it was not until I learned that there was a vehicle outside my door that if I used it would transport me to prosperity and happiness. It was not until I was exposed to the power of PMA, Positive Mental Attitude that the whole thing started to work. I had PSA, Positive Spiritual Attitude but that only got me so far because we are here in this material world.

Navigate this world

We need to navigate in this world, we are not just in the spirit, we are here in this dimension, in this place. In my country we drive on the left side of the road, in the USA you drive on the right side and guess what? When I am in the US I drive on the right. There is a different law so it just does not work if you have wrong thinking and you drive on the left. No matter how enlightened you are or how spiritual you are, it will lead to disaster.

You just have to get this and bury it deep into your sub-conscious there is a law of the mind, there are rules and if you observe them your vehicle will work just fine. Without a properly functioning vehicle you just won't get very far in this dimension. Everyone has an accident from time to time but if you drive your mind in accordance with the rules it will take you safely wherever you need to go.

Despite what I said before there is a difference between the body and soul. Paul and the Greeks just went part of the way, they separated body and soul but as I pointed out earlier there are 3 distinct parts, there is the body, the mind and the soul. The physical machine, the hardware, that performs in the physical, there is the mind that is sort of in the middle but really is part of the body, that is the operating system or the wiring that controls the body and there is the soul the will, that directs the mind.

The reason I differentiate between the body and mind is that they are both conditioned differently and although they are interdependent they both have to be treated differently. You train your mind in one way and you train your body in another. Both are directed by the soul, the consciousness, the will, the mind directly and the body indirectly, through the mind. The route to the body is through the mind.

If you are going to perform effectively and efficiently in this present world, you have to condition your mind according to the laws that govern its functioning by applying the laws of right thinking.

Paul said “Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy — meditate, think on these things”.

These laws work for everyone regardless of your situation in life or your belief system or your worldview and these laws can all be rolled into the law of love which is the overall guiding light of right thinking. The law of love is the gold standard, the standard by which every thought can be measured, does it conform to law of love?

Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its

own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things.

1 Corinthians 13:4-7

You don't need love to be successful in life to move mountains, to have all knowledge???

Paul goes on to say "If I had the gift of being able to speak in other languages without learning them and could speak in every language there is in all of heaven and earth, but didn't love others, I would only be making noise.

If I had the gift of prophecy and knew all about what is going to happen in the future, knew everything about everything, but didn't love others, what good would it do?

Even if I had the gift of faith so that I could speak to a mountain and make it move, I would still be worth nothing at all without love.

If I gave everything I have to poor people, and if I were burned alive for preaching the Gospel but didn't love others, it would be of no value whatever.

Love is very patient and kind, never jealous or envious, never boastful or proud, never haughty or selfish or rude. Love does not demand its own way. It is not irritable or

touchy. It does not hold grudges and will hardly even notice when others do it wrong.

It is never glad about injustice, but rejoices whenever truth wins out. If you love someone, you will be loyal to him no matter what the cost. You will always believe in him, always expect the best of him, and always stand your ground in defending him” (1 Corinthians 13:1-7).

Secret sauce

Paul points out that you can be all things without love. You can move mountains, you can have all knowledge, you can be a great philanthropist and even sacrifice yourself for others. You can be successful in life but without love it is empty. He is saying that the secret ingredient to true success is love.

The secret potion to happiness is love and what most people are actually seeking is not so much happiness but love. And it was not just Paul of Tarsus saying it Paul McCartney and John Lennon said it:

All You Need Is Love, The Beatles

Love, love, love,
Love, love, love,
Love, love, love.

There's nothing you can do that can't be done.
Nothing you can sing that can't be sung.
Nothing you can say but you can
learn how to play the game.
It's easy.

Nothing you can make that can't be made.
No one you can save that can't be saved.
Nothing you can do, but you can
learn how to be you in time.
It's easy.

All you need is love.
All you need is love.
All you need is love, love.
Love is all you need.

There's nothing you can know that isn't known.
Nothing you can see that isn't shown.
Nowhere you can be that isn't where you're meant to be.
It's easy.

All you need is love.
All you need is love.
All you need is love, love.
Love is all you need.

All you need is love.
(All together, now!)
All you need is love.
(Everybody)
All you need is love, love.

Love is all you need...
(Love is all you need)

Love takes happiness to a whole new level

The power of self-direction and positive mental attitude will allow you to build the happy state but if you build it with love it becomes something else.

The cement of love will bind it strongly, the energy of love will move it effortlessly, it will allow you to maintain the state against all comers and problems.

It is the power, the energy, the flexibility, the tolerance, the patience, the fact that love never fails, never gives up, never runs out, that makes the difference, when applied to right thinking.

The application of love into the mix is one of the missing parts of the new thinking. The primary motivation of the PMA positive mental attitude movement is selfish and that is fine as far as it goes but it only goes so far. True love is primarily unselfish, it prefers the other, so these techniques and mind games generally do not include love in the mix,

as an ingredient. So, their cake of happiness is missing something really important.

So where do we get this love from? We can generate it from right thinking because right thinking has most of the ingredients of love thinking, so we could actually say that right thinking is actually love thinking as described by Paul of Tarsus and recommended two thousand years later by Paul of Liverpool.

To bring all this to its logical conclusion if you want to build a happy state that is solid, resilient, that goes deep down into the very roots of your being, you need to have love thinking.

CHAPTER 21

IF YOU WANT TO BE HAPPY YOU NEED TO HAVE LOVE THINKING

Happiness is generated by love thinking

Positive thinking will only get you so far. PMA, Positive Mental Attitude is essential; you cannot have love thinking without it. PMA is a foundation, a bedrock, a corner stone, an important ingredient in the happy cake mix. You can move mountains with it, you can know all things, with it you can do a lot of good in the world with it but it will be empty, juiceless, dry and hard work without love thinking.

CHAPTER 22

THE POWER OF LOVE

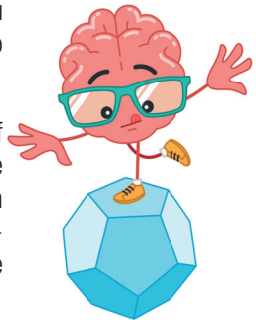
There is power in love, love is the energy of God

The spirit of love is the reflection of his spirit at work in the world.

When Nicodemus came to him, Jesus tried to explain the action of the spirit. He said it was like the wind, you don't see it but you see it move things, you see its action on the world around you.

If you combine the law of love with PMA you move to a whole other level of happiness but if you go one step further and add the spirit of love, if you add the power of the spirit of love to the mix you go stratospheric.

That is where all the facets of happiness find their place. It is like one of those hexagonal balls each face has a name it is perfectly balanced and in equilibrium. It is the ultimate cake mix.



But we humans like to go it alone, we like to think that we are god, that the answers are within us, that we are like the perpetual motion machine. There is truth in this, at the very top of the pyramid. You do have the power over your own mind, you can direct it to be positive. You can command the universe to deliver on your desires. The universal laws will work for you if you apply them correctly.

The problem is we are not in complete control. Stuff happens, you get cancer, have an auto accident, you get divorced, you run out of energy. It's hard work to stay in the positive zone all the time. It's like treading water, if you stop you sink, there is no rest.

Jesus says "Come to Me, all you who labour and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."

How do we describe this rest? Rest is the result of a combination of things brought together, like taste is not an ingredient in itself, it is the result of combining certain ingredients and applying a process i.e. baking to them. Rest is the result of mixing peace and confidence but most of all it requires the utilization of an external source of energy which can only be acquired through belief.

Paul talked at length in Hebrews:

For this good news — that God has prepared this rest — has been announced to us just as it was to them. But it did them no good because they didn't share the faith of those who listened to God. For only we who believe can enter his rest.

Hebrews 4:2-3

Belief and faith

Are they the same?

Paul describes, defines faith as “the evidence of things not seen”, he said it was “evidence”.

In a court of law, evidence is central and only certain items or information can be entered into evidence. Solid evidence, evidence is sometimes referred to as solid, irrefutable. In court evidence must be tested and in some way approved. For Paul to use the word evidence is interesting. He also used the word substance. “The substance of things hoped for”. When we think of faith we normally would not use these words, which indicate something solid almost physical. So faith is something beyond just wishful thinking, it is a metaphysical force.

Now faith is the substance of things hoped for,
the evidence of things not seen.

Hebrews 11:1, NKJV

What is faith? It is the confident assurance that something we want is going to happen. It is the certainty that what we hope for is waiting for us, even though we cannot see it up ahead.

Hebrews 11:1, TLB

Faith is the confidence that what we hope for will actually happen; it gives us assurance about things we cannot see.

Hebrews 11:1, NLB

It would seem like a contradiction, substance of something hoped for, evidence of something not seen.

Belief and faith are the cornerstones of the PMA movement but where did these ideas and concepts come from?

Two modern movements, worldviews, espoused by the same demographic but each seeming to contradict the other.

On the one hand, we have the “material man” driven by science, underpinned by evolution, what you see is what you get man and then there is the “faith man”, belief based PMA system man.

But are they so different?

For all their science and positive thinking, we all must put our faith in something or in someone. Instead of having

faith in God, they deny the higher power and put our faith in their own strength and ability. They rely on the government, the insurance company, the doctor.

It is where do you place your faith, what do you believe in? Just look where you place your faith. Everything is faith based, belief based. The stock market, house prices, the governments we elect. Currency is a belief system, that a piece of paper has a given value and we have all seen what happens when this faith is shaken.

Jesus talks about the action and effects of *belief* and *faith*.

Jesus said that if you had faith the size of a mustard seed you could move a mountain. He used a mustard seed to illustrate this because it is a tiny seed, so you don't need much. Faith is a force, a metaphysical force that acts upon the world around us, just like the wind.

Belief and faith seem to be interchangeable. In the gospels, generally the word faith is used a lot but john does not use the word faith at all but uses the word believe instead.

And when He had come into the house, the blind men came to Him. And Jesus said to them, "Do you believe that I am able to do this?" They said to Him, "Yes, Lord."

Then He touched their eyes, saying, "According to your faith let it be to you."

Matthew 9:28-29

First he asked them to confirm their belief, then he honoured their faith.

Jesus said to him, "If you can believe, all things are possible to him who believes."

Mark 9:23

So Jesus answered and said to them, "Have faith in God. For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says.

Therefore I say to you, whatever things you ask when you pray, believe that you receive *them*, and you will have *them*.

And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses."

Mark 11:22-25

“Do not be afraid; only believe, and she will be made well.”

Luke 8:50

Then Jesus said to him, “Unless you people see signs and wonders, you will by no means believe.”

John 4:48

Belief is active, it is work, Jesus told them, “This is the only work God wants from you: Believe in the one he has sent” (John 6:29).

So it all comes down to what you believe and belief produces faith that you can apply to any situation. So belief is a force, it is the root of faith and it works on all levels and in every situation.

Jesus said do not be afraid only believe, you believe with your will, your mind, your head on one level but you can also believe with your heart, your soul, your spirit.

You have to believe first then you have faith. Faith is the force that moves mountains but it is belief first.

Faith is the force that energises, that creates the substance, that brings forth our desired outcome.

These two movements, philosophies are interdependent, one believes in a force called faith to energise PMA positive mental attitude while the other denies belief in any force

that it cannot explain or touch. If there is something that cannot be explained, they simply assume that it will be explained as soon as we get just a little bit smarter. They are willing to put faith into the most tenuous of theories. The problem is they don't call it faith they call it rational thinking.

We have seen that if you believe you can be happy, you can direct your brain to move towards happiness by assembling the materials to build your happy state.

You begin the process of building real happiness, a solid happiness, a lasting happiness that can stand the test of time and trials.

Belief is the engine the mind uses to begin the process; faith is the power to fuel the process.

Faith builds the wall but belief directs the building. Belief is the architect; faith is the builder.

If you believe bad things about yourself, you will have a bad self-image, faith will create self-loathing and that will attract all kinds of negative energy and prevent or destroy much good that could come into your life.

In order to believe you need to have a desire to believe, you have to want to believe, you have to apply your will, you have to choose to believe. Choice is simply applying your will to the decision-making process. So ultimately you

must choose to believe and then faith comes. Faith then produces the desired result. Belief is born out of desire, it is as simple as that.

You simply desire to be happy, this desire produces a decision to be happy, so you decide to be happy.

The desire together with the decision ignites the belief and you begin to believe that you can and will be happy. Faith then takes over and works out the details, and you become happy.

Be not afraid only believe.

I have tried my best to keep things simple and some of the time even I struggle to simplify what is indeed a complex subject. So here is the 10 words or less version; Decide to be happy, learn the laws, apply the technique.

Decide to be happy, learn the laws, apply the technique

I think I have covered the decide part so I won't go over it again.

I dislike the books where they promise to give you this big secret and then present you with something vague and unspecific so I will summarise and clarify what I mean by learn the laws and applying the technique. There is obviously a correlation and crossover between the two.

CHAPTER 23

LEARN THE LAWS

1. The law of love

Love God, love yourself, love your neighbour with all that entails.

2. The law of asking, seeking

Ask and it will be given, seek and you will find, knock and it will be opened for you (Luke 11:9). If you are not looking you will not find. The key is, what are you looking for? Are you looking for the right thing? Are you looking in the right place?

3. The law of giving

Give and it shall be given to you, the measure you give it will be returned to you again (Luke 6:38). Cast thy bread upon the waters (Ecclesiastes 11:1).

4. The law of forgiveness

Forgive and you will be forgiven (Matthew 6:14).

Laws can be interconnected, they work together in tandem... leave your gift at the alter and go and seek forgiveness. If you don't forgive you will not be forgiven either.

These laws apply to everyone, they are no respecter of persons. The sun shines on the just and the unjust.

These are just some of the main laws, there are many others some of which we have touched on already and some we will touch on later but for now I don't want to complicate things.

CHAPTER 24

THE TECHNIQUES

Fear not only believe, worry is a waste, it is a sin to worry.

Pump the well of happiness, don't take yourself too seriously.

Guard the garden of your mind, sensor what you let in, weed it often.

Practice being grateful.

Take time, to think, take time to rest. Look after your body it is the temple of the soul and vehicle of the mind.

Think positive thoughts, practice PMA positive mental attitude.

Learn to love problems, and solve problems, treat problems as your friend.

Get some purpose into your life.

Find a great place to work.

Be a peacemaker, a source of harmony. Let not the sun go down upon your anger.

Never put off till tomorrow what you can do today, deal with things, don't let them build up. Always do the hard thing first.

Every day is a new day, live like that, live in the now.

Give it a try, have a go, give it your best shot, if you fail you fail, at least fail fast and move on.

Learn from others

Think for yourself, don't believe everything you see or hear, check it out for yourself.

Think before you speak, once the words have flown from your mouth you cannot get them back.

This is not an exhaustive list just to give you an idea of what I am talking about. Take one each day and practice it.

Crystallising

Then trying to crystallise what am I trying to achieve with this book I came across the passage where John the Baptist was proclaiming what his mission was and what he was trying to achieve, he quoted from the words of Isaiah.

As it is written in the book of the words of Isaiah the prophet, saying: “The voice of one crying in the wilderness: ‘Prepare the way of the Lord, make His paths straight.

Every valley shall be filled and every mountain and hill brought low; and the crooked places shall be made straight and the rough ways made smooth; and all flesh shall see the salvation of God.’”

I never really understood what he was talking about but as I pondered this question it came to me that he was talking about the message not about the topography of the local Israeli countryside.

He was talking about the message. My goal is to straighten out the message.

I am trying to prepare the way of the Lord into the hearts and minds of people so they can be happy and fulfilled, by straightening out the message.

To do that I need to fill in the gaps, break down the barriers, straighten out the twisted parts and smooth out the bumpy bits, so that everyone can see clearly the road to happiness and salvation.

I have a problem with so many of those who are peddling the message, the PMA message, the positive thinking message. Invariable they have a system that requires you to sign up to levels, each one more expensive, each one

more secret. It's like collecting toy cars once you get into it is hard to disconnect because you have so much invested.

They are keeping the magic key so you never quite get there, you have to keep coming back to them for another level, another book, another course, another instalment.

You never really grow up, you don't have the key to the front door so you can come and go as you please, you remain forever a child, forever dependant. My job is to make your path straight, to fill in the gaps, to break down the mountains of difficulty, to straighten out the parts that have been twisted and perverted by the ideas, theologies, traditions and doctrines of the teachers and to smooth out the bumpy objectionable bits so you will see clearly the path to salvation. Salvation on every level, salvation from poverty, from ill health, from mental anguish, even from hell.

This is not a cult

I don't want you to follow me, I want to set you free, by giving you the knowledge to do it for yourself.

I don't want you to come to seminars, progress through levels, join my club. I want you to be a big boy, big girl, a grown up, independent, to help yourself and in turn help others.

Not that you must be alone but to some extent you are on your own. No one can undertake this journey or pro-

ject for you. You have to initiate it and direct it, you do the walking, where the energy comes from is also up to you.

If you have enough energy from your own resources, that will get you a long way, if you can discover or acquire other sources of energy whether from other people, friends, authors or even music, it will ease the trip.

My hope for you

Ultimately my hope for you is that you can connect with the omnipotent and omnipresent energy of the Holy Spirit.

How

How do we connect with this endless source of power?... What is the key, where is the door? Jesus said *"I am the door, by me if any man will come in he will come in and out and find pasture"*. He said *"I am the way, the truth and the life, no man comes to the father except by me"*. It is through Jesus.

Most people have no idea of who Jesus really was. They have not read his words even though they were few. You could probably read the 4 gospels in the same time as it takes to watch one series of one soap opera. It isn't like it is a big long complicated story like War and Peace 560,000 words long, all 4 gospels together are only 64,766 words long. I ask you! To ask yourself, why are the

most influence set of writings in the history of the world so neglected?

Each Gospel deals with basically the same subject but each from a slightly different viewpoint or perspective. The average length is only 16,000 words which is nothing when you consider that this little book is around 30,000 words long and I have struggled to keep it as concise as possible. Why use a hundred words when ten will do?

<i>Book Name</i>	<i>Total # Chaps.</i>	<i>Total # Verses</i>	<i>Total # Words</i>
<i>Matthew</i>	28	1,071	18,345
<i>Mark</i>	16	678	11,304
<i>Luke</i>	24	1,151	19,482
<i>John</i>	21	879	15,635
TOTAL	89	3,779	64,766

Jesus used words like “come to me”, “no one can come to the Father except through me, if you know me you know the Father.”

“Me and my Father are one, we will come and make our abode in you, with you”.

We will come. The Spirit will come and live in you if you ask it to. Ask and it shall be given. The Spirit says, “behold I stand at the door and knock if anyone will hear my voice and open the door I will come into them and sup with them and them with me”.

“Look! I stand at the door and knock. If you hear my voice and open the door, I will come in, and we will share a meal together as friends.” (Revelations 3:20)

If it is as easy as opening a door why is everyone not doing it or at least giving it a try?

Part of the answer is that it is our nature to want to be independent of the Spirit, but mostly it is because the message has been muddled. It's like there was a straight level road and people over the centuries have been out there creating detours, digging holes, erecting walls and putting in speed bumps all over the place.

10 Words or less

As you will have noticed I love the ten words or less version of things.

So, let's look at the 10 words that can unlock the power of the universe for you right now.

Key 10 words: look, knock, door, anyone, hear, voice, open, come, dine, friends.

BEHOLD, LOOK: you have to be looking, the fact that you have taken the time and trouble to read this book, this far, would indicate to me that you are looking. Search and you will find! That is a promise, a guarantee, that you will

find what you are looking for. You won't find if you are not looking in the right place. You know you have to kiss a lot of frogs before you find the prince. It is a seeking journey but if you are looking for the truth you will find it.

KNOCK: Jesus is knocking, asking to come in. He is initiating the contact, making the first move, patiently waiting, in the starting blocks, ready for the signal, hoping to be invited in, don't disappoint him open up. Don't leave him standing out there in the cold.

DOOR: the door to your inner self, the door to your heart, the entrance to your soul. No matter how you conceptualise it, you are going to have to expose yourself. There is a famous painting of Jesus standing and knocking at the door and it is obvious that there is no handle or even a keyhole on the outside of the door.

The door is a barrier, there is a barrier between us and the Spirit and only you can dismantle it. You have free will you have the power of choice. The Spirit for all its power and wisdom cannot or more accurately will not cross the divide unless invited.

ANYONE: is a simple word, it means anyone which also means everyone, it is not the elite, the chosen, the righteous. Anyone is universally inclusive, you are anyone. It is unconditional, unqualified, no preconditions applied if you are everyone or anyone you are eligible, you are qualified!

HEAR: if you are looking you will be hearing. You would not have stayed with me this far if you were not hearing something even though you are may not completely sure what it is you are hearing.

VOICE: hearing voices, there are many voices, voices in the media, voices in your head, voices in your spirit.

Jesus said “my sheep hear my voice” it is that special voice. There are so many voices seeking your attention, leading in this way and that. You need to be aware that not all voices are equal, not all are coming from the light, some want to destroy you, some want to mislead you, some just want to have fun, some want to own you.

Wide is the path to destruction? Simple does not necessarily mean easy.

The name of Jesus

That is why the name Jesus is so important and why it is also, so offensive to so many. Because Jesus is the brand that God choose to promote the real thing. God was way ahead of Madison Ave, God differentiated his product, his Spirit from all the other spirits by naming it Jesus so there would be no confusion as to which spirit you were talking about, talking to, involved with.

God choose Jesus as the gate, the conduit, the door, the way back to the “Garden”.

My sheep hear My voice, and I know them, and they follow Me. And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand. My Father, who has given them to Me, is greater than all; and no one is able to snatch them out of My Father's hand. I and My Father are one.

John 10:27-30

OPEN: there are no handles on the outside. Only you can open the door from the inside. It is an act of faith; you have to expose yourself, open yourself up, take a chance, a leap into the unknown, a leap of faith!

COME: open the door and Jesus comes into us. All we have to do is the opening, Jesus does the coming. It is effortless on our part, it just requires an act of will, motivated by the desire to know the truth, driven by the energy of faith.

Come in, into, from the outside in, we are not discovering some inner god or awakening our inner god-self no this is from the outside, in. We are filling ourselves with a new energy in a permanent and non-reversible way. We are receiving a gift, a non-refundable gift which we did not deserve or earn. God's Spirit and our spirit become fused into a new creation, that now has an eternal dimension.

DINE: the Spirit of Jesus will live with us in a personal way, he will come to dinner, as a friend. Not some face-

less resonance or vibration or energy in the universe. Not as some big guy celebrity VIP but as a friend, who you can call anytime day or night. You don't have to make an appointment or go on to some waiting list, you have an all areas access VIP pass.

FRIENDS: This is a unique type of relationship; it is a friendship. Jesus said we were his friends not servants, not slaves.

No longer do I call you servants, for a servant does not know what his master is doing; but I have called you friends, for all things that I heard from My Father I have made known to you.

John 15:15

You will never be alone because the Spirit will be with you always, even till the end of the world. You are never truly lost because you can always look up and see the north star. You never need to run out of energy because you are plugged into the source, the power that powers the universe.

“You can bring a horse to water but you cannot make her drink”. I have been bringing you on a path, to this point of decision, to open the door! I cannot do it for you! No-one can do that work for you, now it is not over to you.

Even though you can achieve happiness by applying these laws and techniques, I know there is a different level available if you open the door to God's endless energy.

To achieve a level of happiness that is abundant, sustainable and free you need both the PSA positive spiritual attitude and the PMA positive mental attitude and the Holy Spirit energy. When you achieve that you are part of a spiritual union or kingdom which augments and stretches the energy.

If you want it come and get it. It is there for the taking like Jesus said: I will never turn away anyone who comes to me.

Give it a go! Go on open the door! What have you got to lose? You have everything to gain. You don't have to understand it or study it or have the faith to believe it you just need enough faith to try it. A tiny spark of hope to that it could be true and real. That Jesus is actually standing there, waiting on you to turn the handle.

Intel Inside

Once you have the "truth inside" like "Intel Inside" you will have the power to process so much more for yourself. Don't forget to continually upgrade. My first computer had 64K of memory it is hard to imagine that now, today my watch has more than that. Don't put it off till tomorrow, do it now, just do it!!

Remember to upgrade regularly, get a copy of the new testament read it one chapter a day, slowly let it sink down into your mind and subconscious.

Spend a little time each day building your happy state, thinking about how you have followed the laws and applied the techniques that day. Don't try to read this book short as it is, in one sitting, keep coming back to it a little at a time. It is like concentrated fruit juice. You will have to dilute it with the water of time and experience.

Find some likeminded people, who you can share with and who can support you on your journey.

CHAPTER 25

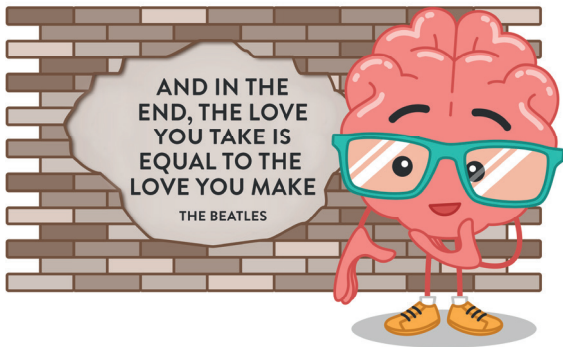
AND IN THE END

In the end, because this has to come to an end, because it is after all the no brainer guide so it has to be simple and short. Condensed is the word that comes to mind. Not words for the sake of words that is vanity. Obviously, you cannot address all the damage that has been inflicted on the message over the centuries in 30,000 words but I think it is a start.

Well that's about it for now, thanks for being with me. I have really enjoyed writing this and have learned so much. I wrote the original No Brainer Guide more than 20 years ago and it took me forever, this was a breeze. Can't wait to start the next one.

Keep it simple. Remember that just because it is simple does not mean it is easy. You get out what you put in. "and in the end the love you take is equal to the love you make"

O'Neil's bar and restaurant JFK New York, May 3rd 2017.



“A merry heart does good, like medicine, but a broken spirit dries the bones” (Proverbs 17:22).

APPENDIX 1

Some of the barriers to truth seeking

Rather than interrupt the flow of the book I have included here some notes to give context to the underlying social environment we find ourselves in at this particular time in history, which have dramatically changed the worldview of many people. The shrinking of the world by travel and communications, the rise of institutions that appear to give security, the rush to order and the ability for these institutions to control the flow of information. The surrender of our liberty in exchange for security!

Delusion

Why? Because if you build your happiness on the sands of a lie instead of on the rock of a truth it will not be able to withstand the storms of life.

Paul said:

“Because they received not the love of the truth, God has sent them a strong delusion that they might believe a lie.”

The key words here are LOVE and DELUSION.

It seems you must LOVE the truth, what does this mean?

If you love something you think about it all the time, you want to have it, you seek after it in a proactive way, you are willing to pay whatever price to have it. You are obsessed by it. You are like the man who found the pearl of great price, who then went and sold everything that he had to buy it.

It is not enough to just think about it from time to time, you must pursue it with persistence and passion.

Are people seeking the truth? I think most are not, so why not? Most people I know and meet each day are not seeking the truth, they are not asking the questions, the right questions, the important questions.

They are seeking happiness, freedom from the troubles and the pain of living. Looking for true love and companionship. Seeking contentment through success and prosperity.

It is a lot of work, it's a struggle and they are alone in this constant striving in the pursuit of happiness.

In this vacuum they must believe something? This is where the DELUSION comes in.

It says here that God would send the strong delusion, not just any old delusion but a strong one and that it would be sent by God himself, it would not just happen it would be sent.

To illustrate this, I would like to take Evolution as an example.

Evolution is in fact a theory but it is blindly accepted by most people as a fact, as the explanation of how we arrived here today. Basically, how I arrived from nothing to be here on my veranda on a sunny Florida morning writing this on my laptop.

But there are at least 4 major steps needed for this to come about, let's look at them, we will work backwards.

Natural selection

The theory of evolution proposes that there are mutations within species that allow differentiation over time. This can be caused by natural selection or as in the case of selective breeding today you can have one horse that is 20 inches, 60cm high and one that is 80 inches, 2 meters high, very different but still horses. Natural selection is an observable fact and widely found within nature but it only the tip of the theory.

The next part is less clear; that these *mutations jump from one species to another*, to create another different

species. There is some evidence of this in the fossil record but it is far from crystal clear. I am agnostic on this count as it is irrelevant due to the 2 remaining questions.

The next is the *origin of life*, how did life start? Scientists have proved that under certain conditions that certain chemicals combine to form amino acids which are the building blocks of life, but that is as far as it goes. Others extrapolate that life arrived on earth from outer space on an extra-terrestrial object, like a comet or asteroid.

Among the experts there is no agreement as to how life began. Therefore, in my view this is not even at a theory, since there are any number of theory's to be considered but let's accept for the moment the "primordial soup theory". It is without question a theory and I don't know of any sane person who would dispute that?

The next question which must be factored in is, where did everything come from? *Where and how did it all begin?* Was there even a beginning?

Here we have clarity and mystery

It is generally accepted that at a sometime in the distant past there was an event and in an instant the universe came into being, that it was created from apparently nothing in a massive explosion and the universe has been expanding ever since.

This is known as the *Big Bang Theory*, however there is quite a lot of evidence for this and is generally accepted as having happened.

The big bang theory is clearly not an evolutionary type event but rather a sudden event out of nowhere.

However, while it does explain what happened it does not explain how it happened. What or who initiated it this is a total mystery.

So, we see what people accept as fact, is a bit of truth on top of a pyramid of theories, sitting on a massive mystery.

It is that people accept this as a fact when it is only at best a theory that makes it a delusion.

Let's not get hung up on whether it is true or not just now, let's look at the effect of this theory. It allows you to live in a world where you don't need a God, an external supreme force or creator since there is an alternative explanation to how we came to be.

If it is not true, it is a delusion. The thing about most delusions is that there is always some truth in them. Like in Evolution there is a lot of evidence for natural selection and no sane person would reject it as an explanation for the diversity within species. But that is as far as it goes. It is a fact but to extrapolate this into a full-blown expla-

nation of how the world and the human race came to be, requires an act of will, to believe, *an act of faith*.

If there is not a convenient explanation for how we all came about then there is always this question, in the vacuum, a nagging recurring question, that must be asked every now and then.

It is all about the questions if there is an answer then you can ignore the question. If as it were we created ourselves then there was never a Creator, people who don't want to ask the question "where did we come from" was it just a big coincidence. People need to believe something and it suits them to believe in evolution even though it is only an incomplete theory.

That is why evolution is so pervasive, so unquestionably accepted as fact! Because unquestioning people want to believe it, need to believe it. Because they received not the love of the truth God has sent them a strong delusion that they might believe a lie. This is exactly the situation.

So, if so many are willingly deceived, where does that leave the truth?

The evidence points to order and consistency in the universe not randomness and disorder.

The evidence shows that we really have no clue how life started. It does show that as far as the beginning of the

universe is concerned that it started in an instant, so the logical explanation is that there is a force initiating and guiding the process. An unseen hand working at some other level in another dimension. That is the logical conclusion, that the evidence drives us to, given our current level of understanding of science.

Now if you love the truth you will examine, question, explore a theory like evolution and figure out where it makes sense and where it drifts off into the realm of faith. If you love the truth you will pursue it.

It is important that we test and question what we are told to believe. The majority is always wrong. As it turns out the earth is not in fact flat.

What else is the enemy of the truth seeker?

Distractions

The inner voice

There is a still small inner voice which we can listen to, if we stop and get still and listen. This requires practice and a willingness to listen and hear it. There is so much going on in our modern daily lives that this is getting harder and harder to do. With the mobile phone, there is never an empty moment, standing in a line, waiting for a bus or a plane, there is always something to do, a page to look at.

To hear this inner voice, you must get quiet, empty yourself and create a vacuum within yourself and draw it to you. You need to make it a priority, a conscious decision to seek, ask, knock, it is not going to happen by accident.

There are so many phone calls, your cell is ever present. So many TV shows, mostly rubbish that you must see, the commute, the kids, there are the dramas with your partner, so much going on, so when do you have time to stop, look and listen to the inner voice?

I am not exactly sure how to describe this voice but it is distinctive. It is stronger in some than in others, it can be turned up or shut down.

Some call it the conscience, some call it the voice of God or an angel, some call it echoes from our evolutionary past but either way there is a quality to the inner voice that is different to our normal thoughts. To be sensitive to it, you need to from time to time get still in your spirit and quiet in your mind. We are directed by our thoughts. Everything we do, every word we speak or action we make, begins with a thought. Even sensations like hunger are thoughts to start with a thought.

Alternative support systems

The next enemy of the truth seeker is our ability in modern society to but our faith and trust in alternative me-

chanisms. Insurance, healthcare, the police, the army, government.

All of these mechanisms are necessary and help make things work of us and society but ultimately cannot deliver what we need most, internal security.

But what if you could have eternal security? The assurance that everything is going to work out in the end. Security not complacency, the ultimate back up plan. That is something that everyone craves, desires and many people need, to be able to function. But they don't have that assurance, so they load up with alternatives and put their trust and faith in them.

Why? Because they are afraid, most people are fearful. Afraid of being poor, afraid of being sick, afraid of being robbed, afraid of losing their job, afraid of nuclear war, afraid of global warming, afraid of dying, the list goes on.

Fear of the future, the unknown, makes people cling to what they know, what is familiar, the tried and tested.

They load up on insurance, health plans and pensions but deep down they know it will only take them so far.

APPENDIX 2

Faith

- Matthew 6:30; 8:10; 9:2; 9:22, 29; 15:28; 17:20; 21:21.
- Mark 2:5; 5:34; 10:52; 11:22.
- Luke 5:20; 7:9, 50; 8:25, 48; 12:28; 17:5, 6, 19; 18:42.

Believe

- Matthew 8:13; 9:28.
- Mark 9:23; 11:24.
- Luke 8:50.
- John.

Some of the original verses from the New King James Version

MATTHEW 6:30 Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?

MATTHEW 8:10 When Jesus heard it, He marveled, and said to those who followed, “Assuredly, I say to you, I have not found such great faith, not even in Israel!”

MATTHEW 9:2 Then behold, they brought to Him a paralytic lying on a bed. When Jesus saw their faith, He said to the paralytic, “Son, be of good cheer; your sins are forgiven you.”

MATTHEW 9:22 But Jesus turned around, and when He saw her He said, “Be of good cheer, daughter; your faith has made you well.” And the woman was made well from that hour.

MATTHEW 9:29 Then He touched their eyes, saying, “According to your faith let it be to you.”

MATTHEW 15:28 Then Jesus answered and said to her, “O woman, great is your faith! Let it be to you as you desire.” And her daughter was healed from that very hour.

MATTHEW 17:20 So Jesus said to them, “Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you.”

MATTHEW 21:21 So Jesus answered and said to them, “Assuredly, I say to you, if you have faith and do not doubt, you will not only do what was done to the fig tree, but

also if you say to this mountain, 'Be removed and be cast into the sea,' it will be done.

MARK 2:5 When Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven you."

MARK 5:34 And He said to her, "Daughter, your faith has made you well. Go in peace, and be healed of your affliction."

MARK 10:52 Then Jesus said to him, "Go your way; your faith has made you well." And immediately he received his sight and followed.

MARK 11:22 So Jesus answered and said to them, "Have faith in God."

LUKE 5:20 When He saw their faith, He said to him, "Man, your sins are forgiven you."

LUKE 7:9 When Jesus heard these things, He marveled at him, and turned around and said to the crowd that followed Him, "I say to you, I have not found such great faith, not even in Israel!"

LUKE 7:50 Then He said to the woman, "Your faith has saved you. Go in peace."

LUKE 8:25 But He said to them, "Where is your faith?" And they were afraid, and marveled, saying to one another, "Who can this be? For He commands even the winds and water, and they obey Him!"

LUKE 8:48 And He said to her, “Daughter, be of good cheer; your faith has made you well. Go in peace.”

LUKE 12:28 If then God so clothes the grass, which today is in the field and tomorrow is thrown into the oven, how much more will He clothe you, O you of little faith?

LUKE 17:5 And the apostles said to the Lord, “Increase our faith.”

⁶So the Lord said, “If you have faith as a mustard seed, you can say to this mulberry tree, ‘Be pulled up by the roots and be planted in the sea,’ and it would obey you.”

LUKE 17:19 And He said to him, “Arise, go your way. Your faith has made you well.”

LUKE 18:42 Then Jesus said to him, “Receive your sight; your faith has made you well.”

Verses about words

MARK 7:15 There is nothing that enters a man from outside which can defile him; but the things which come out of him, those are the things that defile a man. ¹⁶If anyone has ears to hear, let him hear!

¹⁷When He had entered a house away from the crowd, His disciples asked Him concerning the parable. ¹⁸So He said to them, “Are you thus without understanding also? Do you not perceive that whatever enters a man from outside cannot defile him, ¹⁹because it does not enter his heart but his stomach, and is eliminated, thus purifying all foods?”

²⁰And He said, “What comes out of a man, that defiles a man. ²¹For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, ²²thefts, covetousness, wickedness, deceit, lewdness, an evil eye, blasphemy, pride, foolishness. ²³All these evil things come from within and defile a man.”

MATTHEW 12:36 But I say to you that for every idle word men may speak, they will give account of it in the day of judgment.

³⁷For by your words you will be justified, and by your words you will be condemned.

LUKE 21:33 Heaven and earth will pass away, but My words will by no means pass away.

JOHN 6:63 It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life.

MATTHEW 4:4 But He answered and said, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’”

MATTHEW 8:8 The centurion answered and said, “Lord, I am not worthy that You should come under my roof. But only speak a word, and my servant will be healed.”

LUKE 4:4 But Jesus answered him, saying, “It is written, ‘Man shall not live by bread alone, but by every word of God.’”

EPHESIANS 4:29 Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.

COLOSSIANS 3:16 Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

HEBREWS 4:12 For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.

1 PETER 2:2 As newborn babes, desire the pure milk of the word, that you may grow thereby.

1 THESSALONIANS 4:18 Therefore comfort one another with these words.

Matthew 6:19-34 (TLB)



Matthew 7 (TLB)



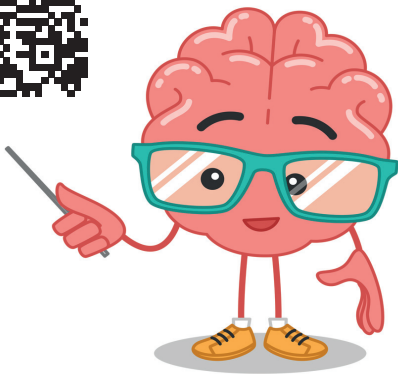
The Gospel of John (NKJV)



**Use this QR Code to download
the Bible for free.**

You can swop between translations
and highlight passages you like.
You always have the book with you.

Enjoy!



DISCOVER MORE
nobrainerguide.info



COLOPHON

impresiones

Alts Forns nº 68, sòt. 1º
08038 Barcelona. Spain
Tel. (+34) 93 432 25 23

COVER DESIGN
Pablo Cabrera
(LatidoCreativo.com)

ILLUSTRATIONS
Jonatán Mira Bertral

INTERIOR DESIGN
Andressa Rosa de Oliveira

LEGAL DEPOSIT
B. 15083-2022

ISBN
978-84-19345-10-3

PRINTED IN SPAIN

Impresiones is not responsible for the contents included in this book, being the author himself responsible.

The No Brainer Guide to Happiness
© Tom Mac Guinness, 2019

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means – electronic, mechanical, photocopy, recording, or any other – without the prior permission of the copyright holders.

Unless otherwise indicated, all Scripture quotations are taken from The Living Bible, copyright © 1971 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Carol Stream, Illinois 60188. All rights reserved.

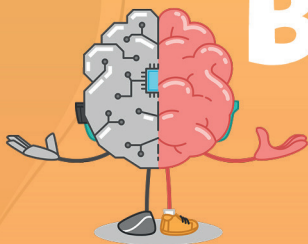


© IMPRESIONES, 2022
2ND EDITION JULY 2022

TOM MAC GUINNESS

PRESENTS

THE NO BRAiNER GUIDE



**HAPPINESS IS A JOURNEY NOT A DESTINATION.
EVERYONE WANTS TO BE HAPPY,
JUST LIKE EVERYONE WANTS TO BE RICH!
BUT WHAT IS HAPPINESS? WHAT WILL YOU FIND
IF OR WHEN YOU GET THERE?**

**POSITIVE MENTAL ATTITUDE ALONE WON'T DO IT.
THERE ARE TECHNIQUES AND RULES YOU CAN FOLLOW.
FOLLOW THEM AND YOU WILL GET THERE.
IGNORE THEM AND YOU WILL PROBABLY GET LOST.**

info@thenobrainerguide.info

impres**t**ones



ISBN 978-04-19345-10-3



9 788419 345103