

WARNING: MAY BE HABIT FORMING

SAMPLE EDITION

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Your Easy Step-by-Step 30-Day
Positivity Transformation

MATIAS BARNES

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Words are creations: Create what you love!

This book is dedicated to my dear sweet wife Lisa, whose relentless encouragement and support cannot be measured, for the inspiration and most of all the imperative to “write this book.” Big thanks to my sister Katarina Barnes for great editorial input and plentiful encouragement, my brother Julian Barnes for his valuable input, Sarah Meredith for not only allowing me to interview her, then also providing additional valuable input as well in the form of an article which I have included for you.

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Introduction

What has been will be again,
What has been done will be done again;
There is nothing new under the sun.
Is there anything of which one can say,
“Look! This is something new”?
It was here already, long ago;
It was here before our time.

Ecclesiastes 1:9,10

The above lines are attributed to the ancient Israelite King Solomon. Surviving texts tell us that Solomon was made king by his father King David. King David was on his deathbed and Solomon was a young teenager. The accounts tell us David did some house-cleaning and took care of some of his potential enemies. He then went and sacrificed 1000 animals (a significant gesture for the custom at the time—you might be thinking, “awesome, barbeque!” but in this case it was a “burnt offering” meaning that the sacrificed animals were totally consumed by fire.)

That evening in a dream God asked Solomon what blessing he wanted. Instead of asking for riches, fame, etc., Solomon asked for wisdom. Ancient sources said something I’ll re-quote in modern vernacular, “This is kind of a big deal and I’m just a kid. I need wisdom to know what to do.” God was so pleased by this that he promised to make him the wisest person ever to live and gave him riches, fame, and more; legend has it he even had a magic ring that allowed him to control demons (Conybeare, 1898, p. 2).

And yet, even the wisest person ever to live wrote from his own limited perspective—these days

we would say, “what about the light bulb and the internet? Aren’t those things new?” Yes, sure, and excluding modern technology, mostly everything else is recycled on this planet, from the air we breathe and water we drink (dinosaur urine anyone) to the ideas we “have” and the opinions we express. All recycled. Don’t worry, it will happen again and again.

A television series with a focus on World Heritage Sites really impressed me with its take on this topic. Each episode has a focus on one such World Heritage Site, from the Taj Mahal in India and China’s Forbidden City, to what really stuck out to me: Australia’s Great Barrier Reef. In that episode, the Host, Justin M. Jacobs, tells us that the Great Barrier Reef seems to be in trouble due to a warming ocean and an invasive predator starfish that eats the coral faster than it can grow. Since he is a professor of history at the American University in Washington, DC, Jacobs explains that the Great Barrier Reef has failed and been formed again at least four times in its history, and that as a historian he takes a much longer, more cyclical view than a marine biologist may. While the current Great Barrier Reef may be endangered, he is quite sure it will fail and reform many more times, its cycles ultimately starting long before us and likely to outlast humankind. (Jacobs 2021)

In this book, it is certainly my intention that you will be informed and be delighted while you absorb valuable information, even if the content is nothing more than recycled, rephrased, reexamined, rehashed, reevaluated, and reapplied. That is, many of the things I bring together in this book have been said before, by others, sometimes more than once, with good reason, these are important concepts. There are many books

that explore the crunchy fringes of these topics and some which plunge to their very chewy center. There are whole systems of belief and modes of daily operation that encapsulate elements discussed herein. Many of the ideas and concepts explored in this book are restated from others or viewed through a different lens or perspective. It is my sincere hope that my perspective adds value to your life, intellectually in chapters one through seven, and in practice in chapter eight.

First, we will go through some different ideas and concepts as well as taking your temperature to aid in personal insight. Once you have finished reading chapters one through seven, that is when the fun starts. Chapter eight is where your easy step-by-step 30-day positivity transformation begins!

Make no mistake, others have explored these ideas before me and there will be books that follow this book and explore similar subject matter. In fact, I bet someone is authoring such a book even as you read this now. As you read on, unlock your potential and take the training wheels off your mind.

I argue that some of these ideas will resonate very strongly with you, because you have always believed them, and the way I describe them allows them to crystallize in your mind to be infinitely useful. Natural principles have always existed even before they were discovered, named, and quantified; gravity always existed long before it had a name or a definition. Gravity did not rely upon man to identify and name it in order to exist. Fire with its basic physical operating principles did not need Prometheus, nor any help from us, so in fact all natural laws precede humankind.

My approach is simple, I will share what

I have found relevant, provide some exercises to give you insight, and give you practical advice that will help you lead a better life.

What makes me an expert? It's a fun question! What makes anyone an expert? Why should you rely on my words? Quite simply, you should not. In fact, please don't. I insist. I wholeheartedly encourage you to question everything. Let your intuition be your guide. Go with your gut feeling. Only you will know what resonates with that quiet whisper deep inside of you.

It's true that I was inspired to author this book because of the things that I discovered through my own life experiences. It's also true that I spent countless hours on research, reading many pages from the recent and less recent past. Of course, this path is open to you as well, there are many many many many books on this topic. I mention a few of them further on and have prepared a further reading list at the end of this book. Fortunately for you, the book you are currently holding is much easier to understand and apply than some of those. I hope.

In our first chapter, Chapter One: A History Lesson, we will start out by looking at some "recent" history. To be fair, I use quote marks because we will go forward from 1802 *anno Domini* and for the purposes of this book we will comfortably stay in America during our historical adventure. For some of our dear international friends that is barely history. The foundations of France came together almost a millennium ago and the country of Portugal was formed nearly nine hundred years ago. Oh and if we keep going we could end up in China, one could go back to Emperor Yu the Great—credited with founding the Xia Dynasty some four thousand plus years ago. In any case

we will take a look at some people with interesting ideas. Attractive ideas. I know it is exciting, but please stay calm, you are almost there, it is coming soon!

Next, in Chapter Two: Modern-Day Practitioner, we will adventure on with a chapter written around an interview with an intuitive, she had some very interesting insights which will broaden your perspective and understanding. Sarah also shared an article “Decide to Get” which I have printed for your enrichment. I was especially impressed with her metaphor on the shared subconscious mind—it is my hope that you will be impressed when you understand the Colosseum. I end this chapter with our first easy written exercise, so make sure you have a pen handy.

Then we are on to discuss balloons in Chapter Three: Hold Your Balloons? Ninety-something of them. Somebody saw them released and started shooting missiles—no wait that isn’t right—we will talk about the physics concepts behind the balloon as well as the origin of the word balloon—hmmm, still wrong. *Ahem* Sorry. The balloons are just a metaphor. We will go over some more basic things like how words work. You will learn about your own vocabulary and understand how critical it is to be intentional with your choice of words. Then you will make a keep-list and a fade-list to help you focus your vocabulary where you want it. I will also reveal the Antidote, a method you can use to neutralize poisonous words.

Thereafter on to Chapter Four: Take Command, this is where you are hypnotized by my words and bark like a dog. Just kidding. Almost as much fun, and I promise you will find it very useful; we will talk about commands, and I will pretend to have

a command of grammar and the way sentences are constructed. It is so obvious you may have forgotten about it. This has a serious impact on you, and you will be excited to absorb the information I have for you.

Even more impactful, in Chapter Five: Align Yourself we will explore alignments. In short, alignments show consistency across your thoughts, words and deeds. We will delve into what alignments are, what impact they have (as well as the impact of misalignments) and how to use them practically to improve your quality of life.

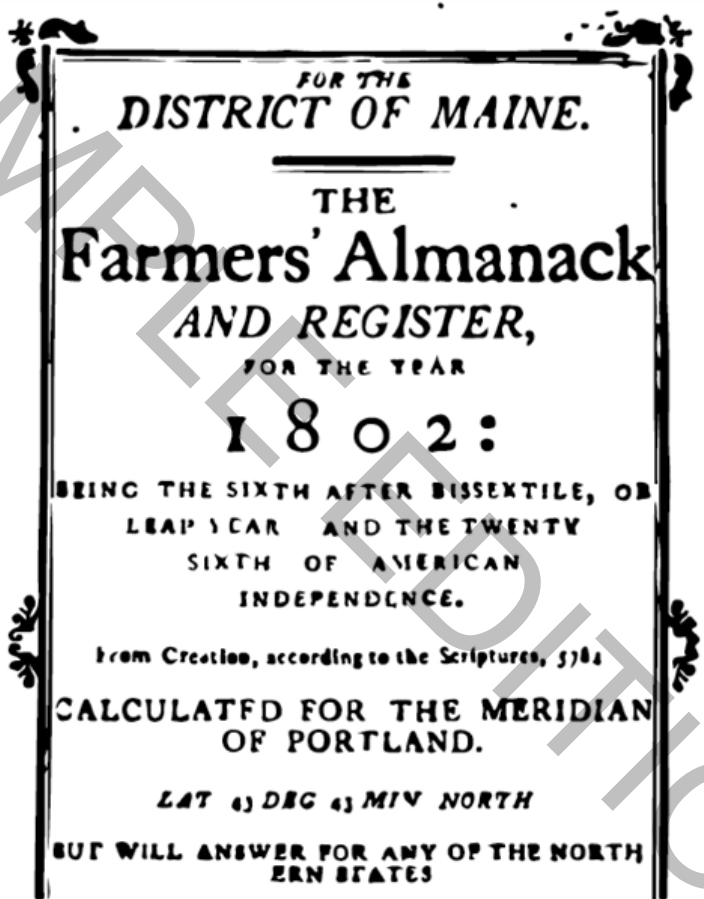
In Chapter Six: Be Present, Emma we will catch up with Emma (she is also reading this book right now) and learn with her about a useful perspective on the illusion of time. You and Emma will both gain insight into what it means to be present in the present. You will learn to appreciate your past-self and support your future-self.

As you may have guessed, that which follows is seven. No deadly sins here, just a recap that tells you what we talked about to hammer things home. When I was a kid, my dad always said, “tell them what you’re gonna tell them, tell them, then tell them what you told them!” Chapter Seven: Ready, Set... is the last part of that.

At this point, you will have taken the time to learn some interesting and valuable concepts and try out some fun and revealing exercises. In Chapter Eight: Now Be Great your easy step-by-step 30-day positivity transformation begins! I have prepared a page for each day with easy activities and checkboxes to fill out. Now first its time to look to the past, let’s take a quick walk down memory lane in our first chapter, coming up next!

Chapter One

A History Lesson



(Wait 1801, Front Cover of The Farmers' Almanack and Register for the Year 1802)

F ebruary 1802: Othello Pollard, a very well regarded free black restaurateur and caterer pulls out all of the stops to bring traffic to his shop, “Attic Bower” on Tremont Street in Cambridge, Massachusetts. He sees to it that crowds in Boston are delighted to see an exotic big cat on display. The first leopard exhibited in the United States---and for only 25 cents admission (something like seven bucks in 2023) the crowds came from far and wide. (Pollard 1802)

Almost 73 miles northwest, in Lebanon, New Hampshire, Susanna Quimby was thoroughly pregnant and just about ready to give birth. Unlike the mothers of Jesus, Krishna, and Zoroaster her child claimed

no immaculate conception, nor would it be a virgin birth. The father was her husband, Jonathan, a skilled blacksmith. Two weeks later Susanna gave birth to her sixth child, pulling out all the stops with one of the coolest names possible; Phineas Parkhurst Quimby. Susanna would later go on to have one more, his little brother Robert. This was by no means considered a large family. According to census data, seven kids was fairly average for Maine in the 1800s (“Historical Census Statistics on Population Totals By Race, 1790 to 1990, and By Hispanic Origin, 1970 to 1990, For The United States, Regions, Divisions, and States”).

When Phineas was two years old the Quimby family moved to Belfast, Ireland. Ahh, the Irish Isles. No wait, that’s Belfast, Maine. (Yes, they have one too.) This is where young Quimby grew up and experienced the wonders of being a nineteenth century blacksmith’s son. (G. Quimby 1888, p. 267)

According to the Phineas Parkhurst Quimby Resource Center website, “Park” - as he was known to his friends and neighbors - was inquisitive, perceptive, and inventive (Hughes). Educational resources and opportunities were limited in a town of under 2,000 residents in the early nineteenth century, but Park gathered a rudimentary education, nonetheless. (G. Quimby 1888, 268)

There are few records from this time period, and not much more detail is commonly known of Park’s early history. According to William Erik Voss on his American Silversmiths website, when Phineas was old enough to work, he apprenticed with his brother William, a decade his senior. William was a silversmith, jeweler and watchmaker and in time Phineas became a smith, clockmaker and inventor himself. A book chron-

icling the silversmiths of New England includes the following, “A man of keen mental ability, he invented a machine for sawing circular surfaces and apparatus for steering vessels.” (Flynt and Fales 1968, 306)

Because of his various experiences, Quimby grew to be an ever-experimenting scientist, believing little except for what he could test with reproducible results, filtered through the lens of his intuition and experience. This approach and methodology would serve him well as he explored first mechanics and science, then the psychology of wellbeing.

Quimby wrote in “My Conversion” about an experience he had in his late twenties:

I was very sick and was considered fast wasting away with consumption. At that time I became so low that it was with difficulty that I could walk about. I was all the while under the allopathic practice, and I had taken so much calomel that my system was said to be poisoned with it; and I lost many of my teeth from that effect. My symptoms were those of any consumptive; and I had been told that my liver was affected and my kidneys were diseased and that my lungs were nearly consumed. I believed all this, from the fact that I had all the symptoms, and could not resist the opinions of the physician while having the proof with me. In this state I was compelled to abandon my business and, losing all hope, I gave up to die, not that I thought the medical faculty had no wisdom but that my case was one that could not be cured. (P. Quimby 1863)

Yes, you read that correctly, his doctor prescribed him *so much mercury that his teeth started to fall out*. Quimby had given up—he believed

by was not far off in this regard. (Goodman and Helgeson 2011, 144-145) The seeds of these lessons had been planted and in time would sprout wisdom.

By all accounts his life had been otherwise unremarkable into his early adulthood. He was considered a regular trustworthy guy that could take a watch or clock apart and put it back together in good working order.

In 1838, Quimby attended a lecture by a “mesmerist”—the live demonstration impressed Phineas, and he went on to experiment with mesmerism himself. He found one subject, Lucius Burkmar, particularly susceptible to the trance state. Lucius was able to produce astonishing results while in a trance, including apparent clairvoyance, as well as diagnosis of medical issues. Quimby and Burkmar traveled and did exhibitions where Quimby would put Burkmar into a trance and Lucius would diagnose illness, then prescribe herbal remedies. Some surviving letters, which were carried by the pair when traveling to another town had more interesting insights.

An excerpt from such a letter written by a James W. Webster to the Hon. David Sears reads:

The bearer, Mr. Phineas P. Quimby visits your city for the purpose of exhibiting the astonishing mesmeric powers of his subject, Master Lucius Burkmar. Mr. Quimby, as also the young man, are native citizens of this place and sustain in the community unblemished moral characters.

Mr. Quimby is not an educated man nor is he pretentious or obtrusive; but I think if you should take occasion to converse with him you will discover many traces of deep thought and reflection, particularly upon the subject above mentioned.

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Chapter Two

Modern-day Practitioner

During my countless hours of research, I often found the opportunity to be delighted. One such time was when I discovered a modern practitioner of Dr. P. P. Quimby's method—Sarah Meredith. Not only did she have plenty of useful information on her website, but she also agreed to a phone interview. First, we will learn about Sarah—who is she? Then I will share in her own words how Sarah learned about Quimby, and her journey to revive his method. After that we will read “Decide to Get” an article written by Sarah Meredith. Buckle up, we are ready to go!

January 17th, 2023. It was nearly 8:00am Pacific Time, and almost time for lunch on the east coast,

where Sarah lives. I arrived at the office early to test that the technology was up and ready for the interview—we were good to go! I dialed slightly early for the call. After a friendly gentleman, Stephan, greeted me and sent my call on its way, Sarah gave a warm “Good Morning!” and we were on to the interview!

We started at the beginning—as one does. Sarah told me how she became intuitive. Intuitive refers to the ability to understand or know something without conscious reasoning or analysis (“Intuitive,” Merriam-Webster, n.d.). It began with a serious automobile collision, resulting in three blows to her head. As she recovered, she experienced intuitive abilities. Her father, a chiropractor, took an active role in her recovery. Sarah first noticed she knew things she “shouldn’t be knowing” while in her father’s waiting room, waiting to be treated. She knew, just knew details of one of his patient’s injuries. Not being acquainted with the woman, she had no way of knowing what she knew. She confided in her father about her intuition. He checked the patient’s x-rays and confirmed that it was accurate.

Sarah was worried that what she was experiencing was ‘evil’ or ‘from Satan.’ Her father had read of others with sudden onset of clairvoyance and encouraged her to do her own reading. He reassured her that it was not evil—just an ability most people do not have. He told her that most of us are shut down. We don’t realize we can do these things. Later he asked her what she wanted to do with her new ability. After learning all she could about being intuitive, she decided she wanted to help people get well. Married to a devout Jehovah’s witness, in time her marriage went out the window since she was “the daughter of the dev-

il.” For a few months, Sarah’s Dad supported her and her two children. He even leased an office next to his and sent his own patients next door for further care.

Sarah spent years using her abilities for healing. She was doing well—house, car, and a thriving business. Then in 1997, Sarah developed the symptoms of fibromyalgia. Due to the severity of the pain, she was no longer able to support herself. She lost everything including her home. With her Social Security check, she was able to rent a dilapidated but furnished 8’ x 40’ trailer in a Senior Mobile Home Park.

In the course of writing this book I read a great deal, going down the proverbial rabbit hole (Alice, Alice, are you there, Alice?) I was fascinated with Phineas Parkhurst Quimby, the Father of New Thought. It was in researching Quimby that I came across Sarah’s website—her story about rediscovering his intuitive healing methods was inspirational and I was fortunate enough to land an interview with her. During that conversation Sarah shared:

Change started for me when somebody from a church came by. They were going door-to-door in the trailer park. A couple, from a brother/sister type religion invited me to their church. I was just too sick to talk to them. I remember being in my robe at the door explaining to them that I just wasn’t well enough to have company. They extended their invitation for when I was better, and they said they’d come back. As they were leaving, the man turned to the woman and said, “too bad she can’t see Doctor Quimby, he would know what to do to get rid of that illness” and right there, I decided: that’s my next doctor. The internet didn’t have that much information as yet. I didn’t even think of looking up who

Quimby was. I just determined that that was my next doctor. So, when he came back to visit me a week later, I was very disappointed to find out that Quimby had been dead for over one hundred years. I started researching Quimby. There was nothing at the library. I searched used bookstores. Over a period of time, I found books written about him. I even found some of his manuscripts. I had to be really careful when reading his work. When authors wrote about what he taught, they interpret what they thought he meant rather than write word for word what he said. I learned that in his work, an interpretation, even a comma out of place and the entire meaning of the passage changed. I studied and studied, and I studied. I made post-it notes and stuck them on the wall around the house. Finally, I thought I had figured out how he healed step by step. Then I asked several friends or friends of friends if I could help them get well. I explained about Quimby, how he healed, and that I was trying to work out exactly what he did to cure people. I failed 16 times. Each time I failed I'd return to my notes and studied Quimby for what I was missing. My 17th attempt was a gentleman who, within a week of each other, had been in two car accidents. He suffered three ruptured disks. It was agony for him to walk or climb up stairs. He was willing to let me try working on him. It took him about 20-30 minutes to get into the house, and we went back into the den. He had been in pain for five years, three hours later, he walked out. All his pain was gone. It never returned. With Tony's cure, I went back to each of the sixteen that I had failed. Every one of them was cured. (Meredith 2023)

In addition to our interview, Sarah sent me an article she wrote that goes further. I've included an edited copy for you.

Dr. Phineas Parkhurst Quimby believed that “disease is caused by false ideas” and that “happiness and misery are in our beliefs.” With her successes, Sarah continued to use her abilities and knowledge to help others. She would help people to identify and remove their wrong beliefs, and the truth was the cure. Along the way, Sarah discovered that it was possible to help people overcome their false opinions and therefore achieve the right results without first identifying and naming the wrong opinion.

Decide to Get by Sarah Meredith

What caused Tony’s pain? According to his doctors and x-rays, he had three ruptured discs. According to Quimby’s Method, he believed a series of opinions about not being able to control what had been going on. That one 3-hour session was all he needed. His pain never returned.

It’s been almost 50 years since I had that “visit” with Tony. Eventually I learned the science behind Quimby’s Method, considered by most, a pseudoscience, behind the instant removal of pain, disease, and symptoms. The science begins with learning and understanding the behavior of matter.

How to Turn Your Life Around with a Single Decision

In elementary school we learn that matter is the substance from which all things are made; that matter is all the “stuff” that exists. Matter, the substance that makes up our bodies, the tree outside, the bird flying

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Chapter Three

Hold Your Balloons

W

hat are words anyway? A dictionary I reviewed said first and foremost that a word is a spoken sound or combination of sounds that has distinct meaning or meanings. It was so boring I did not quote it (you are very welcome). Basically, a word is a symbol that stands in for a specific thought. As we will see, two different words can mean the same thing, almost. But first please read on and enjoy the following metaphor!

Have you ever seen a kid at the fair with a bouquet of balloons? Face beaming with pure delight. The magic of helium and latex, delightfully defying the laws of physics, they only recently learned. If only we could collect that radiant happiness and store it in a jar for

a truly rainy day! Perhaps you have your own fond balloon memories, tugging the strings to make your balloons bounce and dance. Or maybe the strings weren't tied safely around your wrist, and your balloons set themselves free, like the launch of a space shuttle, climbing higher and higher until out of sight. I remember watching those precise events unfold in front of me at a state fair—the young boy, perhaps four or five years old was inconsolable. His pure joy had dissolved into an emotional form of withdrawal: like the world was verifiably ending. I heard his mother attempt to comfort him and off they went to replace the balloons.

For the purpose of this metaphor, let's say that each balloon stands for a word. So, for example, there is a balloon for every noun (person, place or thing) one for "love", another balloon for the word "dog", and another balloon for the word "money" etc. There is also a balloon for every verb, every action, from the very simple like "be," "do," and "have" to the more complex like "exemplify" or "substantiate."

Now you are a child again, at the state fair, holding a bouquet of balloons. When you were first exposed to a word, a grownup handed you a string—an awfully long string connected to a balloon for that word. You hold a large bouquet of balloons: each one represents a word you have been exposed to. When you first were exposed to the word, you were holding it by that very long string, waving in the wind so high above you that it was just a speck in the sky, waving back and forth, tugging to get away like a kite, tumbling and pulling with every gust. Now consider this, every time you were exposed to or used that word you pulled the string for that balloon a little closer to

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Chapter Four

Take Command

Sit! Stay!

When I use the word command, my mind immediately goes to dog obedience. For me, I think of playing with and training my childhood dog Coco. She was so smart!

I think my favorite trick was when Coco would play dead. I would point my fingers like a gun and when I said “bang” Coco would roll onto her back, legs in the air and tongue draped out of her open mouth, almost in a smile at the comedy of it all.

Coco was very obedient, a beautiful German Shorthaired Pointer with a mild temperament (she was the runt of her litter and always seemed humble and ready to give deference. Most commands

were one word, often just a verb. Sit! Stay! Come! Coco was really smart though and could handle multiple nouns as well. If you asked her to get the ball, she never came back with a frisbee! Perhaps you have your own fond memories of training and playing with a pet. When you're just a kid, pets are sometimes the only household members you outrank and as such it can be your first real practice with commands.

Outside of the military, it's typically not considered polite to "command" your fellow human. We like to think that we have finally approached the point of civility where every person is in fact treated as having equal rights. We like to comfort ourselves with the ideal of equality. When you command someone, there is an implicit communication of authority, a sense that the receiving party is automatically subordinate. It de-equalizes you and makes the commanding party the boss. Yet we each do it every day. English teachers refer to them as Imperative Sentences, but for simplicity we'll call them *commands*.

In order to be polite, we often wrap commands with words that show we are asking nicely, like "please" or "would you/could you". Here are some examples, with the command portion of the sentence in bold.

- Please **pass the peas**.
- Could you make sure you **get gas**.
- Would you please **help me** with this?

What is important to understand about commands, is that they have a direct impact on the listener whether they consciously accept the command and act on it or not. That is, it's important to understand that negated commands are still processed by the speaker

and listener's minds alongside the negated meaning.

Wait, Matias, what does that mean? Let's look at some examples.

Do not jump on the bed.

The listener will simultaneously process both:

Do not jump on the bed.

(On a conscious level)

And

...jump on the bed.

(On a subconscious level)

What this means is that negated commands (English teachers might call them Negative Imperative Sentences) are not the most efficient way to communicate and may even contain conflicting commands. There is a palpable emotional burden which is felt by the listener of a conflicting command without even understanding why they feel uneasy. In the previous example, it would be much better to tell that rambunctious kiddo that they can jump outside and remember to use the bed to nap or sleep. Use positive-facing language. Ensure that all your commands are positive and are free from conflicting meanings. Use phrasing that is consistent with your intention in every way. If you tell your spouse, "Don't forget your lunch" you are actually working against them. While they will consciously hear the reminder to bring their lunch sack to work with them—you are also simultaneously programming them to do exactly what

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Chapter Five

Align Yourself

Am I suggesting that you do chiropractic techniques to yourself to get the kinks out of your spine? Some people who know me might think that's where I'm going with this, but no; not so much! Well then, what is it that we hope to align? That is simple. So far, this book is mostly about words; the alignments we are talking about come before and after words. Words are first conceived as thoughts before they are spoken—thought precedes word. Thoughts spill into words and give birth to actions.

Alignments exist when we are consistent down the line, and the more consistent, the stronger the alignment. Consistency across our thoughts, words and actions creates the strongest alignments. By

using positive phrasing as described in the previous chapter, you are strengthening yourself. By living out alignments you can build yourself up further.

What does it mean to strengthen yourself by living out alignments? It means that you will be a more whole and more complete person when you are aligned from thought to word to deed. What are the benefits of creating alignments within yourself? The number one benefit is internal harmony. Trust. The more aligned you are the more you can trust yourself. The more other people can trust you. What this means is that your thoughts, words, and deeds do in fact align. So, if you sincerely believe something, and you say it with your mouth and act in accordance with that belief, you are building an alignment. The more of these you have the stronger and more complete your personality will be. The more aligned you are the further you are from hypocrisy.

It may be easiest to understand alignments by looking at where they do not exist and what consequences follow. When someone says one thing and does another, that absence of alignment breaks trust. If you passionately believe something, but because of peer pressure or some other nonsense, you find yourself saying something you don't believe in, that absence of alignment has profound emotional consequences for you. Many emotions are caused by the ability or inability (or unwillingness) to align thoughts, words, and actions.

If a climate change response leader flies with a private jet and drives a gas guzzling vehicle, what appears to be an absence of alignment damages trust and credibility. You should strive in everything you do, to say what you think and do what you say.

When we do not act in concert with our words

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Chapter Six

Be Present, Emma

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“C lick - Swoosh!” The sound of the electronic deadbolt. It unlocks as Emma authenticates herself with her thumb. In one swift motion, Emma slides into the hallway, tosses her bag onto the bench and kicks her shoes off.

“Thank God I’m home, what a day!” Emma mumbles to herself almost under her breath, barely audible. She almost makes it to the end of the hall, into the kitchen, when she remembers what she read about her past and future self in that book her sister gave her, *WARNING: MAY BE HABIT FORMING* by Matias Barnes.

“Appreciate your past-self, support your future-self. Appreciate your past-self, support your fu-

ture-self..." She mumbles to herself as she turns 180 degrees to hang her bag on the hook and put her shoes under the bench. As any of us might, Emma momentarily feels the urge to grumble about it, then she remembers to "feel grateful to your past-self" AND "feel grateful when you serve your future-self."

It sounded weird to Emma but that Barnes, the book's author, had a good point. Obviously, Emma is not three people, that is silly, but the frame of reference is a super useful reminder to be grateful and stay present. Now, with her environment under control, led by her nose, Emma follows the heavenly scent of roasted garlic back down the hall and into the kitchen. Garlic is her very favorite, in any form. Emma would eat it raw if she could—but like many, she works at an office in a cubicle near other people, and well, Emma always tries to be considerate of others.

"Welcome home hon' How was your day?" Before she even makes it around the corner into the kitchen, her husband Joshua's voice, along with the smell of dinner, are like two tractor beams locked on to Emma, pulling her in without any conscious effort. Emma has often been amazed at how Joshua manages to work full-time just like she does and still cranks out a top-notch dinner on his dinner nights. Emma is not a huge fan of cooking, but they trade off except for Saturdays, a "left-overs" day. While chewing a bite of the delicious garlic meatball spaghetti Emma muses, "I dread cooking for tomorrow as much almost as I enjoy this spaghetti!"

PAGES EATEN
BY SAMPLE
MONSTER

Chapter Seven

Ready, set...

SAMPLE EDITION

We have covered a lot of ground so far. What resonates most strongly with you? In this chapter we will go through a full recap, because you start on your easy step-by-step 30-day positivity transformation next! We will review and rehash everything we already talked about, oh, and there will be some quizzes so have a pen handy.

First, we talked about “New Thought” and learned a little bit about some impactful figures. Phineas Parkhurst Quimby, called “doctor” by thousands, said he healed the same way Jesus did. He believed above all that it starts with your beliefs, and that health or illness exist because of your beliefs.

PAGES EATEN
BY SAMPLE
MONSTER

Chapter Eight

Now Be Great!

Congratulations! I knew you would make it here! On the following pages, I give you daily thoughts, words and actions that will aid you on your easy step-by-step 30-day positivity transformation.

You'll need to set aside on average about ten minutes in the morning and ten minutes at night. Some of the activities might go a little longer if you decide to over-achieve (I do recommend it as a lifestyle, it can result in extreme satisfaction.) If you're reading this at night, take a peek at the next page, otherwise, **let's go!**

MORNING 1



Good Morning! I hope you will be pleased to enjoy **Your Easy Step-by-Step 30-Day Positivity Transformation!** Today is easy. First up, you are going to write down some things you are grateful for.

SAMPLE EDITION



Today, work to pay attention to your vocabulary. Use **the Antidote** whenever **fade-list** vocabulary is present!

Check off these boxes (its fun!) [] [] []

EVENING 1



Welcome back! I trust your day went well! Thank your past-self for three things, then check each box.

_____ []

_____ []

_____ []

Now write down the name of a friend or family member with whom you wish you had better communication and relationship.

Send this person love. Melt any negative attachments with your love.

Be proud of yourself! You are amazing! [] *check*



Go ahead and read ahead for tomorrow. I find the best success with an alarm and enough time to sleep! *You are amazing! I believe in you!*

PAGES
EATEN BY
SAMPLE
MONSTER

MORNING 14



Good Morning! Decide to make it great today! Its up to you, decide to be happy. Decide to share joy.

Write down a few things in this format:

I am happy and I am grateful to model excellent behaviors.



ASSIGNMENT: Find at least one opportunity to go the extra mile, go above and beyond, do more than is expected of you!

EVENING 14



Good evening!

Set a timer for five minutes and sit in silence with your eyes closed. Think of sunlight as being love. Imagine yourself a mirror, and reflect the sunlight toward every person you think of. Bathe them in bright, vibrant love.

Now write down who you thought of:



Go to bed thinking of something from your recent past that was a pivotal moment. Be grateful to your past-self for it.

PAGES
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