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Why *Stuff Happens...*

A *“Win-Win”*
Guide for Prosperity,
Health, & Love

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Why Stuff Happens... A “Win-Win” Guide for Prosperity, Health, & Love

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Gratitude & Acknowledgements

I give infinite thanks—I am immeasurably grateful for my life—every nanosecond of it. I would not be here at all if it had not been for my biological parents who raised me; so I am eternally indebted to them—Carol Belle Smith Rohde (1922-1996), my mother; and Frederick Rohde born in 1920, my father. And let me not forget to give thanks to their parents, who are my grandparents; and of course my great grandparents; and my great, great grandparents et cetera; and so on infinitely backward. Without each and every one of them, the book you are about to read would not have been possible.

I give thanks and I sincerely appreciate my innate God-given gifts that continue to appear and evolve naturally as well as the skills of life I continue to learn and practice each and every day.

I give thanks and I am truly grateful to the humans and other living life I have had the honor of meeting—however brief; knowing, loving, working, and playing with; e-mailing, smiling or winking at, watching on television and/or in movies; and listening to on CDs and/or DVDs. You all have, at a minimum, given me three invaluable gifts:

1. A continual base line for me to evaluate and become consciously clear about *my* personal wants and/or desires for my life; and to accept responsibility for my every *thought, belief, emotion, and action* about my wants and desires; and to ask “Is this Win-Win?”
2. Your presence, however long or short, allows me to acknowledge how we are similar; and simultaneously, contrast, respect, and lovingly accept how we are different—thus helping me further fine-tune what it is I *truly* want for my life in any specific moment of time.
3. Never-ending conscious re-evaluation of my desires (and how I *think, believe, and feel* about my desires) as I interact with you; reminding me to carefully and intentionally consider carefully first, *all* action, before any *doing*; and again ask “Is this Win-Win?”

I am forever thankful to computers and the Internet without which this book never would have been published. And particular thanks to the “print-on-demand” folks at Lulu (<http://www.lulu.com>) and at Infinity Publishing (<http://www.infinitypublishing.com>);

they have made the world of print publishing more Win-Win than ever before; for *all* involved.

Thank you all; and, *every* situation—good, bad, happy, sad, right, wrong, strident, and indifferent for helping me to learn and practice gratitude, love, kindness, compassion, patience, and happiness in *my* life regardless of what you or another living being may desire, think, believe, feel, and do; or *don't* desire, think, believe, feel, and do.

I also give thanks for our planet Earth, our Universe, and beyond; fresh air and the ability to breathe easily—literally as well as figuratively; precious sunshine; pure water; true and actual food; money, wealth, health, orgasm for one, partner sex, and love of life; family and friends; spouses, partners, roommates, housemates, and significant others; clients, employers, employees, work, and retirement; peers and colleagues; relationships and situations.

I have learned that when all else fails if there happens to be an instruction booklet with directions written in my native language I read it slowly and carefully. If that doesn't work I stop, sit down, and focus my mind on the words below:

Give Thanks &
Give Thanks &
Give Love

I feel any and all negative emotions but keep my mind focused on gratitude and love; which in my mind is what it's all about anyway...

Preface and Disclaimer

Please understand that I compile, organize, and provide information. I am not a health care provider, physician, dentist, or therapist. I’m not “society qualified” to advise humans to *do* anything in their life, particularly in the arena of physical body health. I have zero desire to tell people what to do; figuring out what I want to do in life fills each day. I provide information to help others make their own informed decisions about their life. I explain basic concepts and offer options; new and perhaps different ways to look at various situations for reader perusal and comparison purposes only. Each individual is the ultimate “action” decision-maker in their life, no one else. I share my desires, thoughts, beliefs, emotions, and actions as a basis for reader assessment, evaluation, and comparison—not judgment. Please *consciously* and *mindfully* agree and/or disagree. To determine what works for *you* in any moment is a major priority of life. This book provides facts you may or may not be aware of; and, at the same time may remind you of some things you knew and forgot. Hopefully this work is a happy stepping stone and not a stumbling block to all that you *truly* desire. When all else fails, please allow common sense to prevail along with gratitude, kindness, and patience to yourself and others; and always use *all* information from *any* source at your own risk. Please *do* nothing ever that *you* are not honestly comfortable in doing; because ultimately *you* must take full responsibility for your actions. I share how I have been divinely led to live my life Win-Win.

I also explain basic physics wave theory—not the “ $e=mc^2$ ” stuff which I gladly leave to you geniuses out there who forgot more physics than I’ll ever know. I remind humans about “echoes in canyons” and “ripples in ponds”—important visual demonstrations of wave theory indeed; which happens to apply to everyone’s life whether they are currently aware of that fact or not. I explain my unique application discovery of wave theory for those who are interested; but all the physics you really need to know for a happy, healthy, and fun-filled life is to remember an echo in a canyon or a ripple in a pond and how it works.

Wave theory eloquently explains the *why*.

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Introduction

Life does not have to be *hard*—unless **you** choose to focus **your** mind (consciously or unconsciously) on life being hard.

You may not have to live in a sick, overweight, or underweight body.

You *can* have wonderful, loving, and kind relationships.

Yet, life currently *is* truly difficult in certain areas for so many people.

Often, one of the first questions many have about any challenging situation is “*Why? Why is this situation happening to me?*” Additionally, think about the following:

Why is someone happy or not?

Why is someone wealthy or not?

Why is someone healthy or not?

Why is someone overweight or not?

Why is someone underweight or not?

Why is someone sick or not?

Why do some have loving happy healthy relationships and life situations while others clearly do not?

Answers to the previous questions lie ahead.

You may also be pleasantly surprised to find answers to other specific questions *you* may have about *your* life and why it *is* or *is not* the way *you* would like it to be.

Please consider reading this *slowly* and *carefully*; again and again until you “get it.” This is by no means a novel or a quick read. It took me nearly 25 years to “get” this material so please be gentle with yourself until you do. I can guarantee you that when you “get it” you’ll *know* it without doubt.

Consider highlighting and/or making notes on these pages, or not; contemplate using 3x5 lined, unlined, or grid index cards with your favorite writing tool to jot down at any time *your* specific:

- *Wants* and *desires* about *anything*.
- Current *thoughts* about those wants and desires.
- Current *beliefs* about those wants and desires.
- Current *emotions* and *feelings* about those wants and desires.
- Things you would like to have or *do* now, tomorrow, or sometime in the future.

All of the above are variable; they can *always* be changed by *you* at any time; and they can only be changed by you.

I wish you and your life happiness, health, wealth, and loving relationships and circumstances well beyond your current expectation(s). May your every interaction with fellow humans, animals, plants, minerals, and situations be kind and loving *always*; and in *all* ways.

What you are about to read as of this writing comprises my 55 years of life experience including specifically 23+ years of personal research, testing, and study in addition to traditional educational training which includes a Bachelor of Science Degree from Springfield College, MA in 1973, concentrating in mathematics and education; and a Master’s Degree in Education from the University of Texas at Austin in 1983 concentrating in mathematics and computer science—a more extensive bio follows at the end.

It was in 1983 that I consciously realized there were currently no schools or places to attend that could provide specific answers to questions that kept coming up in *my* life—specifically **Why** Stuff Happens...; hence the advent of this material.

My search for information and focus of this work began to evolve in 1983 as I moved from Austin, TX to Colorado Springs, CO and began teaching algebra, trigonometry,

calculus, differential equations, and statistics to cadets at the United States Air Force Academy (USAFA) while I was a Captain in the United States Air Force.

Life is continually full of questions; as some are answered others appear. And so it goes...

I look forward to the next hundred plus years with joyous anticipation.

*From this moment forward please know that sincere and heartfelt, tear generating joy and gratitude for what is and what **can be**; coupled with honest unconditional love of all; and, playing Win-Win with everyone in every situation is all you ever need to know or focus your mind upon forever always and in all ways. And this is true because of physics—not the traditional $E=mc^2$ with “equations spread over many blackboards” type physics perhaps, but physics none the less.*

Buckle up, hold on to your hat; here we go.

Physics

The laws of physics rule life on planet Earth; like it, or not. Know it, or not. And they work absolutely the same for every human; not like society-created laws that *appear* to work because a majority of humans consciously *agree* to abide by them. Physics can be very intimidating; even terrifying, *and* it can be awe inspiring at the same time—how much there is out there yet to learn and experience. The Universe continues to expand and we continue to evolve. One reflects the other continuously.

*“Unwanted” stuff happens due to human ignorance of, and/or improper use of a physics principle called wave theory—with which you are now about to become intimate. Stay with me; take this slow and easy, step-by-step. If you have to read this material many times, so be it. You have to *get* and understand the physics first; and then the pieces of your life puzzle fit together easily. What’s currently going on with you (or not), your body (or not), as well as with your relationships (or not), will make much more sense to you once the physics is clearly understood. Again, please be kind and patient with yourself and others if you don’t “*get it*” immediately, because it took me many years to*

figure out what you are about to read; and yes, I continue to learn more about this every day of my life.

Many humans are keenly and consciously aware of the importance of respecting gravity, so let’s start there. Without gravity we might float up and away. Blatant disrespect or lack of understanding about how gravity works can kill very quickly. We humans, as a group, have learned how to fly relatively safely. Some, with the help of bungee cords and parachutes, have learned to safely jump off bridges, cranes, and towers, as well as out of planes and hot air balloons without plummeting to death. Soaring, hang gliding, and parasailing are yet other ways we *appear* to defy gravity. That is not exactly the case however. We accomplish these feats in accordance with physics principles in order to live safely and respectfully within the confines of gravity.

Wave Theory

Equal in importance to understanding and respecting gravity is a physics principle called *wave theory*.

Waves are all over the place in, on, and around this planet. We can take note and observe some of them through our five senses (smell, hear, see, touch, and taste). Some waves are *not* noticeably recognized by these five senses; but that doesn’t mean in any way those waves do not exist. Some may think initially of waves crashing on a beach, but there are so many more.

Every sound is a *wave*—audible, ultrasonic, or sonar. Audible sounds can be heard by most humans; ultrasonic sounds exist and cannot be heard by humans; sonar refers to sound *waves* created in or under water used to determine ocean depths, a position of an object, or the familiar ultrasound which is sometimes used to visualize a fetus in the uterus.

When you listen to a radio station, you *tune in* to a specific radio *wave* band frequency.

Every scent is a *wave*—bread baking in the oven, freshly ground brewing coffee, perfume, or fresh flowers in the garden.

Many are familiar with tidal and tsunami *waves*.

Earthquakes and explosions are often called shock *waves*.

Heat *waves* are periods of unusually hot weather.

A cold *wave* is a large and rapid drop in temperature over a short period of time.

X-ray (often used for various medical and dental images), light *waves*, microwaves, television, radio *waves*, electricity, infrared (heat radiation), ultraviolet, and gamma *waves* (radioactive decay or a nuclear subatomic process) *all* are a form of electromagnetic radiation *waves*. Light waves can be seen by humans; the others cannot.

We *wave* our hands.

If you have ever attended a large sporting event, you may have been part of, or seen a display of people standing up, lifting their arms overhead, and then quickly sitting again, forming a swell or *wave* movement throughout the crowd.

A person can be swept over by a *wave* of emotion.

Orgasm is a *wave*.

Any want or desire is a *wave*.

Any thought is a *wave*.

Any belief is a *wave*.

Any emotion is a *wave*.

Any action is a *wave*.

Giving is a *wave*.

Receiving is a *wave*.

Gratitude is a *wave*.

Any *wave* occurs as the result of a disturbance of some kind. This disturbance can be very small or extremely large. Disturbance is a form of vibration. Physics broadly

defines vibration as a periodic process. The dictionary defines the term *vibrate* more specifically:

“To move back and forth rapidly; to produce a sound; resonate; to be moved emotionally; thrill; vibrate with excitement; to fluctuate or waver in making choices; vacillate; to cause to tremble or quiver.”¹

Most of us are intimately aware of our own pulsating heart which clearly beats producing a sound *wave* we call the heartbeat.

Our vocal cords *vibrate* when air is passed up from our lungs, producing our voice.

Many of us have experienced “goose bumps” or goose flesh and chills running up or down our body at one time or another. Some describe that feeling as a quiver or a thrill. Sometimes we even tingle. These are tangible examples of human vibrational *waves*.

Holding one end of a completely stretched out garden hose with the other end of the hose attached to a “turned off” water supply can visually demonstrate a *wave*. Snap your hand quickly up and down, while keeping tension on the hose, and a pulse will travel down that hose. You may not hear this pulse, but you can clearly see it.

Snapping your fingers in the air creates a *wave* pulse you can hear but can’t see.

Dropping a pebble into a pond creates a *wave* that can be seen and sometimes heard. This example can be extremely helpful especially if the pond is relatively small. Dropping a stone into a small pond allows you to watch the ripples or *waves* begin to form outward from the entry point of the stone. These *wave* ripples go out in circular motion across the surface of the water and eventually hit the side of the pond. Once there, they bounce off and begin heading back towards the entry point. These *waves* are reflected back towards the place where the stone entered the water—the place where the disturbance or vibration was created. Hold this picture in your mind as a valuable visual reminder.

Now think about an *echo*. Many of us have experienced yelling into a canyon and hearing our *echo* return. “An *echo* is a repetition of a sound caused by the *reflection* of

¹ The American Heritage Dictionary, 2nd Edition, 1982.

that sound wave(s) from a surface."² The procedure is not unlike the ripples in a pond; the difference is the form the process takes. In this example we are talking about a human voice creating a sound *wave* in the air instead of a stone creating a ripple in a pond.

When you yell into a canyon "One, two, three, four," you hear back "One, two, three, four." You don't hear back "Five, six, seven, eight." You hear back *exactly* what you yell into the canyon; this is highly significant.

The reflected sound *is the same as* the original sound. That may seem like no big deal, but, as far as life on planet Earth is concerned, it is extraordinary; because everything you *want, think, believe, feel, and do* creates a vibration which causes a *wave*, which, in turn, has a reflection right back to *you*. Just because you can't smell, hear, see, touch, or taste a vibrational disturbance, doesn't mean, in any way, it isn't there.

Life is the continual reflection of an individual's desire, thought, belief, emotion, and action.

Everything on this planet creates vibration which, in turn, creates a *wave*.

Every desire, thought, belief, emotion, and action are waves that go out like ripples in a pond and are reflected back to you just like an *echo* in a canyon. This is true of all vibration, just like a heartbeat and voice. Here's the bottom line(s):

Every *want* or *desire* you have ever wanted or want now is a vibration that created, or will create, a wave which goes out and is reflected back to *you*. The form the returning reflection takes can be infinite in nature.

Every *thought* you have ever thought or think now is a vibration that created, or will create, a wave which goes out and is reflected back to *you*. The form the returning reflection takes can be infinite in nature.

Every *belief* you have ever believed or believe now is a vibration that created, or will create, a wave which goes out and is reflected back to *you*. The form the returning reflection takes can be infinite in nature.

² Halpern, Alvin, Ph.D., & Erlback, Erich, Beginning Physics II, Schaums's Outlines, McGraw-Hill (1998), page 48.

A *belief* is a very strong *thought* that has been with *you* for a long time; belief for example about happiness, health, money, relationships, food, religion, politics, or partner sex. Your beliefs may have lots of emotion; negative or positive associated with them as well.

Every *emotion* you have ever felt or feel now is a vibration that created, or will create, a wave which goes out and is reflected back to *you*. The form the returning reflection takes can be infinite in nature.

Emotion can amplify desire, thought, belief, and action in the direction of the felt emotion—positively or negatively.

Every *action* you have ever participated in or will is a vibration that created, or will create, a wave which goes out and is reflected back to *you*. The form the returning reflection takes can be infinite in nature.

Your wants, thoughts, beliefs, emotions, and actions all are vibrations. They are *disturbances* which create waves that go out and come back to *you*; just like a ripple in a pond or an echo in a canyon. On the way out is your current focus; what you want, think, believe, feel, and take action upon. What returns to you is your life; the *reflection* of that prior focus—your wants, thoughts, beliefs, feelings, and actions. The reflection that returns is *your life as you presently live it*. Each life is an exact reflection of a particular individual's desire, thought, belief, emotion, and action. Each human life is a unique set of vibrational reflected *waves* that follow the laws of physics like a ripple in a pond or an echo in a canyon.

In actuality, your life, as you live it is 95%+ controlled by *your* current focus about *your* wants and desires, thoughts, beliefs, emotions, and actions via physics wave theory. You absolutely cannot change wave theory any more than you can change how gravity works; it is a consequence and/or side-effect of living on planet Earth. It's a lot easier and much more fun to play *any* game when you know, understand, and follow the rules; and the game of human life is ruled by physics wave theory whether you are aware of that fact or not. Bottom line: what you focus your mind upon; you get—sometimes immediately, sometimes not. The timing of the returning reflection can be connected to the degree and/or amplitude of the emotion felt—positive or negative along with the intensity of the belief.

Your life, as you currently live it, is the pure and unique reflection of *your* mind; *your* desires, *your* thoughts, *your* beliefs, *your* emotions, and *your* actions; no one else’s. You may of course choose to accept another’s desire, thought, belief, emotion, and/or action; and at that time it becomes yours as well. Your life reflects what you have focused upon—consciously or unconsciously; positively or negatively.

Challenge yourself to become intimately aware of *your* current desires, thoughts, beliefs, emotions, and actions regarding *your* desires. To do so gives great control and power over *your* life—and *your life only*. The beauty is that very fact; *you* have absolutely no control over anyone else *ever*, unless they give you that control, consciously or unconsciously. Conversely, no one individual, relationship, or any situation *ever* has control over you unless *you* allow it.

As far as *your* life is concerned, from the physics perspective, it is not important what anyone else thinks about anything; unless *you* believe what they think or say is relevant. What does matter *always*, and in *all* ways, is what *you* desire, think, believe, feel, and do with *any* information provided to you from *every* source. *Your* focus, conscious or not, is *your* life. Intention is important; but consciously focused intention yields more optimal results. The proverbial road to hell, poverty, or any other negative place can unfortunately be paved with good intentions.

If you truly desire to have a happy life, you can have a happy life as long as *you* think, believe, feel, and act like you can; and most importantly be grateful—GIVE THANKS. Act as if it has already happened. Consciously focus on the fact that you are eternally grateful that you have a happy life. If you don’t *believe* that you can have a happy life, you certainly cannot because of the physics. You and I can’t currently change how gravity works, and we can’t change how wave theory works either.

No other human has the exact same wants and desires that you have. No other human can *think* for you. No other human can *believe* exactly as you. You may choose to *believe* certain things that others *believe* or suggest, but a belief is not yours until you actually in fact *believe* it. The same is true with emotions. No one can *feel* an emotion for you; if they choose to feel sad for example, *they* are choosing to *feel* the sadness—they are taking that “sad” emotion as theirs; and this “sadness” is going into their “canyon of life.” Sadness may reflect back to them somewhere, sometime, somehow.

Giving, Receiving, and Gratitude

Giving and receiving in actuality are one and the same. Heartfelt gratitude for being able to *give* and genuine gratitude for *receiving* life and everything in it has been suggested for centuries as something very important for humans to learn and practice. Once you add the echo in the canyon scenario to the mix it becomes crystal clear *why* this is so critically important. When you give from your heart without condition, and without expecting anything in return, think about the glorious physics wave theory reflection that *has* to come back somehow, someway, and sometime; thank you physics. It is not just about “giving to others” either; you have to learn to give to yourself also without condition or expecting a return. Further, giving is not only about money—it can be about giving through your work; it can be about giving yourself completely to a lover; sometimes it is about giving loving thoughts to another or to a situation via your mind; and sometimes it’s about *giving* people the benefit of the doubt or *giving* them space. Giving is an *attitude* within an individual with which they touch *their* own world each and every day. Giving thanks can involve writing checks but it does not have to—giving conscious thanks that you can breathe, giving thanks for your home, your job, your cars, your boats, your jets, your friends, your family, your life... is a wonderful way to give, give, give all day long and not spend any money at all; and it gets you into the flow of giving routinely from your heart. When “give, give, give” goes into your canyon of life, “give, give, give” is what reflects back to you.

Tithing

Tithing is conditional giving. The word “tithe” means a “tenth” part of something paid as a voluntary contribution or as a tax especially for the support of a religious establishment.³ To “tithe” means to pay or give a tenth part especially for the support of the church.⁴

³ Encyclopedia Britannica Ultimate Reference Suite (2004) DVD.

⁴ Encyclopedia Britannica Ultimate Reference Suite (2004) DVD.

Many individuals who routinely tithe do so because of the benefits they receive—which in truth *have* to be received on some level because of the physics wave theory involved. Some individuals do tithe unconditionally without condition or expectation; many however do not—they are using the physics principle and are “giving to get” which is completely different from pure unconditional giving from the heart with no expectation of return. “Giving to get” is not Win-Win; and it often comes from a place of lack or out of guilt—two negative emotions we could all live well keeping to a minimum for contrast purposes only. Many people give to churches to receive salvation somewhere down the line or to receive a deduction on their annual tax return—this is a type of purchase; it is not giving unconditionally. Tithing can get you into a routine of giving but it by no means provides the unconditional and without expectation giving attitude. That has to come from desire within.

This is not in any way to imply that effectual religious organizations are not worthy of support, but essential in 2008 and beyond is for these institutions to consciously play Win-Win and to understand the physics of giving, receiving, and gratitude—perfect places to teach “*giving*” way to the “Divine” flow or to the God force within us all every moment of every day.

Life is lived from the inside-out via that God force; not the other way around. Roses bloom from buds—from the inside out.

We humans bloom from the unfolding of this God-force within us. Too many people are under a gross misconception that their life is governed by what happens outside and around them; when, in fact everything outside and around them is just a physics wave theory reflection of *their* inner being. In order to change how stuff looks out there, you have to change what’s going on inside—the desires, thoughts, beliefs, emotions, and actions; which all have to be in alignment with each other for optimal human development and evolvment.

You have to give in order to receive; but in addition to unconditional giving without expectation, to really receive you have to *believe* yourself worthy of receiving; which is a conundrum for many because they can’t or won’t give to themselves because they believe that being “selfish” is not a good thing.

This is another reason why focusing on Win-Win is so very important in life.

Positively Selfish can be Win-Win

"*Selfish*" is often thought to be negative—many cultures, groups, and religions *believe* and treat the word *selfish* as if it were a bad thing for everybody all of the time. Not necessarily so. Once you really grasp the physics—the fact that *all* your desires, wants, thoughts, beliefs, emotions, and actions reflect back to you the same way an echo in a canyon does, you may in fact view *selfish* from a completely different and hopefully positive perspective.

The only person that can ultimately control me is ME unless I choose (consciously or unconsciously) to *believe* otherwise. If someone, some situation, or something is controlling me, I am the only one who eventually can permanently change that situation—and not necessarily I suggest by attempting to control others which can sometimes work short term; but, by consciously controlling myself—via my wants, desires, thoughts, beliefs, emotions, and actions. Optimally, and from a Win-Win perspective, it is not about trying to manipulating others because to manipulate another just ends up manipulating yourself; remember the echo in the canyon scenario. It is about learning to continually focus my mind on what is wanted.

The only person that can ultimately control you is YOU unless you choose (consciously or unconsciously) to *believe* otherwise. If someone, some situation, or something is controlling you, you are the only one who eventually can permanently change that situation—and again *not* necessarily by attempting to control others which can sometimes work short term; but by consciously controlling you; via your wants, desires, thoughts, beliefs, emotions, and actions. Keep your mind focused on the end result that you want; give thanks; and be eternally grateful as if it has already happened.

Selfish is defined as "concerned excessively or exclusively with oneself; seeking or concentrating on one's own advantage, pleasure, or well-being without regard for others" and "arising from concern with one's own welfare or advantage in disregard of others; a selfish act."⁵

⁵ Encyclopedia Britannica Ultimate Reference Suite (2004) DVD.

Consider this intently; being “positively” selfish can be very important.

I have absolutely zero control over another human being *unless the other human allows me* to control them in some way. I have no power over another human being *unless the other human allows me* to have power over them. However, I have complete and total control over me regarding my wants, desires, thoughts, beliefs, emotions and actions. Go back to the physics and to the echo in the canyon. Every want, desire, thought, belief, emotion, and action are waves that go out like ripples in a pond and are reflected back to *me* like the echo in a canyon. All vibration created by me is reflected back only to me. That is crucial to understand. *All vibration created by me is reflected back to me.* All vibration created by *you* is reflected back to *you*. Humans may choose consciously or unconsciously on some level to accept my vibration or your vibration but understand clearly it is ultimately their choice either way.

If you think loving thoughts about another individual, loving thoughts will reflect back to you—this is physics wave theory at work. If you choose to *hate* something, a situation, or someone, *hate* will be reflected back to *you* in one form or another. This is wave theory at work and we must remember *we cannot change this* anymore than we can change how gravity works, so consider teaching yourself to flow with the physics rather than trying to fight against it. Physics *always* wins and *never* lies.

Conscious and positive selfishness demonstrates honesty on a new and different level and allows individuals to be exactly who they are without guilt or worry if they so choose. Guilt and worry are negative emotions that go out like a ripple in a pond and reflect back like the echo in the canyon. If you focus on guilt and worry, guilt and worry are what come back to you. It IS that physicsly easy.

Here is a brief introduction to three applicable real life examples about money, health, and relationships which will be addressed in far greater detail in later sections.

Many people currently do not have nearly enough money to help them fully enjoy their lives. Many people *think* for whatever reason that they are not supposed to have money because of some *belief* system—perhaps a religion, perhaps not. From the physics perspective those who do not have enough money don’t have enough money because their mind’s focus is on the “*not* having enough money” rather than on “having lots of money.” Is it selfish to want money? Sure it is; and if you want lots of money, consider

allowing yourself to be positively selfish. Selfish does not have to be a bad thing. We can make it bad or we can allow it to be good. If you want lots of money please consciously focus your mind on being grateful that you have lots of money; and let that be wonderfully OK.

It's all about the current mental focus and not necessarily the existing reality. The present reality is the physics reflection. If you want lots of money one place to focus would be: I give thanks that I have lots of money.

Many humans currently do not live in a healthy body. There are two major reasons for this. The first of course has to do with physics. Similar to the money issue just addressed, sick people often are primarily focused mentally on the sickness or disease rather than the getting or being well. If you *believe* you cannot get well for *whatever* reason, you can't—it's physics. In this case a good place to focus would be: I give thanks that I am healthy. The second reason is this. We are "part of," yet "separate from," our body at the same time. This is evidenced by the fact that when a human body dies, *we* are no longer part of the body in which we lived. At what many term *death*, the lifeless body remains, and *we* do not. Human bodies have specific needs which the human inside *must* satisfy to some degree in order for their body to be healthy. Many people do not feed their body *pure water* and *true food*; they constantly ingest substances *legally* sold and marketed as food but are in fact *not* food. Just because some concoction is *legally* pronounced to be food doesn't automatically mean it is food. If you are not feeding your body *pure water* and *true food*, you are not playing Win-Win.

Win-Win is imperative from the physics perspective. If you don't consciously play Win-Win, what is going to reflect back? Something very not Win-Win is going to reflect back.

Many people do not consciously love nor do they respect their bodies via their human wants, desires, thoughts, beliefs, emotions, and actions. Many don't consciously give thanks on a daily basis for their body which houses them for their *entire lifetime*. Consciously sending love to your body regularly will generate love reflecting back to you; hence the echo in the canyon scenario once again. Here is a place to focus: I am eternally grateful and give thanks for my happy, healthy, loving, sexy body.

Some people don't have a clue what they want in the area of relationship with other humans; whether it be of a sexual or not-sexual nature. Some people *do* know exactly what they want and are not always consciously honest about it to themselves, with their current, or with a potential sexual partner(s) or friends (not-sexual). Here we go with the physics again. Why for example, do people marry or choose to live together? Some, because it's what they *think* they are supposed to do. Some, because their religion tells them so and they choose to *believe* in their religion. Some, because they *think* they will get "partner sex" on a regular basis. Some hook up for money; some to raise young humans. The reported divorce rate in the United States alone is a beautiful physics reflection demonstrating the fact that *marriage* does not work for many; again with the physics. Could it work? Absolutely; the problem is with the focus. Here's a place to focus if you desire to be happily and healthfully married: I give thanks that I am married to the most wonderful spouse in the Universe.

What follows now is a personal and very non-life-threatening example of "being positively selfish." It has to do with my relationship with my father who is 87 at this writing.

From a physics perspective please understand that parents reflect children and children reflect parents. From a logistics standpoint as well as physics, parents and adults in general have considerable and enforceable control over children in the early years while they are growing up. Keep this fact in the back of your mind. Sometimes parents and other caring adult figures make a decision somewhere along the way, consciously or unconsciously that they want children to be as they (the parent or adult) *want* them to be; rather than allowing a child to find out who they are; and encouraging them to be exactly who they desire. It doesn't matter what the issue is either. It could be regarding a career, a sexual partner(s), TV shows, movies, reading material, the Internet, or *any* kind of life choice. Adults who choose to focus in this way are not practicing Win-Win or unconditional love; they are attempting to control another human; the child. It is about learning to focus your mind on what is wanted and not manipulating others.

When I was a kid growing up in the late fifties and early sixties, my Dad *insisted* that I watch the news regularly throughout any day *because in his mind that's what people are supposed to do*.

Being a “great parent” by society definition he was *doing* what he *believed* to be correct—watching the news. I respect his decision and am grateful to my Dad and Mom for introducing me to various life options and choices. I believe it is very important to introduce all humans, chronologically young or old, to different opportunities of life; with the strict caveat however, of allowing each individual human to ultimately decide for themselves whether or not to choose a particular life option. This Win-Win stipulation is a key element in loving relationships—in unconditional loving that is.

I didn’t like watching and listening to the news back then, I don’t like it today, and therefore I very seldom watch and/or listen to the news. Am I suggesting that watching the news is bad? No. Am I suggesting that humans as a group stop watching the news? No. Am I suggesting that the news isn’t important? No. I give thanks that there are humans out there who have a burning desire and passion to report the news. I just happen to have very little desire to watch the news. That’s just me.

My Dad still has an issue 40+ years later because I consciously and clearly choose to not watch the news. It’s just not OK with him that I don’t watch the news because he *believes* that “people are supposed to watch the news.” He wants to “*make me wrong*” about not watching the news. He just cannot imagine why a *normal* human being wouldn’t *want* to watch the news. He is not a big fan of “agreeing to disagree” either; which is yet another important Win-Win key element in unconditional loving relationships.

Here’s the thing—the physics. It isn’t about making a global or universal decision for all of mankind regarding whether or not watching the news is the correct or “right” thing for *every* human to do; this is where so many humans and particularly parents of children allow themselves to get “*crazy*” quite unnecessarily.

It is absolutely about what is correct for each individual, in each situation, and in each moment of time.

Think about the physics—specifically the echo in the canyon scenario. *Doing* something that is “not wanted” can only reflect back unhappily in some way. Again, we can’t change that fact any more than we can change how gravity works.

Therefore, why should I watch the news to make my father feel better when I truly have zero desire to watch the news? For years I tried to periodically pay attention to the news in attempt to *please my father*—as many children *do* various things in attempt to *please their parents*. But it’s just not who I am; I don’t enjoy watching the news at all.

It doesn’t make sense to me why my father even cares about the fact that I don’t watch the news; *and it doesn’t have to make sense*. Why will he not mentally focus on stuff that brings him joy? How about that while his daughter is busy not watching the news, she is thoroughly enjoying her life and helping others learn to enjoy theirs? Why? It’s who he is; that is why. It doesn’t have to make sense to me; my part is to respect my father while simultaneously respecting me; in other words, Win-Win.

This kind of misplaced control between two individuals regrettably happens day after day, hour after hour; and as the amplitude increases situations can escalate to people attempting to control each other in some very serious life situations which ends up being nothing but a big NO WIN situation for each party involved. The problem is the mental focus. If happy and healthy relationships are desired that is where the mental focus needs to be.

It is about me deciding whether or not I want to watch the news and to honor that decision. It is about my father accepting the fact that he *believes* that watching the news is important and honoring his decision—to watch the news. It is also about my Dad if he is willing, practicing happiness in his life regardless of whether I watch the news or not. His happiness truly is *not* dependent upon me watching the news; unless of course he chooses to *believe* that his happiness *is* dependent upon me watching the news; and in that case it actually ends up being his issue, not mine—again, unless I consciously choose to make it mine.

His belief that I should watch the news cannot affect me in any way unless I *allow* it to; which I no longer do.

It is always about each one of us learning how to be happy, healthy, sexy, and wealthy *all by our self* without attempting to control others because in the long run controlling others totally ends up controlling *you* in some way. Remember the physics; remember the echo in the canyon. Again, when one person instigates control of another, they often find out that they too, end up being controlled in some way. To control others is

an attempt to manipulate your outside world; it is far easier and very win-win to go within and change *your* focus. Manipulation of the physical outside world provides at best only a temporary fix to an *unwanted* reflection. The unwanted reflection is the physics wave theory result of the unwanted and incorrect “thought focus” to begin with. You must be consciously grateful at all times and you must also consciously focus your thoughts on what is wanted.

So with this new information in hand, *selfish*—positively selfish takes on an entirely new meaning. It is important to become very clear about who is in charge of whom. If you want control of your life you absolutely can have it. If you want to give control of your life to others, that is also a very real viable option; just look around and pay attention to other humans. When you place your mental focus on your true desire, in alignment with how *you* personally think, believe, feel, and act about that desire, you set the stage for a most positive Win-Win reflection.

Alas many people focus on *actions* only. Actions are important certainly, but action without similarly aligned desire, thought, belief, and emotion do not bring the wanted result long term. Let’s say for example, you purchase a book that instructs you on how to create a million dollars. All you have to do according to the writer is follow some series of steps that supposedly worked for them, for a slew, or for a few other humans. First of all, just because a certain series of steps has brought millions of dollars to one or more individuals does not guarantee in any way those same steps will work for *you*; BECAUSE *you* may have completely different desires, thoughts, beliefs, emotions, and actions regarding money; AND you may have completely different desires, thoughts, beliefs, and emotions about the steps or actions you are asked to follow. The *required* procedures may be steps that you are not truly willing to take for *whatever* reason. Performing *any* action that *you* honestly don’t want to do does not work long term because of physics wave theory; and neither you nor I can change that fact. “Action” is just one step of several regarding *any* issue. Again, *doing* (following some series of steps) can, but does not automatically guarantee results.

Here is how I am “positively” selfish regarding my father. “I want a happy, healthy, loving, and kind relationship with my father”—in whatever form that takes. And right there is where I consciously keep my mind focused. I have practiced this technique completely unbeknownst to him for more than 12 years—ever since my Mom died in

1996. And our relationship does get better and better every day. For years we used to butt heads until I figured out this little physics application. Do I want to butt heads with him? No. Am I going to change him? No. Is he going to change me? No. So again, I positively and selfishly focus on what it is that I truly want: *I want a happy, healthy, loving, and kind relationship with my father—in whatever form that takes.* How do I know if I am focusing correctly? I look at the overall reflection I receive. Is the relationship improving or getting worse? If the relationship is improving overall, then my mental focus is correct. If the relationship is deteriorating overall, then my mental focus is needs an adjustment. Do periodic issues from years past come up? Oh yes. How do I handle that? *I want a happy, healthy, loving, and kind relationship with my father—in whatever form that takes.* I work diligently to stay mentally focused on what is truly wanted—I choose to practice being positively selfish.

Hopefully you see the importance of being conscious, honest, and positively selfish in each area of your everyday life. You get to experience what you mentally and emotionally focus upon.

Many are familiar with the phrase “Thou shalt love thy neighbor as thyself.” Please take note it doesn’t say “instead of thyself;” it doesn’t say “more than thyself,” and it doesn’t say “less than thyself.” It clearly states “Thou shalt love thy neighbor AS thyself.” We must learn and practice loving ourselves first and foremost because without true and honest selfishness you cannot truly ever love anyone else unconditionally. It’s not physicsly possible.

Even the airlines instruct passengers in case of an emergency to place the oxygen mask on *you* first, before attempting to help anyone else.

Selfish, self-worth, self-esteem, self-respect, are all intimately related. Whitney Houston and her gorgeous voice produced an outstanding recording of the song *The Greatest Love of All*—every single time I hear it tears of love and joy stream down my face. If you have never consciously listened to the words of this song please consider taking the time to do so. It is a beautiful reflection of how important it is for each of us to live our own life in our own way—moment to moment. If you don’t have a copy, one place you can buy and download it from on the Internet is at:

<http://www.apple.com/itunes/download/>.

The Vanessa Williams recording of *Colors of the Wind* is another song worthy of periodic conscious listening. This song reflects the importance of allowing others to live their life as they choose moment to moment—while of course agreeing to disagree whenever necessary. Never ever forget after reading this material how an echo in a canyon works.

Think back if you will to the last time someone may have suggested to you that you were being selfish regarding a particular issue or situation. More often than not, if someone tells you that *you* are being selfish, they are probably attempting to control you in some way. They want you to do *something* (or *not do* something) which will make *them* feel better—they have a definite agenda about why you should, or should not *do* something. Not Win-Win for either party; because each person needs to learn how to feel good all by them self; regardless of what the rest of the world happens to be doing in any moment of time.

There is another side to this coin however. If you are hearing regularly from others that *you* are being selfish, that reflection can indicate that in fact *you* are not focused on what *you* truly want—that perhaps you are focused negatively in some way; otherwise you probably would not have received a reflection about being selfish.

If a happy, healthy, and loving relationship is what is wanted, that is where the mental and emotional focus must be.

Work *with* the physics and miracles will appear all the time.

Stay mentally focused on what you truly want rather than trying to control others because that only ends up controlling you—again, remember how an echo works.

Life can be about learning to be happy, healthy, sexy and wealthy if that is what you want—learning to feel absolutely wonderful all by *yourself* regardless of what *anyone* else is doing, saying, or being.

Life can be about wanting, desiring, thinking, believing, feeling and doing marvelous awesome things.

Now what is it that YOU want?

Write it down, give enormous thanks that you already have it; and stay focused on it.

Money

In 2008 humans living on planet Earth have to have money; and this is not negotiable. Sadly, many humans do not have enough money to “get by” let alone enough to provide massive amounts of fun; and as a result they end up *doing* things they really don’t want to do. Fortunately creating money is a physics issue—totally connected to an individual’s desire and corresponding thoughts, beliefs, emotions and actions around those desires. People who don’t have enough money don’t have enough money because their mental focus is constantly on “not having enough money” instead of being on “having enough money.” And most probably, these same individuals listen to or watch the news telling them that “times are bad” and based on that they choose to *believe* what they see or hear. Yes it is that simple. And if someone chooses to get angry about not having enough money they make an already bad situation worse because as introduced in the wave theory section, emotion can amplify any situation in the direction of the emotion—positive or negative.

Fortunately creating money in a Win-Win fashion is like landing a 747; it’s easy when you know how to do it; and/or have done it hundreds of times. Creating money is not difficult once you understand the physics—the echo in the canyon. Consciously keeping that scenario in mind moment to moment each and every day is what needs to be learned and practiced. Once you learn how to consciously create your own money, you no longer are dependent upon, or controlled by, anyone or anything unless *you* consciously choose to interact (be controlled) in some way. Creating and having your own money gives you infinite options in life and freedom like you have never experienced before. You just have to be willing to *believe* that this is possible.

As mentioned earlier, people can and continually do spend lots of money on a gazillion books to read, seminars to attend, tapes and CDs to listen to, and even videos/DVDs to watch; many promise you to become a billionaire if you just perform a series of actions. If it were just about performing *action* steps how come everyone who follows the steps doesn’t have a billion dollars in their bank account yet? I’ve read, listened, and watched a plethora of these materials during my life as I’m sure millions of other humans have done as well, and they all have several things in common. They don’t

ever mention the concept of Win-Win, they seldom speak about unconditional giving without expectation, and they don't mention thoughts, beliefs, and emotions and their relationship to physics wave theory because they are "action" based about manipulation and control. Actions can create yes, but for Win-Win desires, thoughts, beliefs, and emotions have to be in alignment with the action.

If any of the above mentioned types of materials have worked for you that is truly terrific, outstanding, and wonderful. Give thanks as you are truly fortunate; but now please ask yourself if your current method(s) of making money is Win-Win or not.

When an individual takes *any* action (the process of *doing* something) and their desire, thought, belief, and emotion about the desire are not in complete alignment with the step(s) that are to be followed, the wanted result or desire often is not obtained; thank you physics. Thank you echoes in canyons. Additionally, when you do not choose to consciously focus on "Win-Win," you are not in complete alignment either. Remember when you yell into a canyon "One, two, three, four," you hear back "One, two, three, four." You don't hear back "Five, six, seven, eight." You hear back *exactly* what you yelled into the canyon.

When you do not consciously focus your mind on "Win-Win" the reflection back is not going to be "Win-Win" either. It's not physically possible. Just take a look around the planet; how many "Win-Win" scenarios do you see?

Again, performing *any* action that *you* honestly don't want to do, does not work long term either because of physics wave theory. "Action" is just one step of five regarding any issue. *Doing* (following some series of steps) can, but does not automatically guarantee optimal results. Action is manipulating the outside world; desire, thought, belief, and emotion are inside; and remember we live from the inside out.

Money is necessary. Money is a *big* deal—and it usually has lots of emotion around it. People do terrible and unbelievable things for money. They lie, cheat, steal, con, murder, create war, and prostitute themselves all unnecessarily in the name of money; so let's get to the physics essence of this issue right now, so you can fully enjoy the rest of your life if you so desire; at least as far as money is concerned. Creating money is purely a physics issue unlike health for example which is physics related combined

with utmost respect of the human body in which we each reside and is discussed in later sections.

Here is what an encyclopedia has to say about money:

“The piece of paper labeled one dollar, 100 francs, 10 kroner, or 1,000 yen is little different as paper from a piece of the same size torn from a newspaper or magazine, yet it will enable its bearer to command some measure of food, drink, clothing, and the remaining goods of life while the other is fit only to light the fire.”⁶

How come? People accept money as legal tender because they *believe* that others will accept it as well; it’s just a physics thing—another echo in the canyon example. This *belief* has been around for lots of years and probably isn’t about to change any time soon.

An interesting belief some have about money is that you have to “work hard” for it. You can certainly, but you don’t have to. The “working hard” is the action step. If that is all you had to do, then working hard would bring everyone who worked hard millions of dollars in every case; which it clearly does not. Some people who work hard make lots of money and many people who work hard do not. How come? You must consider the desire factor, the thoughts, the beliefs, and emotions of a given individual at a given job. It’s just the reflection of the thoughts, beliefs, emotions, and the actions.

Ideally you want to have a job that you love and that pays you well without having to “work hard.” It is my belief that every human has unique talents and gifts within themselves that not only brings them absolute joy, but by offering that talent in the form of a product or service also would provide infinite joy to others—and of course supply lots of money at the same time. If you don’t *believe* that you have unique gifts within, they will never be revealed to you—yet again, thank you physics.

Take a look at any field of work and you will find people who are financially successful at it and you will find those who are struggling. Why? It always comes back to desire, thoughts, beliefs, emotions, and actions; and whether they are in alignment or not.

⁶ Encyclopedia Britannica Ultimate Reference Suite (2004) DVD.

People can become anything they want to be—the key is the want or desire. If money was not an issue what would you be doing? What are you good at? What do you want to be good at? What do you love to do? What juices you?

Education is no guarantee that you will have money. Lots of well educated people don't make lots of money. It's not just about the action steps—it is about the desire, thoughts, beliefs, emotions being in positive alignment first—before the action is taken.

And if you want to believe that there isn't enough money to go around, go right ahead; but you could also decide to believe otherwise if you so desire.

If giving money to the poor was the answer, no one would be poor.

So, clearly, a very serious issue for so many individuals is that they don't have enough money for *whatever* the reason(s). If someone doesn't have enough money, the "bottom line" physics reason why, is because *their* mental and/or emotional focus is on "*not* having enough money" rather than on "having plenty of money." Go back to the physics. Go back to the ripple in the pond and the echo in the canyon. If you yell into *your* canyon of life that you don't have enough money, that is *exactly* what will reflect back to you; "not enough money." It doesn't matter how "loudly" you *think* that thought either because the louder you yell or think, the worse the situation will probably become because yelling quite often involves significant amounts of negative emotion. The mental and emotional focus *must* be on *what is desired* rather than on what is *not* wanted. Whatever the mental and emotional focus is on is what is reflected back sometime in life somehow and somehow.

Focusing on non-wanted *anything* brings more of non-wanted *everything*. This is physics wave theory at work. We can't yet change the rules, laws, or principles of physics; but what we *can* do is learn, practice, play, and have enormous amounts of fun—if you so *desire*.

Focusing yourself regarding *any* issue of life consists of five major components.

It's time to consider using the 3x5 cards. For this example:

1. What do *you* truly want regarding money?
2. What do you *think* about what you want regarding money?

3. What do you *believe* about what you want regarding money?
4. What are your *emotions* about what you want regarding money?
5. What are your *actions* about what you want regarding money?

Get out your favorite writing tool and start answering these questions as truthfully and "positively selfish" as you can in this moment. Give thanks for the process. Give thanks for the information you are about to receive from within. Answer these questions only to you, no one else. As you begin to consciously and truthfully respond, your *emotions* about money hopefully will become apparent. It is very important to acknowledge and accept your current emotional state about *any* issue because if your emotions are in conflict with your desire (*like if someone is extremely angry because they don't have enough money*), the emotion is most probably going to rule because remember emotion can amplify *any* situation; positive or negative.

How *you* answer those questions today, in this moment, may be totally different from how you might have answered them yesterday, or how you may answer them tomorrow.

What do *you* truly want regarding money? Do you want an extra \$1000 this week, this month, or this year? Do you want an extra \$50,000? How about a \$100,000; or a million; a billion? What IS it that *you* truly want? Write it down. You can change what you want any time you like, but for right now write down what you think *you* truly want in this moment with regard to money. Take some time to ponder. Really get a grip on what you *truly* want. Don't hold back. Go for it.

Here is an extreme example to make a physics point. Let's say that an individual *truly wants* (not needs) a million dollars by next Thursday. Is that even logistically possible? Certainly it is. They could purchase a lottery ticket and win, they could receive an unexpected inheritance or they could win at a Casino. There are many legitimate, ethical, fair, and "Win-Win" ways to receive money. So the million dollar question then becomes "What happens next Thursday if the money hasn't arrived and the individual *truly wanted* it?"

If they truly wanted the million dollars and didn't get it, all that means is that the mental and/or emotional focus was stronger on *not receiving* the million dollars than it was on *receiving* the million dollars. You have to *truly want* something AND have your

thoughts, beliefs, emotions, and actions all in alignment with that desire. If you don't believe you can receive a million dollars by next Thursday, you can't; period and end of story. Physics reflections don't lie. If you didn't get that million dollars and you truly wanted it, the mental or emotional focus was not *yet* correct.

Knowing *what you want* is crucial in *any* situation and many individuals are not at all clear about what they want regarding anything; many don't even *think* or know that they have a choice. Knowing what you want in any given moment is the key first step to receive what you want. Here comes some more physics. As you clearly state a *true desire*, you may be flooded by thoughts, beliefs, and emotions—negative or positive about that particular desire. Let's say you decide you want a minimum of US\$10,000 every month. Try that on and see how it *feels*. Does that thought of US\$10,000 per month or more excite you? Or, are you hearing "yadda yadda" like "Yeah, right; US\$10,000 a month—not in this lifetime..." It helps to really know just where your current focus is so you can clearly know whether it has to be changed or not. If you are truly excited about US\$10,000 a month you are probably well on your way to US\$10,000 per month and more. If you are hearing or feeling the negative "yadda yadda," then you know your focus has to be adjusted in some way. How do you do that? Consciously get positively selfish, and focus on what *you* want—something like "I give thanks that I make a minimum of US\$10,000 per month easily, honestly, ethically in a 'Win-Win' manner."

Do you *think* you can ever have the amount of money you truly want? You need to answer truthfully here because the physics reflection *never* lies. If you don't *think* you can have it, you absolutely cannot; your focus is stuck via physics.

Do you *believe* you can ever have the amount of money you truly want? Again, you need to answer truthfully here because the physics reflection *never* lies. If you cannot *believe* that you can have what you want, you are most probably correct.

What are your physical emotions and body sensations about having the amount of money you truly want? Do you feel *any* unhappy emotion or uneasiness anywhere in your body about having this amount of money? Emotions have to be felt while the mind stays focused on what is wanted. Negative emotions have to be felt in order to be

released. The trick is to give thanks that you can feel them in order to let them go; while keeping your mind focused on the desired result.

Negative emotions in actuality are a message from within that your thoughts and beliefs are not focused positively in that moment when you are feeling the negative emotion.

Thoughts and beliefs create emotion which is the body’s reflection of your thoughts and beliefs. Four well known negative emotion categories are anger, hurt, fear, and guilt. You have to own, take responsibility for, and FEEL your emotions—they are yours if you are feeling them. And it is never about blaming or resenting someone else or a situation for your sadness, disappointment, insecurity, or regret. Emotions can be valuable friends when you choose to love and give thanks for them. It is about understanding that your emotions are a gift from within communicating to you that your mental focus is not at that moment where you want it to be.

We all want happiness; and exponential happiness which some call bliss is even better.

Consider taking *no specific action* step until your desires, thoughts, beliefs, and emotions are in positive alignment with each other. When you take action and your desires, thoughts, beliefs, and emotions are not all aligned in the same direction you may set yourself up to continue getting more of what you don’t want.

Allow the physics to work. Be patient. Forget about the poster that says “God grant me patience and I want it right NOW.” Keep your mind focused on what you want. Fighting on any level about anything does not work long term; and fighting is not “Win-Win.” And we can stand up for our self without fighting by going within.

Again, keep your mind focused on what it is you want and align your *thoughts, beliefs, and feelings* positively towards that desire *first* before taking any action; and thereafter.

Give thanks and feel any negative emotions, until you get down to the love; and only then take action. The sooner you learn how to do this, the better; because owning and taking responsibility for your emotions is important when creating money but it is paramount in relationships—especially in relationships that involve partner sex.

If someone currently has difficulty making a monthly rent or mortgage payment, stating or affirming that they want a million dollars by next Thursday or even within a couple of months or a year, may be completely unthinkable to them, and therefore, is not in any way *believable*. If so, the reflection they may receive back is "no million dollars" on Thursday or even in a few months. On the other hand, if they focus completely on what they *truly* want, and they think, believe, and feel it is possible, they may in fact have that million, or be well on their way towards receiving that million.

Here's another option. Let's say you decide you want an additional \$50,000 or more no later than six months from today. Write it down and don't consciously think about it again; this can be equivalent to dropping a pebble in a pond. [I give thanks that I receive an extra \$50,000 with the next six months.] Or, write down what you want on a 3x5 card and put it in your shirt pocket. Look at it once in a while and smile. Let the ripples of that desire go out and let the money come back to you. Don't continually hinder the process by every morning focusing on the fact that you don't have your \$50,000 yet because *that very action* sends out ripples of what you don't want. You must stay focused on what you want, and all five steps must be in positive alignment. Do the best you can and love *you* no matter what; be gentle, kind, and compassionate. *Assume the position* in your mind of how you would think, believe, feel and act, if that \$50,000 was already in your possession. This is where the mind needs to be; focused on what is wanted. *Think* as if. *Believe* as if. *Feel* what it would be like. And wait; allow the money to appear—consider *not* for example maxing out your credit cards in tantalizing anticipation. When you consciously choose to change your desire, thoughts, beliefs and feel and let go of those negative emotions, you may have to wait a little bit to see what reflects back to you. This is a constant evolving process; and how it works for one may not be exactly how it works for another because everyone is different. Don't get hung-up on the "how" either. If you happen to know "how" that is fine; but it's totally OK if you don't know how. Give thanks and be willing to receive. *Assuming the position* in your mind just takes conscious continual practice; you are learning something new. Those who "have very little money" have consciously or unconsciously assumed the position of "having very little money" and that focus is what has to change—I share this fact from personal experience which you will read about shortly. We all are learning to consciously flow *with* the laws of physics rather than fighting against them. Remember the ripple in a pond and the echo in a canyon. Your current life is always the reflection

of your prior *thoughts, beliefs, emotions, and actions* about your wants and desires. Again, *assuming the position* in your mind does not mean you go out and spend money you do not currently have. *Thinking* and *doing* are two very different logistical tasks—one is inside and one is out. Consider focusing on: I give thanks that I always have plenty of money to do whatever I want to do.

Here is my personal horror story regarding “not enough money” in my first marriage in the mid 1980s.

I married this man (Steve) not because I was “in love” with him but for two major reasons. The first was to consciously hurt and get back at another man (Austin) with whom I *thought* at that time I wanted to marry, and who didn’t want to marry anyone. The second reason was to shut everybody else up including my parents who kept bugging me about not being married.

Understand clearly from my serious error in action that when you *do* something you don’t want to do odds are quite good that you probably won’t like the physics reflection. Learn this lesson as I did from my huge misadventure. And further discover that when you *do* something you don’t want to do with negative emotion attached to it, go ahead and place a bet because you’re *really* not going to like the physics reflection.

Back then I was an Air Force Captain and my then spouse was an Army Captain. During our marriage, we both decided to *separate* from the military—which means without benefit of retirement pay. He bought his parents’ liquor store and began operating it full time; I went to work selling life insurance for a well known insurance company. When he arrived home in the evenings, I was already asleep; when I got up early in the morning and left for work, he was asleep.

The money coming in from our new employment ventures was not even close to the amount we received when we both were in the military.

When we left the military, did we have a good bit of savings to carry us over? No, we did not. Was there still a hefty mortgage payment due every month? Yes there was.

A *thought* in my head about “not enough money” began to appear regularly.

So what did I do? *Incorrectly*, I kept focusing on this *thought* about "not having enough money" and, sure enough, things got worse and worse and worse. I got scared too; negative emotion entered the scene and got stronger each day. Remember via physics that emotion of any kind can amplify any situation positively or negatively. My mind dove head first into the worst possible "What if?" scenarios I could imagine; this behavior went on for months.

We ended up getting divorced, and eventually we both filed for bankruptcy. Life was far away from happy and wealthy. Getting divorced was one thing; but filing for bankruptcy was devastating. And the horror story didn't stop there either because my negative thoughts, beliefs, and unhappy emotions were still in full force. I unintentionally became pregnant (more about this in the sexual relationship section).

I did not consciously *desire* anything that transpired in that period of time except perhaps for getting divorced. So why did all this other stuff happen?

I can tell you without doubt that it all happened because my mental focus via physics wave theory was incorrectly placed—by me and "me" only. Instead of focusing on giving thanks and "doing great and making lots of money" at my new job, I was busy inappropriately blaming my spouse for purchasing his parents' liquor store along with assorted other things I wasn't particularly happy about at the time. I could have easily blamed me for the whole situation as well. It doesn't matter who you blame from a physics perspective; the issue is the fact that a conscious choice was made by me "to blame." Blame in any form is not positive, and blame of self or another isn't an optimal answer in any situation. It's just more physics. Go back to the echo in the canyon. If you yell "blame, blame, blame" into the canyon, you get back "blame, blame, blame."

Remember there is absolutely no escaping the physics in *any* situation.

So what's a human to *do*, when it *appears* you are locked in a downward life spiral from which you cannot recover?

First of all understand that *no* situation is ever hopeless, unless you allow yourself to *believe* it to be hopeless.

Consciously remind yourself of the physics that you now know. Acknowledge and focus your mind on your life desires; gently, lovingly, and most of all, gratefully.

Become consciously thankful for your life and *everything* in it. If all else fails, consider focusing your mind on: GIVE LOVE and GIVE THANKS. Repeat those words to yourself over and over; and consciously breathe. Allow any negative emotion to dissipate while you mentally focus on those words. As explained earlier it is important to *feel* any negative emotion, acknowledge it, and give thanks for it, in order to help let it go while at the same time keeping your mind focused and your body engaged on something happy and good. Consider forgiveness of self and others. Keep your mind focused at all times on something desired and pleasurable. Consider not ever again focusing on what is “not wanted” and become positively selfish. Learn from my disastrous life experience in 1988. Every bit of it happened because I didn’t know or understand the physics as I do today.

I did not want to file bankruptcy; I fought hard and long too because back then I had terrible judgments about people who had filed bankruptcy. In retrospect I now know, thanks to physics, that *all* judgments are always about judgment of self; and they all eventually reflect back on the one doing the judging. The more you fight against something you don’t want, the more you draw it to you. Back to the physics—what goes in comes back out; just like when people say “what goes around comes around.”

Filing bankruptcy turned out to be a great gift and lesson. It taught me humility while instilling great compassion for others who had previously traveled a similar road. Since that experience I have never and will never *judge* another human again for *anything*. To judge another is to always judge self. I consciously choose to “give love” and “give thanks” in my mind to all parties in *all* situations.

My previous “misplaced thoughts” about money are *thought* countless times every day by people who don’t currently have enough money; and this error in focused thought (conscious or not) will plague each and every individual until the physics is understood and consciously practiced. Misplaced thoughts are rampant; and they are not just about money. They are also about health, relationships, and situations like national disasters, terrorism, and young humans being shot while in school.

When an individual thinks thoughts about not having enough money, essentially they are screaming those thoughts into a canyon—into their canyon of life. And what is

going to come back? An *exact* reflection of those thoughts is what will return in one form or another to that individual.

You create your future via physics from your "NOW" position. The *thoughts* you think now are the ones that will come back sometime in your future. The *beliefs* you believe now are the ones that will come back sometime in your future. The *emotions* you feel now are reflecting your current thoughts and beliefs; and you will continue feeling those emotions until you change your thoughts and beliefs. Every action you take or don't take is also a ripple in your pond of life; and will return to you as well.

If you want lots of money you have to focus your mind on having lots of money and allow yourself to feel positive about it. What helps tremendously is to *feel* like you have lots of money and at the same time be extraordinary *grateful* for it. Again, this is not to ever imply that you go max out all your credit cards. *Feeling* is NOT the same as *doing*. Remember we live and evolve from the inside out. Please don't *do* something ever until your desire, thought, belief, emotion and action all are positively aligned. *Feel* what you would feel like to be a billionaire and give thanks. What would you do with your billion dollars? If you don't exactly know how having a billion dollars may *feel*, imagine it. The canyon of life doesn't care; all it does is reflect back to you.

Today's world revolves around money more than ever before; and having plenty of it comes in really handy for just about everything. Money isn't good or bad; money just is. Individual desire, thought, belief, emotion, and action *about* money is what ends up being good or bad depending upon the individual involved and the particular situation.

Each human gets to decide how they want to play with money. Do you want lots of it, always an adequate amount, or not enough? Where's the focus? Do you want to play Win-Win, Win-Lose Lose-Win, or Lose-Lose? Many people are not even aware that they have a choice. Focus your mind on what is wanted.

Win-Win, of course, means *every* human and *everything* involved in a situation wins. Some people don't *think* that they can play Win-Win in the business world. But here comes the physics again. If you don't *think* you can play Win-Win, you can't; case closed, over and out. But I am here to tell, show, explain, and teach anyone who wants to know that you absolutely can play Win-Win in business, with money, with health, with relationships, our planet, with situations, and with your *entire* life.

Focus your mind on Win-Win; consciously say “No” to everything that is not Win-Win; and you will have Win-Win. It *is* that easy but not always immediate.

When you come across a situation in your life that appears to be not Win-Win, sit down and *think* if there is a way it can become Win-Win; answers aren’t always instantaneous. If you determine a situation cannot, in a given moment, be Win-Win, consider not being part of it until it is Win-Win; or do the best you can in that moment. Focus on what you want; do not any longer focus on what you don’t want.

Nothing matters unless an individual chooses to make it matter.

It’s not about what happens in life as much as it is about how we react to what happens.

Everybody has to make their own decisions about money. See what reflects back to you and refine your focus. Understanding physics makes life so much easier.

Habits

People who don’t have enough money don’t have enough money because they stay mentally and emotionally focused on not having enough money. It’s just a habit or an addiction that can be changed.

What’s a *habit*? Here is what the dictionary has to report:

“A habit is any regularly repeated behavior that requires little or no thought and is learned rather than innate. A habit—which can be part of any activity ranging from eating and sleeping to thinking and reacting is developed through reinforcement and repetition. Reinforcement encourages the repetition of a behavior or response, each time the stimulus that provoked the behavior recurs. The behavior becomes more automatic with each repetition. Some habits however may form on the basis of a single experience particularly when emotions are involved.”⁷

⁷ Encyclopedia Britannica Ultimate Reference Suite (2004) DVD.

Habits can be positive and habits can be negative; the answer lies within the person with the habit. For example, giving thanks periodically throughout one's day might be a good Win-Win habit. The habit of verbally exploding while watching the news on television is probably not a Win-Win habit.

You can't always control what happens in every given moment because *stuff* that happens is based on previous conscious or unconscious "desire, thought, belief, emotion, and action" that is now in the process of reflecting back to you.

The Win-Win news is that you can *always* control *how you personally react* to what happens. If you currently don't have enough money, you have to consciously change *your* thinking habits about money. This is not necessarily hard to do; it's probably more *uncomfortable* than it is difficult.

For example, fold your hands in your lap and take note of whether you naturally place your left thumb over your right or if you naturally place your right thumb over your left. Now fold your hands once again but this time consciously do it the reverse way and take note of the difference. The first way probably *feels* more comfortable than the second way because that is the way you usually fold your hands. It wasn't difficult to fold your hands the other way, it was just different.

Changing thoughts and beliefs about *anything* is usually more uncomfortable than difficult. If you are *uncomfortable* while focusing your thoughts and beliefs in new areas, that may be a very good sign. And as emotions present themselves understand that they are communication from within and have to be felt to be released.

If you dislike or hate people who you believe and/or know to have lots of money, you may never have lots of money; once again, thank you physics. Negative emotion of any kind, about *any* subject, just amplifies the situation and brings more negativity of some form into *your* life—and into *your* life only; unless others choose to join your negativity club. Go back to the wave theory; what *you* yell into the canyon of *your* life comes back at *you*. Remember, when you yell into a canyon "one, two, three, four," you hear back "one, two, three, four." You don't hear back "five, six, seven, eight." You hear back *exactly* what you yell into that canyon. This is highly significant. If hate or any other negative emotion goes into *your* canyon, hate or other negative emotion is coming back out to *you* in one form or another. So consider acknowledging and be grateful for

individuals in your life who you believe and know to have lots of money. Accept and embrace that fact and understand that if they can have money, so can you—they are a physics reflection of you and of what is possible. Give thanks that these people exist in your life; people with money are just a physics wave reflection of what *you* or anyone can have too. A first step is to make a conscious decision that you want lots of money. Then you get your thoughts, beliefs, emotions, and actions in line with that desire. Keep your mind focused on what is wanted.

Hating to pay your bills and taxes doesn't work either if you want to have lots of money. It is about changing your mind and getting positively selfish. It is about being thankful for your bills and being grateful that you are creating enough money so you are for example *required* to pay taxes via society created laws. I pay more income tax each and every year. I am tremendously thankful for that because when I pay more tax, I've made more money. I consciously send oodles of love to the Internal Revenue Service (IRS) via my mind when I mail my quarterly checks to them.

Consider paying your bills with joy each and every month. When you receive checks consider writing “I give thanks” prior to cashing or depositing. Be thankful that electric power, water, gas, garbage collection, telephone, cable television, and Internet connections exist. Be thankful you have the money to pay for these services which are all too often taken for granted. When you open up statements and write those checks give thanks, send love, and consider paying on time or earlier. Gratitude is a powerful positive emotion. When you are consciously grateful what reflects back? Happy stuff in one form or another is what reflects back lovingly to you.

Can habitual desires, thoughts, beliefs, and emotions become an addiction? Perhaps; it is different with each individual and each situation. Inclination, tendency, and routine imply *habit*; fixation, obsession, compulsion, and desperate tend towards *addiction*. Competent capable individuals must decide for themselves whether something is a habit or an addiction for *them*.

Some people *allow themselves* to become absolutely furious when certain subjects are discussed like religion, war, politics, abortion, or gay rights for example. *Any* situation that challenges an individual's personal *thought* or *belief* system can be a catalyst for them to choose to become seriously enraged. Remember the physics. *If you choose* to be

a "raving maniac," raving maniac is what will be reflected back to you again, again, and again. Have you ever watched or personally participated in "road rage?"

Situations don't automatically cause a particular emotion. Recurring thought, belief, emotion, and actions are what create *situations*. Situations are an opportunity to choose differently. Teach yourself to consciously choose how you react.

Situations are physics reflections; they a basis for contrast. Situations are just that; situations. How an individual chooses to react to any situation is the key. People who are angry are *choosing* to be angry. They could also choose *not* to be angry. But remember that emotions are communication that current thought and belief are out of alignment with desire.

Only *you* can change *your* desires, thoughts, beliefs, emotions, and actions about any living entity, issue, or situation.

Gasoline prices are another great example; and, they are another topic that makes some individuals absolutely crazy. But remember the situation is reflecting that individual's mind. How about being thankful that you have gasoline to purchase? How about being grateful that you have money to pay for that gas?

Sit down and decide *what you truly want* about money; or anything. And then consciously decide what you think, believe, and feel about your decision *before* taking any action. Is everything in alignment? Are you coming from a place of unconditional love or are you trying to control something?

Not to worry—the physics reflection will *always* let you know.

Bio & Credentials

Stephanie Keller Rohde was born on Friday, June 13, 1952, and was raised on Staten Island, NY. A graduate of Port Richmond High School in 1970, she then earned her undergraduate degree in mathematics and education from Springfield College, MA, in 1973. After graduation, she worked for Brown Brothers Harriman in Manhattan in the Foreign Exchange Advisory Department until September 1976 when she joined the United States Air Force. Her first assignment following Officer Training School (OTS) was nine months of communications-electronics instruction in Biloxi, MS, which prepared her for the next tour of duty located at Kelly AFB in San Antonio, TX. While at Kelly AFB, she worked with Operations and Maintenance divisions in the base Communications Squadron. In her next assignment—and her early claim to fame, she was the first lady to ever command a site for the Air Force in the “European” theatre. Actually it was in Malatya, Turkey (Asia)—a most remote tour on a mountaintop during 1980 and 1981. She taught mathematics while there as an extension of the University of Chicago. She later obtained her Master’s Degree from the University of Texas at Austin, TX, courtesy of the United States Air Force in math and computer science education in 1983. She then was assigned to the United States Air Force Academy (USAFA) ultimately as an Assistant Professor of mathematics where she taught the cadets’ algebra, trigonometry, calculus, differential equations, and statistics from 1983-1987. She attained the rank of Major, which she declined, and separated from the Air Force in 1987. Remaining in Colorado Springs, she worked for the Prudential Insurance Company until mid-1990, managed, and also taught for the Kaplan Educational Test Prep Center into 1995. She then became the personal assistant and secretary to Dr. Hal A. Huggins, DDS through 1997. In 1998, she became the office manager for Aspen Painting Inc., Aspen, CO. She moved to Ocala, FL in 1999 to be close to her Dad, as her Mom died in 1996. Stephanie, in addition to her mathematics and educational training also has nearly 30 years of varied computer experience (personal and business) including IBM compatibles (PC) and Mac equipment. She owns and runs her own company End The Clutter ETC®—and helps people *Let go of the clutter* in their mind, body, relationships, and computers via her *Why Stuff Happens* seminars. Stephanie has published two basic computer books via Infinity Publishing at 1-877-289-2665 or via the Web sites below:

Basic & Respectful E-mailing Using Outlook Express (2004)

<http://www.buybooksontheweb.com/description.asp?ISBN=0-7414-2120-8>

Computer & Internet Basics Step-By-Step (2004)

<http://www.buybooksontheweb.com/description.asp?ISBN=0-7414-2178-X>

For an instantaneous download of those two books, please visit:

<http://www.lulu.com/content/1107996> for:

Basic & Respectful E-mailing Using Outlook Express (2004) and

<http://www.lulu.com/content/1108573> for

Computer & Internet Basics Step-By-Step (2004)

Three additional computer publications via print or download are now available at:

<http://www.lulu.com/CustomComputerInstruction>

They are:

PC Computer Maintenance Suggestions—Vista, XP, & Earlier (2007)

PC Basics for iTunes & iPods (2007)

Basic Word Processing (WP) and Microsoft Word 2007 (2007)

Stephanie's **Why Stuff Happens** seminar materials may be found at:

<http://www.lulu.com/endtheclutter>

To sign up for free periodic e-mail tips, please visit her Web site at:

<http://www.endtheclutter.com>

Why Stuff Happens—A Win-Win Guide for Prosperity, Health, & Love (2008) is a re-write of *Earth 101: Vibration & Reflection—Living Life To The Fullest At Any Age (2001)* which introduced physics wave theory as the reason *why* anyone's life is the way that it is for each of us uniquely; in other words **Why Stuff Happens**. With this knowledge in hand, everyone can take real control of their life if they so desire from this moment forward. Stephanie had "things" happen to her in her life that she did not consciously want or choose, but nonetheless happened anyway and after many years of searching figured out *why*.

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