

Real change - The Journey Towards Happiness

Realchange

The Journey Towards Happiness

By Coach Bob
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Introduction

Every morning, we wake to a new day. Our minds immediately kick into action. We may need coffee, a shower, or breakfast before we really become conscious, but sooner or later we're up and at it. What transpires is a pattern of thoughts and actions very much like every other day. Each of us uses a unique planning system to organize our day.

First, we take inventory of the events on our schedule. Next, we decide what our options are in the situations that may confront us. These options will recall past experiences or anticipate future events. This is when we begin to construct our mental "to do list" for what we will try to accomplish that day. We take into account the areas of our life that mean the most to us. These generally will include our family, friends, lover, and/or business.

The areas we spend the most time on will vary. As the day progresses we adjust, depending on what situations arise. At the end of the day we size up what has occurred and start preparing mentally for the process to begin all over again tomorrow.

During the course of living a day in our lives we are confronted with different thoughts and events. Our ability to handle all that life brings us on a daily basis is what determines the quality of our lives. Some of the choices are "no-brainers". And, some can be so confusing that we have "no clue." We run the gamut from being completely at ease with the situations in our lives to feeling enormous amounts of tension.

Why does life play out like this? Why, when everything seems to be going just right, do we still fear what might happen next? Or, when things seem so terrible, does life somehow turn around so quickly? Why is it that certain areas of our life seem to always run smoothly and other areas seem to always create problems? How responsible are we for all this chaos and joy we call life?

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Understanding the answers to these questions is the secret to happiness and success. Learning what brings happiness and success to your life is something that will assist you no matter what your agenda.

Whether you are involved with family, friends, lovers or if business, happiness and success is your goal. Only by being aware of what is creating your victories and your defeats, will you be able to consciously construct a plan that will hold up when you need it most.

When things are going “right” nobody is concerned. However, sooner or later we know life will deal us a blow that will knock us flat. It may be the death of a loved one, problems with our families and/or friends who turn against us, or a business venture that causes financial hardship.

It doesn't matter where we are or what we do, life will always find us. And, when it does will we know what to do?

What you are about to read is what we have uncovered that makes life a peaceful, joyful, happy and successful experience. However, reading a book can only give you information. Books, seminars and workshops only pass on information. They do not do the work that makes constructive change happen. In order for us to change, we must implement the information. Effort is required for real change.

The purpose of this book is to give you a different way to look at changing your life. It will be the start of something new. If, by reading this, you see life from a new, different, and more meaningful perspective, the purpose of my writing it will have been accomplished.

Real Life With Realchange

This opening section exposes us to real life examples of people who have experienced Realchange. Hopefully their accounts will assist us in understanding what people experience when they get involved with Realchange. I thank them for taking the time to share their stories with us.

~

“I’ve been involved with Realchange and Coach Bob for quite some time now (going on 15 years). I’ve had many experiences during that time since I have adopted the principles of Realchange and have seen peaceful change take place in my life as a result. I try not to judge whether one experience is more powerful or important than another. They are all a series of growth experiences into peaceful living.”

“I will relate an experience that I went through when I first met Coach Bob. It deals with a relationship, which at that point in my life was a very chaotic experience for me and had been all my life. I was living in what best can be described as true insanity. I kept repeating the same things over and over and expecting different results.”

“The relationship I was involved in was with a much younger person than myself. Drugs and alcohol were an important part of the relationship, increasing the chaos. Truly knowing the relationship was not good for me. I continued to play to my low self-esteem and consistently tried to make the relationship work. This spiraled out of control. I hit rock bottom and was at what I thought was a hopeless crossroad, with nowhere to turn.”

“It was at this time that I had the opportunity to meet Coach Bob. At that time Bob had already done a lot of thinking about the prospect of Realchange and how events in our lives were there for us to learn from and to have fun doing. I immediately liked what I was hearing. I began to look more closely at what my intuition was telling me.”

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“I started to practice hearing my thoughts, but, not necessarily react to them. I discovered that I could choose the movie that I wanted to play in my mind, and that I was the captain of my “ship” (mind). My life began to change to a more peaceful existence. I could see lessons that I was suppose to learn from in the relationship. I discovered that anger and self-worthlessness were the basis of my need to keep the relationship intact.”

“I began by doing small experiments on different elements of my life. These experiences kept me focused on what was really happening. I even attempted to get my partner involved, but to no avail. The experiments were simple things like how many times I experienced the feelings of hopelessness during a day and why. I’m sure there were times when I couldn’t keep my thinking clear, but it was a beginning.”

*“Armed with this new way of thinking, the relationship dissolved before me with no real effort on my part. I became an observer. It was a blessing. My partner and I became friends after the relationship dissolved. I’ve had the opportunity to observe this person because of our friendship and it’s amazing that she’s in exactly the same place 15 years later.” “Her relationships are just as chaotic as they were back then. She did not learn a thing and I have gone on to a very peaceful existence, having fun and learning from all my experiences, including, my relationships. That’s what I call Realchange.” **Paul***

~

“I was never a real “go with the flow” kind of person. I had a tendency to label the events in my life as good or bad — feeling euphoric or depressed. I often said to Coach Bob, ‘isn’t that wonderful, or conversely, isn’t that terrible?’ He would always respond the same, ‘I don’t see things as good or bad, only as meaningful.’ He repeatedly told me that the concept of meaningfulness was a much more peaceful way to interpret life. I did not by it, not until I was able to really reflect on a major event in my life.”

“I taught younger children for ten years and felt pretty secure and comfortable in that role. Through a series of events, which I never fully understood (but spent hours obsessing over), I transferred to a high school. I felt upset, angry, and frightened to say the least! I taught at the high school for a year and through a series of events was able to return to my former position. In retrospect, that year at high

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school was one of the best of my life; I met new friends, became more technically proficient, learned new teaching techniques, and felt so much more qualified to prepare the younger kids for high school having had first hand experience. I felt a sense of personal achievement and growth that I haven't felt in years — all this from an event that I dreaded! I have now bought into the concept of meaningfulness and will embrace rather than reject the events that come into my life.” **Terri**

~

“I was having a tough time in my life. I had arguments with my mom and felt lost and depressed, as if I had no direction. That’s when I remembered one of my dad’s greatest philosophies. ‘Don’t try to search for answers, let them come to you. You will be guided in the right direction if you give the situation peace and not try to earn anything.’ “

“Being schooled by my dad, I quit sending negative energy into my life and began sending peaceful energy to my mom, knowing that everything will be okay. I stayed with that feeling of peacefulness. I can’t overemphasize the benefit of doing energy experiments.”

“I was an all-league baseball pitcher in high school, that taught me how to handle situations riddled with pressure. I quit thinking about the out come off the game and instead had fun dealing with the pitch I was about to throw.”

“A week after I had began thinking peacefully about my mom, my father came home from his annual golf trip and told me the golf pro he had played with in the tournament had an opportunity for me. He told me that I could travel to Palm Springs and live with this great golf pro after graduating from high school. The pro would help me get a job, teach me to play, and after a year I would be a California resident. The pro thought if I worked hard enough I could get a golf scholarship. I’m happy to say that “next year” is already here and I’m moving in a couple of weeks.”

“If I could say anything about Realchange, I say it is where it’s at if you want to be happy. I cannot have a bad day if I follow the thinking of Realchange.” **Jake**

~

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“Coach Bob helped me understand how the belief structures affect and dictate the life we experience. This is a big concept and one that is not easily absorbed. It’s not something you absorb over lunch; but if you try it on by going inside and asking yourself what you really want out of life, the results can be truly amazing.”

“This process is universal and can easily be applied to any area of life, but the place I choose to begin was in business. Like most people, I was programmed from birth to believe that extraordinary effort, sacrifice, paying the price, and out working the competition would lead to ‘success,’ which, of course, would eventually lead to happiness.”

“My experience was categorically opposite of that paradigm. The more strongly I held onto my beliefs (and I had them in a vise grip!), the more I experienced the feelings of fear, anger, frustration, financial shortage, mental anguish, and physical exhaustion. Not exactly what one longs for from their business life!”

“Never in my wildest dreams did I think that beliefs were something I could choose. When I choose to question existing beliefs and choose differently, immediately all of the feelings I experienced changed in a dramatic way. Instead of being in business to make a living and earn the respect and admiration of others, I tried a different approach. I realized that I was happiest when I was helping others discover meaningful solutions to their financial and business issues. I put all the things that I struggled with on a daily basis — such as employees, cash flow, expenses, sales leads, products, vendors, etc. — on the shelf and instead focused intently on why I was in business. I examined the question over and over, sometimes a hundred times a day: ‘Why am I in business?’ “

“It took some time , but I realized that I was in business to experience the happiness I felt when I was able to help people solve problems. You heard me right. I focused on my own happiness and almost with out hesitation my business life changed overnight.”

“By doing the experiments that Bob suggested (sometimes just to prove him wrong!), I was able to see what held me back very clearly: my belief system! I then consciously changed those beliefs into new feelings of safety, pleasure, abundance, ease without effort, and unbounded energy. Whatever I believed came true?”

“It cannot be that simple! I couldn’t grasp that concept for the longest time. Bob and I argued that many times. But I couldn’t argue with the results. Of course, it lead me to become intoxicated with the gravity of such a discovery and to study further and apply the principles to other areas of my life. I have experienced a tremendous reduction in frustration and headaches and have an unbelievable increase in happiness and success over the past ten years, and much of it is attributed to the principles found in Realchange.”

“If there is one thing I suggest you do, it’s to ask yourself, “ Why am I here?” Hang on tight, the answer may surprise you!” **Jim**

~

“Before meeting Coach Bob, I used to interpret an off-target golf shot with anger and foul words. I found Coach Bob and Realchange through a mutual friend eight years ago. I was a collegiate golfer. My goal by spending time with Bob was to play golf at the highest level by improving my mental game and gaining more confidence.”

“Bob taught me how to deal with emotions we face on a daily basis, like fear, anger, and self-worthlessness, but I couldn’t understand how this would help my golf game. Also, I did not understand how I could benefit from forcing myself to interpret good feeling after hitting a horrible golf shot. I would think ‘How could I hit such a bad shot, especially when I practice it all the time?’ The anger would then stimulate feelings of self-worthlessness where I would doubt if I was good enough to play professional golf. I was truly an earn- game player! My need for an outcome in golf prohibited me from seeing what Coach Bob told me.”

“It took a while to implement the Realchange fundamentals of fun and learn. As I progressed, instead of interpreting an off-target golf shot in ways that left me feeling self-worthlessness, I viewed them as providing me with exactly the information I needed. This provided me with the information I needed to practice and become better. This is one example of choosing to interpret events in my life in peaceful, non-chaotic ways.”

“It wasn’t until I quit playing golf professionally that I crossed the bridge to adopt the principles of Realchange in other areas of my life. I realized that what I was looking for in golf and in life was finding personal happiness. I found

that I can interpret the events in my life any way I choose and that how I interpret those events determines the quality of my life. Whether I'm feeling pissed off or peaceful, I know it is because of how I'm interpreting the situation. I'm either trying to earn something by feeling chaotic, or feeling peace and joy because I'm having fun learning."

*"For me, I keep learning this lesson over and over. At least now I have a fighting chance. It amazes me how my life keeps falling into place as I continue experimenting with the fundamentals of Realchange!" **Steve***

~

"On February 21, 2003 I was fired from the same broadcasting company I'd been working for the past 18 ½ years. I couldn't believe all the pain, anger, self-worthlessness and fear I was feeling."

"Coach Bob said there are reasons why events happen to people. Life is not just a series of random events that just happen. He went on to say that I was asking to be fired. He said I was asking to be fired because I was suppose to go on a different journey than the one I was on and that the 'universe' was taking care of the details."

"Through my individual coaching I started looking at the event of being fired as a chance to no longer be miserable, glad I didn't have to deal with the people and the company any longer and was excited about the chance to pursue something else that I would really like. As coach said — they were actually doing me a favor."

"I now have more peace in my life. I'm relaxed, comfortable, and have a clearer vision of what I want to move forward with. Questions such as, "What are you good at, what actions would you take for your next career move, what do you like to do and what do you enjoy doing?" made me think about what would make me truly happy."

"The consensus was that I'm a natural sales person — that's what I really enjoy doing. After going through this process, I started to interview for various sales jobs. I finally landed a major sales position with a major radio station."

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“Two years later I can tell you that I am now earning the most money I’ve ever earned; I’m happy, my family life is at it’s best and I’m sleeping well at night. I literally feel happier and more peaceful than ever. I now try to look at each and every event that happens to me with positive and peaceful energy regardless of the event that is taking place. It’s fantastic that nothing bothers me any longer. It’s a great feeling. Thanks Coach!” **Rick**

~

“It’s difficult for me to say just when my journey of self-awareness began. However, it is very easy to identify when the journey became fun. For me, that came after I met Coach Bob.”

“For the last six years, I have been practicing and experimenting, using the moment- by-moment techniques that Coach Bob taught me. I’ve learned the skills necessary to navigate the labyrinth of my experience.”

“Previously, difficult scenarios surrounding such potentially sensitive issues as friends, family or business now represent fun learning experiences for me; where in the past, these scenarios paralyzed me for weeks, months, or in some cases, even years.”

“Here is a perfect example: “Conventionally speaking, my first marriage (to my high school sweetheart) was a failure. Our two children, the pressure from family and all the feelings of guilt and obligation, kept me in a mental trap: twenty-three years invested in a relationship that went nowhere.”

“Incompatible energies between us created avoidance as the main communicating principle. The search for intimacy outside the relationship only made matters worse. Finally, after years of agony, I turned to face the facts: my children were being exposed to a very unhealthy environment and my happiness was at an all-time low. It seemed that every decision I made was designed to please someone else.”

“Realchange taught me that I could let the guilt and obligation of the earn-game keep me in hell, or I could do what I love to do and break free. Once I saw that there was no right or wrong in the decision I made, I was free to concentrate on what I truly wanted to do with my marriage. If I followed my heart, it meant I was to

leave. I saw the benefit of showing my boys that pursuing happiness would benefit everyone involved. I was frightened, but my new belief in having fun, learning to be happy gave me the courage to leave.”

“Since that decision, my relationship with my boys has been wonderful, and the relationship with my ex-wife now more resembles the friendship that we shared when we were younger. I was able to release the judgment of myself, and consequently the judgment of my ex-wife.”

*“Today, I am married to a wonderful lady who shares my beliefs. We create an environment together that allows one another to grow and learn. I have never been happier. This has reinforced for me the undeniable roll that my intent (either conscious or unconscious) plays in my moments. My entire outlook has shifted from one of a victim of the circumstance toward an active, responsible player in all the events that surround me. You have no idea how invigorating that can be.” **Will***

The Basic Misconception Of Happiness



Jim lets out a sigh as he collapses into his bed. Another long hard day battling for the almighty dollar. “Twenty more years of this and then what?” he says out loud. His mind races on all the things that happened today. But he can’t stop there.

Jim will lay awake tonight, just like many other nights, not being able to turn off the thoughts. “What didn’t I do today that I should have? Who do I have to deal with tomorrow? Is there anything I can do to make life more fun?”

He lays awake deliberating on these and other questions, never finding the peaceful night sleep he desires. Before long he is getting up and taking a pill. The pills are his crutch, but he figures, “Hey, it’s better than no sleep at all.”

Notice that no matter what you have or what events are taking place in your life, it’s the way we feel about these events that determines the quality of our life. Do you agree with this?

We center on becoming successful, believing this will create the happiness we are searching for. We do this because for the most part we were taught that happiness is attained by achieving success. By tying our happiness to our success we have created a life filled with huge amounts of pain.

We were all conditioned in this way. We were told what to do and not to do in order to find our happiness. The rewards and punishments we received help cement our belief that being successful was our ticket to happiness. We felt good when others rewarded us for our behavior, and we felt pain when we experienced fear, anger or shame. It was impossible for us to see that feelings alone determined our quality of life. Most people will live an entire lifetime still believing that happiness is the end result of being successful.

Believing that happiness is found through trying to earn our success is the single biggest misconception of living a happy and peaceful life!

It is sad to see elderly people who are bitter, angry and fearful because their occupation, beauty and health are no longer what they use to be. Many just sit and wait for the grim reaper. Quite a price to pay for the belief that happiness is found at the end of a successful and productive lifetime.

This type of conditioning is very hard to change. The problem it creates is that it blinds us from what is really going on. Instead of seeing that we have all we need inside ourselves to be happy, we end up believing that what determines our happiness is how the outside world responds to us.

Just look at your life and you will notice that your happiness is being determined by what the outside world is reflecting back at you. The way your family, friends, lovers and business treat you is playing you like a fiddle. All your power is being thwarted by things outside of yourself. This leads to a life that is ruled by what to do and what not to do.

Think about it, how much of your time is spent on contemplating what you should be doing? How do I get what I want is a question that consumes all of us that believe that success is the key to happiness. Notice that much of what you decide to do is based on what you will earn by doing it. The funny thing is that after years of earning we still are not as happy as we would like to be.

I'm guessing that if you are reading this you probably are looking for something that can bring more happiness into your life. By giving up your belief that success breeds happiness, you will discover what leads to a peaceful and joyful life.

You will find that your feelings are different when you are trying to be happy, instead of trying to succeed.

It will feel strange at first, because it is so new. Growth in any area of life will feel very strange at first.

What Is Happiness?



Waking up to the sound of her alarm clock, Sue struggles to get out of bed. A little too much wine last night... and the night before that.. and the night before that. Lying in her bed she starts thinking "I'm all stressed out. My days are miserable. I just feel awful. Why do I care anymore about getting ahead? All I want to have is some peace in my life."

Rolling over she sees her boyfriend Tom, sound asleep. The relationship hasn't felt good for a long time. In fact nothing has. She feels so much inner turmoil that she doesn't know where to begin to start turning things around. She gets into the shower thinking, "I'm just not happy."

The best way I can describe happiness is to call it a feeling. When you are experiencing the feelings of peace or joy you probably would consider yourself happy. Conversely, if we are feeling like Sue is, we would consider ourselves unhappy.

Most people have two types of feelings running through them. One set of feelings are a mixture of peace and joy, and the other set is a collection of anger, fear and shame. Can you see that at any given point the quality of your life is being determined by which set of feelings is at play?

It is very important that you see that happiness is a feeling.

There were times when we had money and weren't happy. There were times when we were in love and were miserable. Outcomes in and of themselves do not produce happiness. In fact, until you see that all we ever experience are the feelings we have in the moment that we are in, we are missing the point.

We experience life by how we feel.

It is true that events in our life determine to a large extent how we feel, but this is only the result of our conditioning that success breeds happiness. There is one thing that we all have in common. We are all driven by the motivation to be happy. **Nobody, unless they are mentally ill, wakes up in the morning and thinks about what they can do to cause themselves misery and pain!** We are making our choices based on what we feel will make us happy.

Becoming happier, with more peace and joy in our life, is to realize that we have free will that has the capacity to choose any type of feelings we want. When I started to practice learning how to be happy by concentrating on my feeling, I discovered some interesting things:

- I started to see that my power to change is in my desire to change. The effort I put into it was easy because it was fun.
- Anytime I had to put an effort into something I didn't want to do — I stopped the activity and life became easier.
- I noticed the feelings of anger, fear and self-worthlessness kept getting in my way of feeling happy. I was becoming more aware!

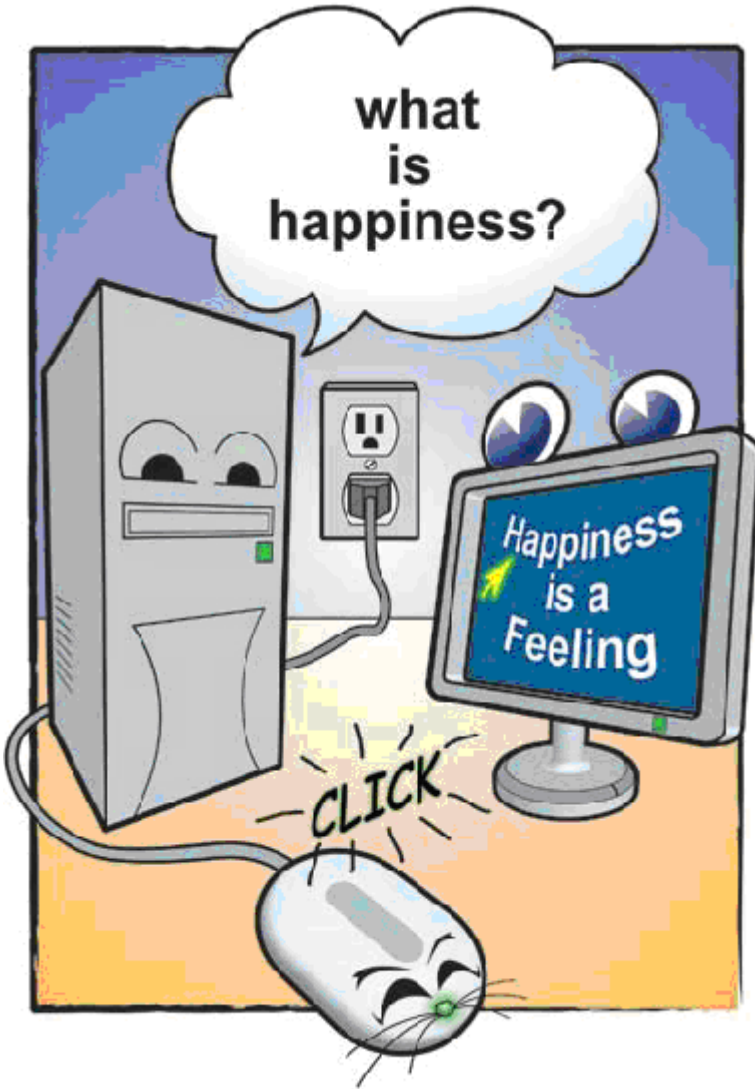
Happiness demands that you give up your current beliefs that produce anger, fear, and shame.

This will take practice.

Before you can practice, you first need to know what to practice. Understanding yourself, is a great way to start.

It took me a while before I bought into how important feelings are in the pursuit of happiness. I was like most people, believing that feelings had nothing to do with what was going on in my life. In fact, as a man, I was told not to show my feelings. The only feelings I dealt with were those of my family and friends and most of that came out of guilt and obligation.

The Journey Begins...Understanding Yourself



Hank was on vacation in the Grand Canyon. It was nighttime and the cloudless night had stars shining like he had never seen before. He couldn't help thinking of all the energy that was burning in the heavens that created such a moment for him. He was happy to be right where he was. His own energy was burning peacefully inside himself. He loved that feeling and wished he could have it all the time.

So where would we go and what would we do if we wanted to fill our lives with more happiness? The first step would be to make sure we have an understanding of how we operate as human beings. Imagine yourself as a computer. In order to operate, a computer must be connected to some source of electricity. Without the energy provide by electricity, the computer cannot function.

As individuals, we operate the same way. Without our power source we die. For the sake of our discussion, let's call our power source our energy. One way of understanding this is to picture a person you knew who has died. What is the difference between when they were alive and when they were in the casket? Death takes away our energy to perform. The energy that keeps us alive is what we call life. All the rest, body, senses etc. are accessories that stop once our energy is gone. We spend so much time taking care of the accessories and very little time caring for our energy.

As mentioned in our last section, how we feel in the moment we are in has everything to do with our happiness. What we feel is an indication of how our energy is running through our bodies. Learning how to manage how our energy is running through our bodies is one of the basic activities taught at Realchange.

When we are aware of how our energy is running through us, it is only then that we can do something about it. Controlling our energy is being in control of our life! There's a major difference between feeling anger or fearful versus feeling peaceful and joyful. The medical community has known for years that stress is at the heart of most illnesses. And what is stress? Stress is nothing more than your energy being fearful or angry.

How our energy is running through our body determines how we experience our lives. The key is to understand the role our energy plays in helping us achieve our hopes and dreams. Learning how to manage our energy is the secret to creating the happiness we desire. In our tools and techniques section we will go over the process of how to manage our energy.



Continuing with our example of a computer, let's take a look at how energy operates through our hard drive. The hard drive can be thought of as the basic motivation, or the driving force. All of us have this same motivation whether we like it or not.

We all are motivated to be happy!

Human nature instinctively protects itself by doing what it feels is best in any given situation. Everyone, even the crack addict that murders for money, is motivated by what they feel will bring them happiness. We are all motivated this way. Our essence is drawn to people, places and things that make us happy. That is why when we interpret

others getting in the way of our happiness, we become angry. Likewise, if we feel we may not be capable of earning our happiness, we become fearful.

Becoming aware of our basic motivation is the starting point for change. When we are unhappy we do things like divorce and change jobs. When we no longer can find happiness in a person, job, or anything else, it's time to move on.

Staying in an unhappy place is a certain recipe for chaos. When we go against our basic drive for happiness, problems will surely follow. It is enough to say that we are all motivated by our desire for happiness and that will not change.

Combining these two concepts we uncover that what keeps us alive - our energy is interacting with our desire to be happy. This begs the following question:

Why are we built like this and what are we supposed to do about it?

Humans have been searching for the answer to this question for a long time. Philosophers, Theologians, and Scientists continue working on the resolution to this question. Although agreement on the answer is far from complete, there is one dominant theme that has been adopted by most cultures over centuries:

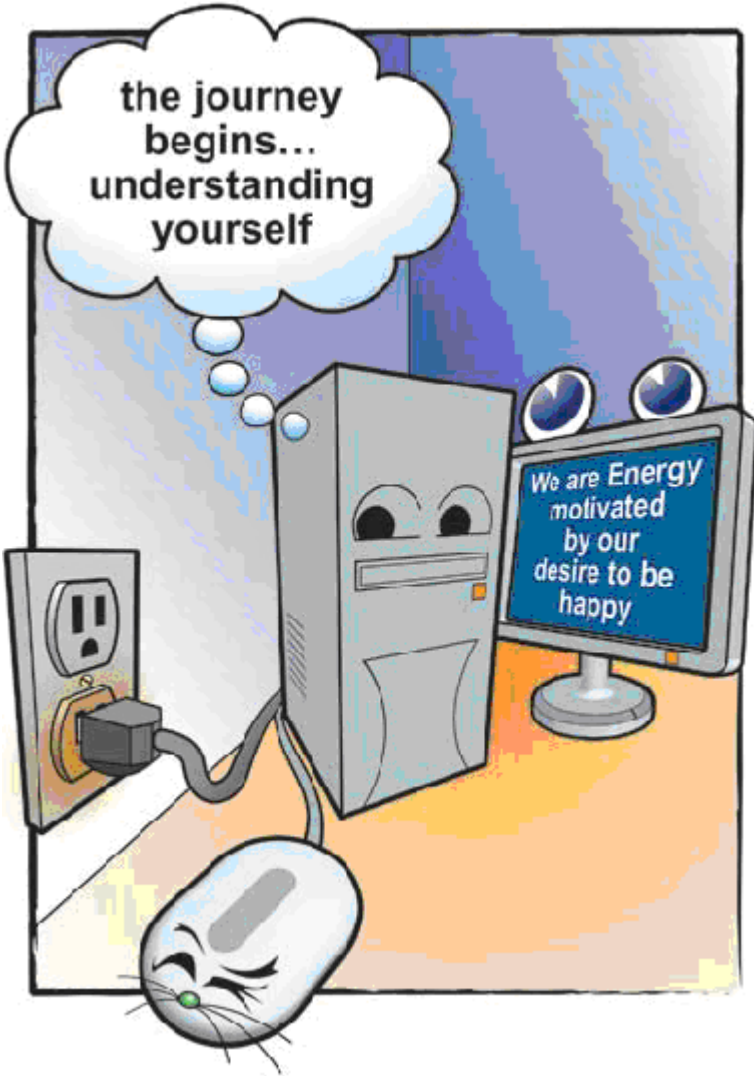
Our happiness is to be earned!

Recent studies have uncovered a second theme that is gaining support because of the test results that are coming in from all over the world:

We are suppose to have fun learning how to be happy.

As you will see in the next chapter, these two different beliefs put you at a crossroad. The direction you follow will determine the quality of your life.

Choosing Your Reality...The Defining Moment



Having just lost his high paying job, Rick is beside himself. He steadies himself by going for a walk by the river near his home. “What could possibly be the reason for this?” he asks himself.

Later at dinner he meets up with his friend Brenda. He shares the day’s events with her and he is surprised when she says, “You know you weren’t all that happy with the job anyway. Maybe this will lead you to something better.”

He recalls reading somewhere that how you interpret events has something to do with what follows. Although her remarks seemed far fetched at the time, there was also something ringing true about them. Believing better things were to come, Rick slept peacefully.

Life can be looked at from this perspective:

1. An event happens to us.
2. We interpret the event.
3. Our interpretation creates a feeling inside our bodies.
4. Our feelings trigger our response.

Let’s look at an example of this in everyday life...

Your son comes home from school with an F on his report card in his math class (event). This is not good (interpretation). Anger starts boiling up inside you (feeling). He is grounded for 2 weeks (response).

It is said that we have about 50,000 events happen around us every day! If you don’t believe this try to count how many times you process thoughts running through your mind every morning before you leave your home.

The most critical element of this four step process (event, interpretation, feeling and response) is interpretation. Many different events happen during the course of a lifetime and the way we feel about them will govern the way we respond. Here are some examples of how interpretations affect a person’s happiness:

- You believe that steak is great. Your friend is a strict vegetarian. Your beliefs will create different feelings than your friend's when you are both told steak will be severed for dinner.
- You are at war and your comrade is shot. You are at war and your enemy is shot. Someone is being shot, but notice how you will feel differently depending on who is shot.
- Your child is playing a sport. He scores. Your child is playing a sport and he gives up a score. Notice how your feelings are being determined by what you believe is good or bad for your child?
- You receive the promotion at work. Your co-worker gets the promotion instead. How you interpret the outcome is going to cause you to feel either good or bad.
- A relationship have just ended The person who left is relieved. The person who is left behind is devastated

(Can you see that it's not the situation that causes their feelings? It's how they interpret the event that governs how they feel.)

It is at the interpretation level of any given event that we can use our free will to interpret as we so choose. Using your free will to change your interpretation of events is at the heart of what produces real change and real happiness. Most people never become aware of this concept and continue to interpret their life in the same way.

Someone once said that a definition of insanity goes something like this: doing the same thing over and over the same way and expecting a different result. Life works the same way. If we keep interpreting events in the same way, you will get the same feelings, which will lead us to the same response and nothing will ever change.

Change at the interpretation level is where your happiness is to be found.

Events versus interpretations... being responsible.

Although it is hard to see at times, the way we are interpreting events is what makes us feel the way we do. This is an extremely important point. I do not want to get into whether certain interpretations are right or wrong. In fact, having “right and wrong” and “good and bad” in your interpretation will ultimately lead you to chaos, as we will discuss later.

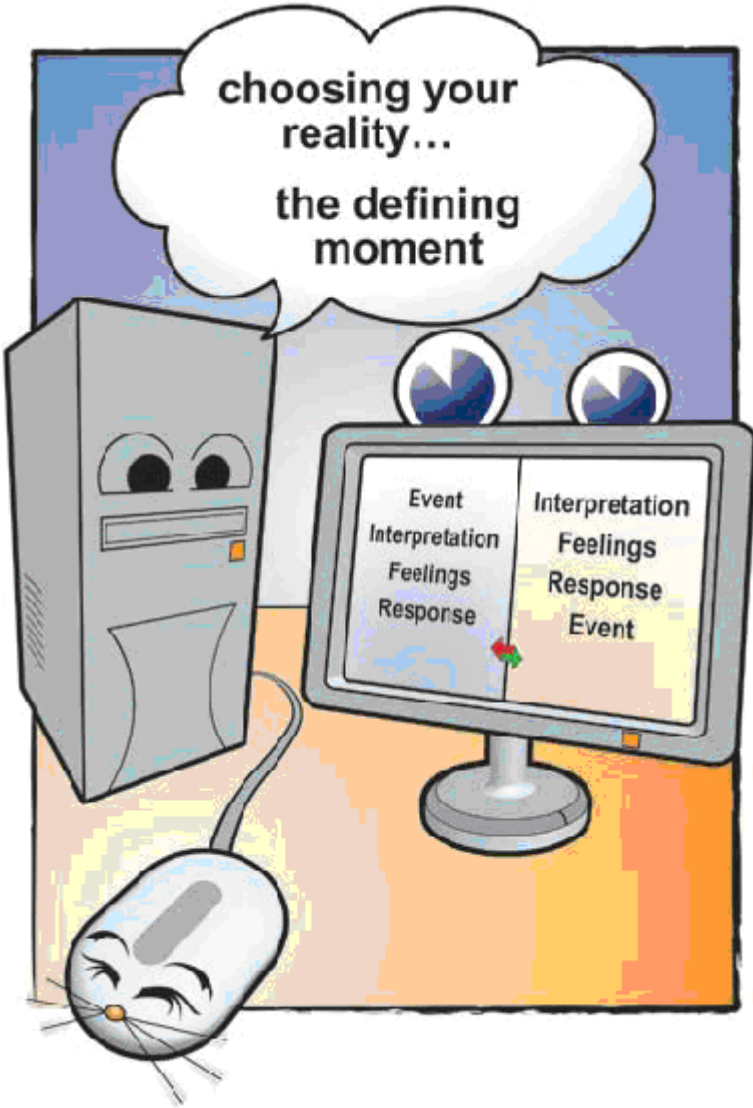
People interpret events differently. They allow what is happening (the event) to be responsible for how they feel. I can't stress enough how important it is to be aware of this concept. We either believe we are responsible for how we feel or we believe events are the cause.

Entire books could be written to cover all the ramifications these two different points of view bring into play. If we believe that events are the reason we feel the way we do, we will experience life completely different than if we believe our beliefs create the life we have.

Can you see which of these two beliefs is making your energy primary and which is allowing an outcome to be primary? Our responses to life are determined by what we believe, and, in the end, the results of our actions determine how we feel. When we finally decide that we are going to make our happiness primary, we will be open to investigating our own beliefs to see what they create for us.

Fortunately, there are only two ways to interpret events! Going back to our computer example, these two ways can be thought of as two software programs. One software program interprets that happiness is to be earned. The other software program interprets that we are supposed to have fun learning how to be happy. Let's take a look at the different types of life these software programs produce.

Earning It Or Learning It



Jane and Ellen were playing the last hole in the finals of their country club's match play championship. They were tied going into the last hole. As they were waiting to tee off on the last hole they had different thoughts running through their heads. Jane was thinking, "I've just got to win this hole." She had a difficult time breathing and felt the tight grip of pressure wrapping around her entire body. Ellen on the other hand was thinking, "What a joy to have the opportunity to be in this position. I'm going to enjoy this moment and have fun playing this final hole." She walked over to her opponent and extended her hand thanking Jane for such a great match.

The seven Earn-game deadly sins

- 1. Listening and responding to what others tell us to do rather than doing what is best for us.*
- 2. Believing we are not good enough. We have to earn more in order to be good enough.*
- 3. Believing that guilt and obligation to others comes before taking care of ourselves.*
- 4. Living our life according to what others believe in an effort to earn their approval, as opposed to living an authentic life.*
- 5. Believing that life is random, not meaningful, which leads us to try and control what happens in our lives.*
- 6. Believing that fear and anger are legitimate motivators for our actions.*
- 7. Allowing the quality of our lives to be determined by judging people, places, and things as either good or bad or right or wrong.*

Earning it

The interpretation that we are supposed to earn our happiness is the software program we are all very familiar with. Most of our planning and actions are based on what we feel we bring us the happiness we deserve. Beginning from childhood we were taught to do this, or do that, in order to earn what we wanted. The problem with this interpretation is a follows:

By believing that we need to earn something, we subconsciously believe that we

are not good enough until we earn more. When we earn what we're after, the Earn-game doesn't stop there. We quickly find something else to earn and start the process all over again. This never ending battle to earn follows us around for a lifetime. Our self esteem and self confidence suffers greatly under this belief.

The reason behind all of our doubts, anger and fears lies in the fact that we don't feel we are good enough yet. As long as we believe we are supposed to earn our happiness it won't matter what we accomplish, because we will still need to earn more. The Earn-game produces what is referred to as the "keeping up with the Jones" syndrome.

Take a look at all the self-created goals we feel we must accomplish in order to be happy. In general these goals revolve around the following areas: family, friends, lovers and business. Unfortunately, because we are not completely sure we will accomplish our goals in these areas, there is some level of doubt already interfering with our plans.

Add to this the fear we have of not getting what we want, add the anger that we feel when something or someone gets in our way, and we then have the life the Earn-game delivers. This is all the anger, fear and self-worthlessness that we can handle. Think about how often we are either afraid, angry, or wondering whether we are good enough. What type of energy is running through us when we feel like this? It's time to see that our belief that our happiness is to be earned is not producing the quality of life we really want.

Our willingness to look at life differently is the key to real change. We prevent ourselves from becoming all we can by holding on to the idea that we are not good enough just the way we are. We believe we are not smart enough, young enough, rich enough, good-looking enough, connected enough and on and on. **The self-judgment the Earn-game brings into play is paralyzing.**

Until we view ourselves as perfect just the way we are, we will be stuck in our own hell. Becoming aware of how and when we play the Earn-game is our first step to removing it from our life. Saying "NO" to this deep rooted learned behavior is the second step. Breaking the earn game pattern will take lots of work at first, but will eventually be seen as "ease without effort." Our Tools and Techniques chapter will teach you how to stop playing the insidious Earn-game .

Now let's move on to the other software program — the **Fun-and-learn-game** .



Fun-and-learn-game indicators

- 1. Doing what I love to do, replaces doing what I or others feel I should do.*
- 2. Believing that life is safe allows me to play with my natural talents.*
- 3. I make life easy by surrounding myself with quality support for all tasks.*
- 4. I listen intently because I know that what others say is exactly what I need to hear*
- 5. Being responsible is taking accountability for my actions, not blaming others or defending my position.*
- 6. My feelings of anger and fear show me that I still believe I am not good enough.*

Having fun learning it!

The Fun-and-learn-game is built around the premise that the purpose of this lifetime

is to have fun learning how to be happy. We all have had the experience of having fun while learning to do what we love. It can happen at work, relationships or hobbies. Most self-help programs in some way teach us to have more fun — “chill” — “don’t take life so serious” — urging us to do more of what we love doing.

Making the shift to believing our happiness is all about having fun while we learn is a challenge. This difficulty is created by the fact that we have been conditioned to believe that it is necessary to earn our happiness. The Fun-and-learn-game player uses certain concepts to achieve happiness.

Meaningfulness

In order to feel happy, we must have a sense of calmness and security in our lives. The Fun-and-learn-game player creates this calmness and security by believing their life is meaningful. Our definition of meaningful would be to accept our life as being exactly where it should be. The events we have created are there to help us learn who we are. When we look at events in our life as specific situations put in front of us so that we can learn from them, we no longer dread them. In fact, we welcome them and that is **FUN!**

Meaningfulness means there are no random acts in life, but instead, only events that are put in front of us for us to learn from. How can we be happy if we believe life is random?

Random belief players are always looking over their shoulder for some event that might harm them (I wonder what will mess up my day today?). They worry and fear what might happen because they believe bad things do happen. By blaming outside forces, because we believe life is random, we miss the lesson that life is bringing us.

Does worry and fear aid us in our search for happiness?

Our random beliefs will be tough to overcome because we have been accepting them for so long. When we look at life from a meaningful perspective we will not fear future events in advance because we know whatever happens will also give us the information we need to advance to the next level.

We will see painful events happen for a reason. The leg we broke, the job we lost, the lover who left, or the friend who lied teach us more about life if we allow it. The person who plays life this way is joyful and peaceful because they know whatever comes up in their day is to be embraced rather than dreaded.

The concept of meaningfulness allows us to trust ourselves. When we trust ourselves, we do not have to struggle for the right thoughts. They just appear! Any professional athlete will tell us that their best performances seem effortless. They just happen. When we are not trying to earn, we trust the thoughts we have, and respond to their message. Indecision is always a sign to check our energy. You will find when your energy is peaceful, the indecision will dissipate.

When playing the Fun-and-learn-game we feel the peaceful energy it sends throughout our bodies. We know that stress is a killer associated with all kinds of diseases. Stress levels subside greatly when we are calm and peaceful because we believe in the meaningfulness of everything in our lives.

Doing what you love

Another concept of the Fun-and-learn-game is to do what we love to do. When we are doing what we love to do we are building on our strengths instead of struggling with our weaknesses.

Following our own path is a key ingredient to becoming happier because of how we learn and energize when we do what we love to do. From childhood we were told what we “should” do. Parenting becomes so much easier if we could just drop our own prejudices on what our children “should” do, and encourage them to do what they love.

Doing what we love to do is a very scary concept for many of us. How can life be that easy?

Making what we love to do primary in our lives is a very difficult transition because we believe it is impossible to accomplish. When I started out my journey as Coach Bob, I wondered if I was crazy! Only by following my dream did I uncover this principle: the universe supports people who do what they love to do!

Support

The Fun-and-learn-game player reaches out for support from other people and things. Why struggle when there is so much support out there for the asking. Don't let fear or pride prevent you from reaching out for support. You will find that you can accomplish so much more and have more fun with the help of others.

When we think about the support it takes to keep us alive, we will begin to see what enormous amounts of support surround us at all times. We need water, oxygen, food and so many other vital elements combined in such specific ways for our life to exist.

Just think about the last meal you ate. How many events happened in order for you to have that meal? How many people were needed to provide the table you are sitting at? Who grew the tree that provided the wood? Who cut the tree down? Who made the saw that was used to cut the tree down? Who made the machine that made the saw? Who mined the iron ore that made the steel to produce a saw? Who constructed the ship that delivered the iron ore? And we are just talking about the table!

There are literally thousands, if not millions, of people involved in everything we do. Without this support our lives could not function in the manner that they do. However, because we believe that we need to earn things by ourselves, we rarely use the support around us in efficient ways. We can do it the hard way or we can do it the easy way. Support makes the job so much easier. We all know how good it makes us feel when people thank us for lending a hand. How can anyone else feel that way unless we ask others to do the same for us?

How connected we are means a great deal in the business world. The process of connecting ourselves to a wide range of people in order to enhance our position in the marketplace is huge. This is just another way of describing what we mean by support.

We are all aware of how much easier life is when the support we need comes to our assistance right when we need it. I do work with businesses of all different types. The one question I always ask management is, "What type of support are your people asking for, and what type of support do you think they need?" By focusing on giving and receiving support, we create the type of work environment that

produces optimal performance. The same is true in life. Without a support team in place, any task is much more difficult.

Non-Judgment

We can all relate to the fact that if we allow events that are happening to control how we feel, we will always be at the mercy of what happens next. The only other alternative is to learn how to control our energy, no matter what events are taking place around us.

Taking control of our energy is the journey of Realchange. We all know that in a crisis the calmer we are the better chance we have at surviving. Athletes, no matter what their level of performance, felt the tension of having to deliver in high-pressure situations. To achieve superstar status, one needs to maintain a calm and peaceful energy.

Pressure is always a result of judgment. The athlete who judges his self-worth based on his performance will, more often than not, choke in the clutch. That is why sport psychology is becoming such big business. Teaching athletes to control their energy during competition is the desired goal. This can only be accomplished if the athlete practices non-judgment. The less pressure they feel, the better they will perform. The only way to bring consistent, peaceful energy to the events of our lives is to eliminate our self-judgment. This is true in all areas of our lives.

Whenever we believe life is about earning, we cannot help but judge whether events are helping or hurting our cause. This is why the concept of judgment is so hard to avoid. Even though we see all the negatives around us that are caused by judgment, we cannot help but to judge most of the events in our lives.

Notice how we feel when we see a parent send continual judgment to a small child. Similarly, continual management chastising of employees produces nothing but limited performance and lower profits. A judgmental teacher rarely receives optimal performance from his or her students. Judging ourselves as not being good enough is unconsciously keeping us from achieving the goals that we are capable of reaching.

Change is possible!

Once we experience the joy of how our energy feels when playing the Fun-and-learn-game , we will never want to go back to the Earn-game . We will definitely want to continue using this new software package.

Compare earning it versus learning it

The major difference between these two belief systems is the earn game promotes outcome based behavior while Fun-and-learn-game promotes performance based behavior. Another way to say this would be to state that the Earn-game is motivated by desire to accomplish a specific task with end result in mind — whereas the Fun-and-learn-game player is doing whatever they are doing simply because they want to — no outcome in mind. When our happiness is being determined by what we earn, our tendency will be to project into the future to try to control the outcome.

Have you ever witnessed a control freak in action? Not a pretty picture! Notice that when we want or need something to go a certain way we carry around a large amount of angst in anticipation of the end result. This limits our performance by taking our focus off what we are doing and shifting it to the future.

In addition, the fear and worry we experience while in an outcome mode affects the quality of our efforts. What goes around comes around. When we have anger, fear, or self-worthlessness running through us, our efforts and our outcome will mirror these feelings.

Many people have yet to understand that the worry and concern of thinking, “Can I really do this?”, will show up in the end product. That is why we always feel we could have done better — because we could have! The world of sports is an excellent example of how outcome based activity interferes with optimal performance. The tension created when we have to have a certain outcome not only cripples us on the playing field, but in the boardroom and the bedroom, as well. On the other hand, when we don’t really care about the outcome, we are so absorbed in the task that our best efforts just naturally take place.

Although we are all motivated by the desire to be happy, often, our feelings of anger, fear, and self-worthlessness get in the way. The chaos takes on different

forms as we travel through life. Sometimes, it involves business or career. Sometimes, personal relationships. Sometimes, family issues such as parenting a troubled child or dealing with aging parents. The important thing to remember is that all these situations are caused by the same “problem” — what we believe. **When what we believe creates a negative flow of energy running through us, chaos is sure to follow.**

Just look back at your life and see what happened when you went against your gut reactions. Our energy knew what to do, but we had to out-think ourselves. We allowed our desire to earn something lead us down a different path.

People talk about the little voice that we should listen to. When we play the Earn-game, that voice is certainly hard to hear. When we play the Fun-and-learn-game, we can't help but to hear our energy loud and clear!

The job at hand is not to get rid of all the chaos. That is impossible. We will die still holding on to some of our chaos-building Earn-game beliefs. What is possible is to alter the amount, time, and energy spent in conjunction with our Earn-game belief. Our quality of life is directly tied to how often we play the Fun-and-learn-game, instead of the Earn-game.

Compare taking responsibility!

Another difference between the two software programs is how they interpret the concept of responsibility. It couldn't be more different. Let's take a look.

- The Earn-game believes that we should allow events, and the thoughts of future events, to control our feelings.
- vs.
- The Fun-and-learn-game believes that we can learn to control our feelings, and by doing so, be able to understand what is really happening.
- The Earn-game believes we are here to earn our happiness.
- vs.
- The Fun-and-learn-game believes we are here to have fun while learning how to be happy.
- The Earn-game produces feelings of anger, fear, and self-worthlessness that limits

our ability to perform optimally.

vs.

- The Fun-and-learn-game that supports our energy by creating feelings of peace and confidence.
- The Earn-game makes us lie about who we really are. We create false self images of ourselves to be who we think the world wants us to be.

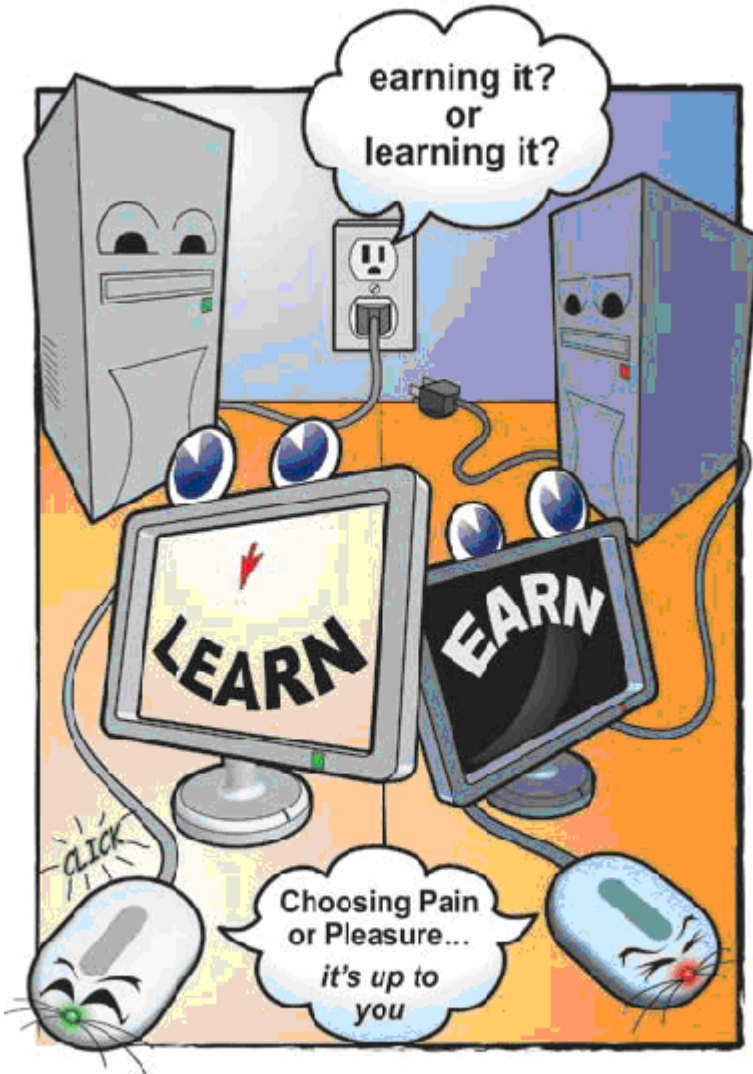
vs.

- The Fun-and-learn-game teaches us to be ourselves. By doing so, we see the meaning behind our involvement with life and are motivated to see our natural talents to experience more happiness.

We play both of these games. There are many people who feel that the Fun-and-learn-game is nothing more than irresponsible behavior. These people do not want to change. They believe life is about earning, and they are driven to play that way. By playing the Earn-game they will come to see that, in the end, all the success that they earned has not removed the pain that they feel. We have been playing the Earn-game for so long that it has become habit.

The main ingredient to change is the simple task of just being aware of the two games we play. Only when we are conscious about our behavior will we see the chaos created by the Earn-game belief system. Real responsibility is being responsible for how we experience life. Our choice is to determine whether we feel responsibility must be earned, or whether being responsible is having fun learning how to be happy and successful.

How Your Life Is Being Played Out



Brooke was getting ready for the holidays. She was wound up tight as a drum. On the subway headed to midtown she was thinking, “Did I buy enough food for tonight? Did I buy the right present for my sister? Is Clint (her boyfriend) getting ready to break up with me? Will they eliminate my job?”

She had been in this place before, experiencing her life as a series of chaotic events. She knew how to stop it this time. She closed her eyes and got herself to slow down her breathing. Once she knew she was in a relaxed and peaceful state she told herself, “I will stop seeing my family, job and lover as problems in my life. The fear I surround myself with because of my beliefs, will hold me captive no more. I know my family and Clint love me and are truly supportive of me. I will change the energy I’m sending them, and, in doing so, change the energy that is running through me!”

Before explaining the tools and techniques of playing the Fun-and-learn-game let’s take a look at the four main areas of life: family, friends, lovers and business. We have all played both the Earn-game and the Fun-and-learn-game in these areas at one time or another. Let’s go over how these areas are affected by what game we are playing.

Family

Sarah is fed up with her sister Maria. Sarah feels Maria isn’t doing her share for their aged mom. Feeling all stressed out, Sarah e-mails Maria and tells her so. Maria e-mails back and tells Sarah that she is doing her best and to back off. Days turn into months. Maria and Sarah continue to avoid each other. Every time they run into each other at the nursing home, they pass without a word.

Their mom passes away. As Sarah is working on details for the funeral her phone rings. She finds it is Maria on the other end. Maria is weeping and asks Sarah if she can forgive her for her lack of support with their mother. Sarah’s feelings are mixed. On one hand she wants to forgive, and on the other she is very bitter about the past. She responds to Maria...

The area of family is certainly a unique one. All the other areas of our lives — friends, lovers, and business — come and go during the course of a lifetime. This lifelong connection with family has a great deal to do with who we are

and who we will become. A lot has been written about the impact the family has on the development of a child. There is no doubt that the experiences we had as a child still affect us today.

Think back to your childhood as you read this. Look at the way you interacted with your family to give you a clearer picture of how the Earn-game and the Fun-and-learn-game created different family experiences.

Take household chores for example. Most of us did them for what we got out of doing them — to get an allowance; to avoid getting punished; to get praise; to get privileges; and/or to get love. For many of us, chores were a very Earn-game activity that helped to promote us to becoming adult Earn-game players. Think back to the energy you had running through you as a child doing your chores. Not a lot of joy and peace, that's for sure!

Notice, that when we are doing anything that we really don't love to do in order to earn something, there is a price that we pay for it. The price we pay is with the quality of our life. Little did our parents know that they were teaching us a game that would haunt us the rest of our lives.

As parents, we are still playing the Earn-game and teaching it to our children just like our parents taught it to us. The examples of how we were taught the Earn-game are endless — everything from earning good grades to earning friendships. We received a masters degree in Earn-game behavior.

Consider how we go about parenting our children. Look closely at your intent when you are dealing with your children. Are you judging yourself by what your children are earning? Do you feel ashamed when your children don't live up to your expectations? Are you angry when your children don't behave in the way you want them to?

If you are you are letting the outcomes of their actions determine how you feel. You are allowing your Earn-game belief system to send fear, anger, and shame through you and into your children's lives. Do you really want this?

The Fun-and-learn-game looks at family in a totally different way. When parents are living a Fun-and-learn-game existence their energy is peaceful. That creates a peaceful environment for their children to grow and learn in. The

children respond to this type of environment in ways that support everyone's happiness. They do chores willingly because they believe in mutual support. They pursue meaningful career paths because they were raised to do what they love doing.

The Fun-and-learn-game family centers on the quality of their energy. They realize that a peaceful and joyful home is where people grow and mature in wonderful ways. Although everyone is free to do what they love to do, families that play the Fun-and-learn-game don't seem to have conflicts and enjoy supporting the family in regards to their personal choices. The fatal scenario of family members becoming estranged because of disagreements will not be found in a Fun-and-learn-game family environment. The tension of having to do something is removed.

Families who learn to send joy and peace to each other find that the support is always there for every situation. It takes hard work to break our Earn-game habits, but, since family is for a lifetime, the hard work pays off in ways you wouldn't believe!

Friendship

After arguing all morning with his daughter, Claire, about her choice of a boyfriend, Mike needed a break. He called his friend Ray to see if he wanted to go out and grab a bite to eat.

Our friends occupy a very special place in our lives. For most of us, our friendships are a source of peace and safety. Why is this?

Upon close evaluation you will find there is one aspect that plays a much smaller role in your relationships with your friends than in other areas of your life. We are talking about judgment.

Friends are optional in our lives. Notice how often in our lives our friendships have changed - childhood friends, schoolmates, adult friendships - most of us have had many friends along the way. We may have had a bitter dispute that ended a friendship. But, for the most part, friendships seem to come and go with relative ease.

We tend to look at our friends in a non-judgmental way. The peaceful energy we send our friends creates relationships that have a caring quality without the pressure to perform. Good friends are there, regardless.

Generally, our friends have common interests that we enjoy sharing. We can see that friendships naturally support playing the Fun-and-learn-game. The lack of judgment and our common interests make us have fun learning how to be happy. We go out with our friends to have fun! The lack of judgment allows us to share very personal information with our friends. Their advice can be followed, or not, without the fear of abandonment.

The other areas of our lives - family, lovers, and business - tend to be much more outcome based and, therefore, loaded with extreme amounts of judgment. The Earn-game makes us need to have things go our way in order to feel safe.

With friendships, we are usually playing the Fun-and-learn-game. Nothing has to happen! It has been said that you know a lot about a person by the friends they keep. This is true, because in order to have friends, you need to send healthy energy to them. Who wants friends that are always sending us fear and anger?

When I ask people to list four areas of their life in the order of chaos, friends are always the least chaotic. It's funny that we are so much more tolerate of our friends than we are of other people in our lives. The area of friendship is where we practice acceptance rather than judgment.

However, bring judgment to the party? And, you will soon find that you are at the party all alone. Notice what caused the friendships in your life to end. Someone was either judging and left, or someone didn't like to be judged, and left!

Passion

Kelly felt her new relationship with Marty was too good to be true. She jumped right in, choosing to ignore the obvious red flags. Three months later, she lay in bed depressed having found out Marty was a married man.

Passion is defined as a powerful, intense emotion. The feeling of passion is one that we all feel. We can feel passion about our family, friends, lovers, or business. How does our passion affect the quality of our life? You probably have had your passion both inspire you and, also, create large amounts of chaos. To get the most out of this start by recalling two experiences you have had with passion — one that inspired you and

brought you happiness, and one that created chaos. There are two different ways to deal with passion — from the Earn-game perspective; from the Fun-and-learn-game perspective.

In the Earn-game, we are under the belief that our happiness is to be earned - our passion is begging for an outcome. We are drawn to people and events. We can't stop ourselves — we are like a person possessed. We place the utmost importance on the object of our desire. This was highlighted by the ring in the movie, Lord Of The Rings.

Being so focused on an activity, or a person, that we neglect other important matters is an example of passion in the Earn-game mode. Have you ever made someone or something the sole focus of your intentions and desires? Think about that love relationship gone bad. Remember all the times you said you were going to leave, and couldn't? You really believed that the object of your desire was the key to your happiness. What happened in the end, though, was that because you were trying to earn happiness you felt inadequate — like you weren't good enough.

In the Earn-game mode, the feeling of needing to earn makes us jump right in when we feel passionate about someone or something. We think it is our ticket, the thing that will finally make everything better — and then bang — we crash and burn.

Passion becomes a compass to our dreams in the Fun-and-learn-game. We are having fun learning how to be happy. We believe we have the right to do whatever we choose in a peaceful and joyful way. We realize that all we are is energy and that letting our energy get swept away in the emotion of passion is not healthy. Because we believe life is meaningful, we know the passion we feel is very purposeful. The Fun-and-learn-game players are aware of what they are feeling and stop to check which belief system is creating what they are feeling. Once this “pause for the cause” takes place, the Fun-and-learn-game players are aware of how they are processing their passion.

I cannot emphasize enough how important awareness is to change. We all feel passion and are tempted to play out our old Earn-game belief system. Unless we can catch ourselves, and take a moment to reflect on what is really happening to us, we will respond in the same old way.

When you feel passionate about someone or something take a moment to reflect on

what is really happening with you — it might be time for a “time out”. Once you can calm down, ask yourself what is the peaceful thing to do? You can trust your intuition to guide you perfectly because, in the Fun-and-learn-game mode, you are allowing your energy to produce peaceful thoughts and intentions.

Business

Stan just couldn't believe it when Joe got promoted to general sales manager instead of him. Convinced he was the right guy for the job, he comforted himself by telling his wife – “let's just sit back and watch Joe run the department into the ground.”

We have all had problems at work from time to time. Most of these problems revolve around relationships. The chaos created has affected us all - whether it is problems with co-workers; disagreements with management; problems with subordinates; union versus non-union; customer relations; and etc.

Let's take a look at how the Earn-game and the Fun-and-learn-game contribute to the business environment. You can imagine what happens when you throw a bunch of people with diverse backgrounds and personalities together who are trying to earn a living. It should come as no surprise that experiencing a peaceful and joyful career is a problem for many of us. The competition for pay raises, promotion, commissions, and praise makes us all vulnerable to work related relationship issues. The fear that we carry around because we don't think we are good enough is the root cause for a lot of our heartache.

Playing the Earn-game at work, coupled with our need to triumph, can make a day at the office hell on Earth. However, many of us are used to that because it has always been that way for us. Habitual behavior, no matter how destructive, feels normal over time. The fear that follows us around as we try to earn is so consuming that we fall into the trap of not realizing that we are even fearful. It becomes a way of life. We become blind to the fact that we are living with our fear and anger.

Notice how much fear and anger are in the workplace — at your workplace. How close to optimal performance is a company when fear and anger are running through the organization? Just imagine the potential that is being wasted. As long as there are

employees playing the Earn-game, there will be companies that continue to host fear and anger. The older generations bought into it. And, why not — lifelong jobs, gold watches, and nice retirement plans? It appears, though, that change is on the horizon. Work related issues will only intensify with large companies going bankrupt, scandals in high places, and downsizing happening everywhere.

Take some time to reflect on your career. Can you identify when fear and/or anger have caused you problems?

Remember, the game of change is one of awareness.

The time we spend reflecting on how we are living our life is what will start the change process. Until we see what type of behavior is holding us back professionally, how can we possibly change it? Take time to see what is fueling your responses at work. It is so much easier to see it in others, which is why there are so many soap operas going on in organizations. Everyone is talking about other people and their shortcomings. If we can make the next person less valuable, we might fool everybody into thinking we're good enough! We are only fooling ourselves if we cannot look in the mirror and admit that we, too, have played the Earn-game.

The Earn-game makes us try and defend our positions because of our need to be right in order to succeed. There is nothing sadder than a person who is making a fool out of themselves by defending a ludicrous position. Their need to be right overpowers their desire for happiness.

The Fun-and-learn-game, unlike the Earn-game, produces totally different experiences at work. Reflect back on the times when you have enjoyed your job. What do you see? The energy surrounding you is certainly not anger and fear. You are enjoying the task at hand. There was plenty of positive support surrounding your efforts. This is where you were using your natural talents. Although you were working hard, you really didn't call it work.

When we play the Fun-and-learn-game, these are just the natural consequences we experience. This happens because when we believe that life is all about having fun learning how to be happy and successful, then, we are not bringing any of our self-worthlessness into play. When our self-worthlessness is absent all that's left to come out of us is our belief in ourselves. We feel safe. Other people don't scare us so

we don't see them as threats.

By expressing our confidence we allow others the opportunity to feed off of our energy. This is what great leaders are all about. They provide support, make others feel safe, and stay away from judging in a negative way. Reflect on the management you've experienced and see if this fits. No soap operas, no back stabbing, no intimidation when we play the Fun-and-learn-game. This is what optimal performance is all about.

As you can see, the two games bring about different results in every area of our lives. You may find it extremely enlightening to take the time right now to reflect on the four main area of your life: family, friends, lovers and business.

By seeing the amount of anger, fear or self-worthlessness in any area of your life you will be able to identify the Earn-game beliefs that are leading you around. Remember, until you see what's getting in your way, it's hard to proceed. Your Earn-game beliefs do not want to be found out! They hide by making you not want to look inside yourself for your fear of not being good enough.

The following sections will introduce us to tools and techniques that will bring more happiness into our lives. Remember, life is just a journey. How fast you travel or how smart you are have nothing to do with happiness. Happiness is created by how you feel about everything in your life. Only when you feel that you would not want your life any other way than the way it is will you be completely happy. Learning how to create a life that produces those feelings is the purpose of your lifetime!

Tools And Techniques That Produce Happiness



Willie is in deep conversation with his wife. “Katy, who would have ever thought it would have turned out this way for me?” His look was so that she could feel his peace. She was so happy that he was who he was.

“Will, you worked hard at becoming peaceful, you deserve it.” Willie smiled at her as he put his hands up against her face, “I finally realized that when you want everything in your life to be just the way it is, then, life has no option but to give you what you want. I wanted all my previous chaos because I needed it to learn what I know now. Since I now want peace, the universe brings me the people, places and things that bring peace to my life, like you!”

As he stares out into the night sky he feels a strong sense of gratitude for life being the way it is... he hears Katy say, “I love you so much.”

Overcoming Earn-game beliefs

The journey towards happiness places us in front of our Earn-game beliefs, which are not easy to overcome. In our next section, we will discuss how to climb over whatever blocks our path to happiness. Right now, it is time to observe the ways in which your Earn-game beliefs are standing in your way. **Like any other challenge in life, being aware of what you are up against is the starting point.**

A low self-esteem is the product of an Earn-game belief system. Realizing that we do not accept ourselves as being good enough is the first step to change. You will be surprised in seeing how your Earn-game behavior is linked to your false image of self-worthlessness. And, even though you will want to change, you will find it hard to break away from the Earn-game system.

For instance, who would touch a hot stove on purpose? The problem we encounter with the Earn-game system is that we believe, at some level, that in order to earn success we will have to live with the pain - we will have to touch that hot stove. We don't want to face the fact that we have a problem - our system is causing us harm.

‘Nobody, unless they are mentally ill, wakes up in the morning and thinks about what they can do to cause themselves misery and pain!’

Here are a few ways people play the Earn-game and don't realize it:

Notice how many times we argue our position. How many times have you experienced two people arguing? They both need to be right. They can't possibly accept the fact that they have different points of view. This is basically what causes war, divorce and a host of other conflicts.

The strong Earn-game beliefs they each hold causes them to need to be right in order for them to be good enough. They cannot possibly live with the fact that they might be wrong. They can't stop defending their position, even though they feel even worse from the internal anger they are producing.

Why can't they be open to the fact that what the other is saying is just another point of view to consider? Their Earn-game belief system blocks any chance of learning from the situation. The bottom line here is that the Earn-game tells us we need to be "right" and/or "smart" in order to earn things.

Think about how often you need to be right. Think about how you fear not being smart enough. Think about how angry or shameful you feel when criticized. Becoming aware of your Earn-game behavior is the fastest way to change. It takes courage to see how we scam and plot to earn our stripes. We have all done it. And, we can all learn to stop!

Searching for the answers within ourselves is the only place we will find what we are looking for. However, the Earn-game tells us that outcome based behavior is what should define us. We create goals in hopes of accomplishing things that will make us feel that we are good enough. We don't realize that this is like a dog chasing its tail. Even when we accomplish some of what we set out to do, we immediately try to earn something else which allows the self doubt to carry over into our next project. The goals we set that we do not reach only confirm that we are less than we should be.

One simple way to observe ourselves when we are in Earn-game mode is when we are mentally exhausted. When all of our energy is zapped it is because we've been trying to do the impossible — earn our happiness!

One of the biggest stumbling blocks we face in finding a more peaceful, joyful, and happy life is our unwillingness to ask for support. Since we subconsciously believe we are not good enough, we do not believe we are worthy of quality assistance from others. There is so much help out there, yet, we avoid it because of our feeling of self-worthlessness. This is the paradox - we believe we are less than perfect, so, we avoid what would help us the most because we believe we don't deserve it!

How much support are you looking for with the tasks that you are facing? When you are doing something, and you are struggling, notice whether you are not taking advantage of the support surrounding you. It will amaze you to see how much support there is for everything you are doing when you are playing the Fun-and-learn-game. When exhaustion takes hold, just relax. Be kind to your energy.

Our belief that we are here to earn our happiness leads us to behavior that mirrors for us our self-worthlessness. Whether it is defending our position, thinking we need to be smarter, work harder, or avoiding the things that can help us the most we have created a dragon that is very difficult to slay. Once we start looking at the dragon, it doesn't seem so scary. Eventually it feels like a friend in need.

Remember, this is all about you.

- And that you, in not seeing yourself as an Earn-game player, will keep yourself from your dreams.
- And that you, in seeing that you have been playing the Earn-game, can change it.

This is the lesson of your lifetime!

The road to happiness

Happiness comes about by lowering the percentage of time we play the Earn-game. I've been practicing the techniques that follow for years. I never thought I would be writing a book on this subject when I started my initial journey. I was just so unhappy with my life that I had a strong desire to change. I didn't know where to start. But, little step by little step, I grew and learned more and more about change and, in doing so, I am where I am today.

All I had was a strong desire to change!

Believe it or not, if you really, and I mean really, want to change, it will just happen for you. You will create the people, places and things that will bring you the experiences necessary for your journey. The only way to test this out is to really want to change. I promise you, if you really do want to be happy, and keep that desire for happiness within, you are home free! Never, in my wildest dreams, did I think I would become Coach Bob of Realchange. I am living proof that, by changing your beliefs, life will unfold in a way you could never have imagined.

Our life is always a mirror of what we believe. If we want to change our life, then, change what we believe. As discussed in the last section, the dark side allure of the Earn-game will resist the change. What you will find is that the longer you practice changing your beliefs, the easier it gets. This is very similar to any new task we have attempted. We must take the time to learn the fundamentals if we want to find the results you are looking for.

Billions of dollars are spent on self-improvement every year, yet, how much happiness are we finding? We are beginning to realize that we are putting the cart before the horse. Before we try and change, we must first change our reason for changing!

This is the key to real change - Bring a strong desire to have fun while learning how to be happy to the party without concern for the outcome.

- **At the risk of repeating myself, just bring a strong desire to play.**
- **Play with self-improvement because it's fun to do.**
- **Quit thinking and hoping for a change. When we truly know we are alright just the way we are, we'll stop doing things for the Earn-game reasons. We will be playing because it's just what we love doing.**

I can't emphasize enough that our biggest stumbling block in the beginning is the fact that we don't believe we are good enough. Because we believe this, we look to various forms of self-improvement. This negates our goal of believing that all we need is inside ourselves. If we thought we were good enough, we would be open to looking inside ourselves for more answers. How would you feel if you believed everything you needed was inside yourself? How safe and happy would this make you feel?

Using these tools and techniques allows you to see if any of this rings true for you. Let me encourage you by telling you that everyone who has tried these tools and techniques has become happier. Working on changing the belief that we are not good enough only happens when we are ready for it. Our Earn-game belief system does not want us to believe this is true. The Earn-game belief that we have to be “right” reinforces what this book is saying is wrong with it.

Your self-worthlessness does not want you to believe you are perfect just the way you are. You wish you were good enough, but, you believe you’re not. This negative belief of self is what needs to change. Our current Earn-game belief system won’t allow us to see things in such a simplistic manner. We will not give up this position unless we have a strong desire to change.

Can you handle the fact that life is just about beliefs? Can you see that it’s your beliefs, and that is all, that is determining the quality of your life? The following section is how we put into practice the dynamics of real change.

Experimentation

Having the desire to change is the foundation for happiness. Putting this desire for change into practice is the next step. The simplest way I have found to accomplish this is to do what we refer to as experiments.

Up until now, we have been working on the first part of change — the intellectual part which familiarizes us with the concepts. Part two is implementing the material into everyday life situations to see how it works for you. This is the experimental part. I’ve been doing experiments for years and I continue to do them as I find areas of my life I want to change.

All of my students have come to love the “ease without effort” way in which the experiments change their lives. I have not found a single person who has done an experiment that has not benefited from having done them. Change can only happen by experiencing something different. Experiments consist of choosing a new belief and directing the different energy that the belief provides into any situation you desire.

In other words, pick something happening in your life that creates negative energy

running through you when you are in front of it or when you think about it. You must first identify the Earn-game belief that is responsible for your negative feelings. This is best accomplished by being totally honest with yourself. Once you have identified the Earn-game belief, try to come up with a new belief that is as close to 180 degrees different as possible.

Here is an example of the experiment process that was actually put into play by one of my players. Let's take a look...

The “set up” process for the experiment.

1. Choose the situation you wish to experiment with.

“My girlfriend, Sherri drives me crazy because she gets so wrapped around the axle about everything. She has a hard time relaxing and just enjoying life. When I'm getting ready to meet or talk to her, I am always a little chaotic wondering what mood I will find her in.”

2. Identify the Earn-game belief that causes your discomfort.

“I believe that the way Sherri is acting is the reason that I'm not happy.”

3. Choose a new belief to experiment with that is 180 degrees different from your Earn-game belief.

“I choose to believe that the universe is a safe place and that whatever is happening in the relationship while I experiment this month is happening for a wonderful reason.”

Once the set-up is accomplished, the actual experiment can begin.

The energy that the belief system sends to the situation is the basis for your experiment.

In this case, the relationship with Mark's girlfriend changed for the better when he changed his energy. Whenever Mark started feeling apprehensive about meeting with

Sherrri he would pause and think about what a wonderful person she was, until he really FELT it. Although Sherrri still has her moments, the way he responds to her is to exchange his negative energy with peaceful and joyful energy. You are not experimenting unless you really FEEL IT!

Once Mark was able to consistently bring positive energy to his situation he found that he could actually bring some calm to Sherrri's life which was the catalyst for real change in their relationship. If he would have continued his Earn-game belief that Sherrri's behavior was the cause of their unhappiness he would still be miserable.

Experiments are always a win-win situation.

What follows is a version of my favorite experiment. Although I have my players do it for one month, you can try it on for as long as you like. I've been doing different version of this experiment for over 10 years. The people, places and things I create in my life, because of doing this experiment, continues to amaze me!

The Basic Universal Experiment

The energy we send determines what is in our life. The chaos we feel is created by the negative energy (feelings) that is running through our body. By sending more peacefulness through our body we will bring more happiness into our life. This is the purpose of the experiment — to consciously send peaceful energy through the body for one month. You will definitely be able to measure the results at the end of the month. What you find out will be astounding — that you control your life by the way you process your energy. Finding out how powerful you are by simply managing your energy will change you life forever!

One of my students shared a concept with me that made experimenting relatively easy for him. I thought I would share it with you. To take the pressure off himself, he pictured a person acting in a movie. He was the director and could make the actor do whatever he wanted him to do. The actor was engaged with life in the exact same way his life was playing out. In fact, the actor was a carbon copy of himself!

As director, he would instruct the actor to respond any way he saw fit. By not viewing himself as the actor, and playing the part of the director, he removed the self-reference that can blind us from seeing what is really going on in our life. The technique

of learning how to step outside ourselves while experimenting is quite productive.

The experiment consists of incorporating the following sentiment into your life for a month. Pick a day you would like to begin and then read the experiment throughout your day. Most people find that they read it approximately three times per day or whenever they need it to stay on track. Reading it at bedtime is a favorite of people who have done it. You may reword it to fit how you would like to experiment with the concept. The words you use are not important. The feelings the words produce is what will change your life. It may be tough at first to get this from the written word to the feeling level, but with persistency you will get the hang of it.

Enjoy!

“I’m safe to experiment for this month. I know the only way for me to live a more joyful and peaceful life is to do something different. I’m going to take short pauses and just observe what is in my day without judging it as good or bad. I will start to notice how I’m processing my energy in the moments I am in.

I will take the time to breathe in and out slowly until I feel my energy is peaceful. I will tell myself when I am feeling chaotic that I’m taking life too seriously. I am attempting to make my energy the primary focus of my life for one month.”

Once we decide that trying the concepts in this book would be a fun experience, experimentation is possible. We can measure the results (if we experienced our life in a happier way — they work) and they are private (we are the only person that knows we are doing them). Experiments work because of a basic law in the universe.

We know that things appear in our world because of energy moving through intent in consciousness.

Simply put, you picture it in your mind before you go about making it. The book you are reading happened first in my head before I could type it. The energy I used to

create the book completed the process.

By picking a situation to experiment with, we are expressing our intent. My desire to write this book was my intent. The energy we put into our experiments completes the deal.

We choose to experiment with intent.

Experimenting is changing the energy we send our experimental subject. What's even more amazing is that the rest of the universe knows what we are doing and brings everything we need, right when we need it. It is so much easier than it seems.

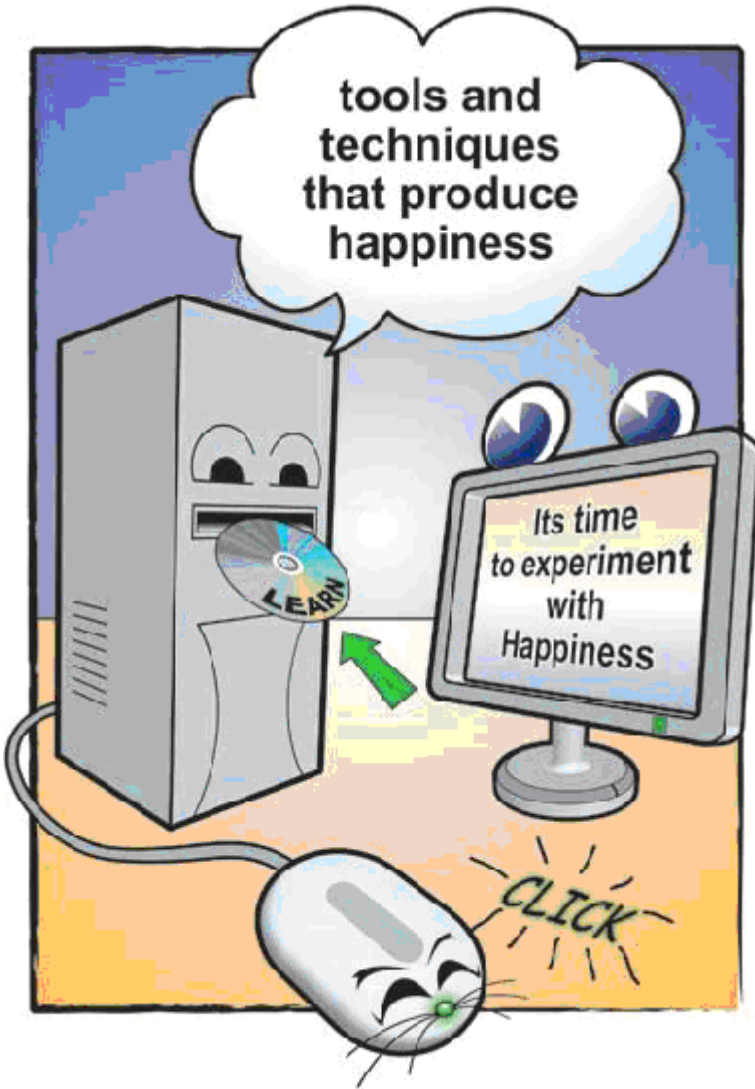
Here are a few examples of situations that people have used for experimentation. Remember, it is sending different energy to these situations that is what the experiment is all about.

- I find that someone in my life makes me feel angry.
- I have an addiction that I want to overcome.
- I feel fearful about my finances.
- I'm always worried about my health.
- My love life is constantly chaotic.
- My children are out of control.
- I feel frustration in my career.
- I'm having trouble dealing with my aging parents.

Note: Experiment with less important things in your life to start with. Don't go out to slay the biggest dragon until you can defeat the smaller ones.

We soon see that the energy we are sending to our life is what is responsible for the life we have. We become aware that by using our free will to play around with our energy, we can create as much peacefulness in our life as we want. You will be blown away when you discover that you had it in you all along. Everything you need. All inside you!

“The very act of seeking sets something in motion to meet us; something in the universe, or in the unconscious responds as if to an invitation.” Jean Shinoda Bolen



in parting...

Being involved with supporting others in understanding what creates happiness is what I love. Over the years, I have found different ways of coaching, but, the substance is still the same. We are what we believe. Just like the baby elephant, we were put into the chains of

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our Earn-game belief system. Fortunately, we all have a free will that allows us to break free of our restrictive beliefs and experience a world that holds whatever we choose. It's seeing new choices that we couldn't see before. The only way we will ever experience life differently is to change how we view things.

A scene from the movie, The Karate Kid, goes something like this:
When Daniel asked the master if the picture he had in his mind was the correct one, the master said to him "if it comes from inside you, it's the right picture."

Be yourself.

You are perfect just the way you are!

We hope you enjoyed Realchange – The Journey Towards Happiness.

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