



CHEAT CODE TO THE UNIVERSE

A Guide to Unity & Higher Consciousness



Everything



One Thing



Perfect

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CHEAT CODE TO THE UNIVERSE

INTRODUCTIONS. I have been told my whole life to control my energy. I have ADHD, which has its positives and negatives. You may know what I am talking about if you have ADHD/ADD or a similar disorder. You quickly pick up on patterns that many people do not see, which is beneficial in my work as a Software Engineer and Project Manager, but with people, I had an exceedingly difficult time finding these patterns. I heard my church say, *“love thy neighbor”* but also *“God hates gays”*. I heard my government talk about freedom but then restricted our collective ability to be free. I saw friends tell me they loved me only to go behind my back later. I heard teachers tell me *“work hard and get good grades if you want to succeed”* but then saw rich and famous people living easy and luxurious lives. I heard my dad tell me not to fight but then he would frequently get drunk and fight me and my brothers or (if too drunk) would force me and my brothers to fight each other. I heard my mom say she loved me but then made fun of me for being overweight and hyperactive. I saw my loving Grandparents pray regularly to Jesus, but then spend all their time watching right-wing news talk about building walls and making life as difficult as possible for the less fortunate. I saw this polarity in everyone, and I did not know how to handle it. So, like all humans backed into a corner, I would explode on people regularly. I created a bad habit.

I have noticed something in these periods that the ADHD/ADD community calls *“hyper-focus.”* Time seems to melt away, and I get things done. I feel extremely blissful and utterly content. I make things happen with what feels like no effort at all. The problem is that it previously only occurred sporadically and only for some things. Things I really liked doing. Things such as talking to someone I really vibed with, athletic competitions, social events, playing make-believe, learning about space and black holes, laughing uncontrollably, acting in school plays, painting, anything artsy, adventuring, building things, following my dreams and working towards them, vacationing, even some medicines did it. But I used to think it was those things that caused the hyper-focus. The blissful feeling was not caused by any of it. It was all caused by me and my brain. Those things were just so interesting to me that they would allow me to focus on the here and now. They would pull me into the present moment. However, when I am relaxed and feeling positive, everything becomes of interest to me. I am so focused on the present moment that time just melts away.

By now, you may have stumbled across something called the *Law of Attraction*, where you manifest (or attract) things into your life with your thoughts and energy. If you are a negative person, always thinking angry and tense thoughts (low energy), you will have negative experiences. If you are a positive and mentally wealthy person (high energy), you will attract positive experiences. It sounded easy enough to me at first, but for some reason things were taking so much time to manifest in my life. Things were manifesting, but by the time they did I would be depressed, causing me to manifest more depression. To make matters worse, I was dealing with constant anxiety and a deep fear of death. This attracted a lot of unnecessary anxiety and unfortunately, many deaths.

THE REVELATION. Prior to 2020, my older brother died from an overdose, my younger brother died by suicide, my mom died slowly with an almost 20-year fight with brain cancer, plus a number of other friends and family members died for various reasons. As I am sure is the case for all of us, 2020 made life more difficult. CoVid-19 made it impossible for me to go seek pleasure from life in the same manner in which I had grown accustomed. My marriage fell apart and I was separated from my son. To make it

worse, because of all the deaths occurring, my surviving family could not even bare to talk to each other. We did not know who was going to be next. And because I just moved for a new job, I had no friends either. However, at the same time, I hit every single goal I ever set out for myself. I lost over 100lbs and became extremely healthy. I earned an International MBA. I gave birth to a perfect little boy. I managed to get a great career, an interesting job with wonderful benefits, and I even earned enough to pay off my student loans and buy the perfect house in the perfect city. I worked my way up from fast food restaurants, gas stations, and minimum wage and into the perfect life. All these wonderful events were happening and on paper I should have been ecstatic, but for some reason I could not figure out how to be happy.

Then one night, after a particularly negative day in my brain, I just decided to ask the Universe for a Cheat Code to the Universe to help deal with the suffering. That same night I had a dream about a hand. The hand had no distinguishable characteristics that would lead me to believe it was either male or female. In fact, it looked like a cartoon. The Universe revealed to me that all anyone ever needs to do is *Relax & Be Nice* and the Universe will give them better experiences. To make this cheat code even more exciting, the Universe revealed, the more you relax and the more you be nice in any situation, the more the Universe grants you fun and exciting experiences. The process is simple. To relax, empty the mind, relax the body, keep the spine straight, head slightly tilted forward, and imagine your head is being held up by a string. Smile slightly and soften your gaze. Then be nice by adding a positive emotion such as love, gratitude, or joy. From there you follow your dreams. The longer you can do this, the better the result. The more you relax and be nice, the better the experience.

Note: Being “*nice*” means being nice to you too. You are the most important aspect of your Universe. You cannot help anyone if you cannot help yourself. So, make sure you put your personal growth, wellness, and happiness before all others. You are important to this Universe and worthy of many great things. But we all are important to the Universe. So, be nice to you while being nice to others. Win-win solutions are always possible. Losers are not a requirement in this Universe.

I am a reasonably skeptical person, so obviously I did not just rush to write this down and tell you about it. I tested it thoroughly and have provided clear examples of how it works later in the paper. It does not change the situation at all, it just improves my relationship to it 100% of the time. It also gives me access to “*hyper-focus*” or “*flow-state*” or “*bliss-state*.” I am able to learn things quickly, I am healthier, younger looking, and everything just seems to go my way all the sudden. I am given free things all the time and people seem to gravitate towards me. If it makes the pill easier to swallow, think of this as “*how to behave in all situations*” instead of a “*cheat code to the universe*.” Either way, it is still an effective and easy method to improve your life, one situation at a time.

It will take some practice at first, but once you get it, you got it for good. You may even understand it intuitively if you think back through your life. It is never a good time to be tense or angry. Not even in that one extremely hyperbolic scenario you are thinking of. The outcome of using tension and anger never compares to the outcome when relaxed and nice. Tension and anger may produce a positive experience occasionally, but I promise it was not the best result possible. Think back to someone who made you feel extremely special. What was it about them? Were they relaxed and angry? Were they tense and nice? Were they tense and angry? Or were they being relaxed and nice? Now, which group made you feel the worse?

Alternatively, think back to your favorite moment of all time. How did it feel when you finally got that release and satisfaction knowing you accomplished a goal? How did you feel after helping someone and they showed you appreciation? How did you feel as a kid during that one very joyous holiday moment? It was most likely an overwhelming feeling of both relief and joy. Relaxed and with a positive emotion. Unconditional love for the current moment.

	Tense	Relaxed
Angry		
Nice		

STOP REACTING. START RESPONDING. BE CONSCIOUS. Avoid suppressing anger and any other emotions. If you feel it, acknowledge it fully, and then let it go so you can respond appropriately. Acknowledge, but do not react. Be nice to yourself and express how you feel. Feelings are important and everything deserves acknowledgement. However, you never have to react with negative emotions. You can respond relaxed and with a positive emotion. Do not hang on to negative emotions. It only hurts you. I cannot tell you how to feel, but all I know is, the more I feel positivity, the better my reality seems to get. When I hang onto negative thoughts, my reality turns negative. You can think of this as the difference between pain and suffering. Pain is an inevitable part of this Universe. Suffering is 100%

optional. Acknowledge the pain. Analyze it. Where is coming from? What initiated it? What makes it go away? Never react or add to a situation by thinking negative thoughts such as "ow, this hurts so much" or by tensing up and not relaxing. Always try to get out of a bad situation and protect yourself, but not all painful situations are bad. Start trying to analyze how pain really affects your consciousness. It is never as bad as we think it to be in our heads. Think of a baby who just injured themselves. They are so new to the world that they do not know how to react. They are pure consciousness. They get injured and then look to their parents to understand what to do next. They see the parent reacting negatively with the emotion of fear or worry and the child then starts crying. Reactions are just these learned behaviors. They put us on autopilot and prevent us from growing as human beings. Wake up and get off autopilot. Start responding to external stimuli. Stop reacting. Do not flinch at the Universe, it is just trying to test you. This Universe is a fun trickster.

ASK YOURSELF ALL DAY LONG:

Ask yourself this question all day long: *"Could I be more relaxed? Could I be more nice?"* – Keep going until you have hit peak relaxation and turned your worst enemy into your best friend.

While *Relax & Be Nice* is the Universal Cheat Code, you need to be sure to move towards your dreams and get the energy flowing in that direction, but only if you want to achieve your dreams. To help you achieve your dreams, I have included an additional section, *"A Guide to Unity & Higher Consciousness"*, which provides a little more information about this revelation, my personal opinion of what is going on here, and how to manifest your dreams by setting intentions and building a *"dream team"*. I have also added a cheat sheet at the end of the paper for those of you who, like I used to be, cannot seem to remember anything. You can use the cheat sheet to help remind you each morning as you wake up, especially if you have a problem of waking up in a negative mindset. It is extremely critical to remind yourself of who you are first thing in the morning. But first, I am going to explain how to *Relax & Be Nice*, that way if you decide to only read a small portion of this, you at least get the good stuff so you can start

making real change. Following the how-to guide on *Relax & Be Nice*, I have included many examples of how I have applied *Relax & Be Nice* in my life so you can better understand the importance of it and how it affects our everyday lives.

The following is a Universal Cheat Code to make every moment of your life easier and more enjoyable. It gives me instant access to “*flow-state*” and peak performance (also known as “*being in the zone*”). I have tested it thoroughly for several months now and it works in every single scenario. All of them. Even reading. Try it. Learning this allows you to absorb new information easily, connect dots quicker, improve relationships, make meaningful change in your life, and manifest your dreams. Stop telling yourself you have limits. You do not have any limits. Your body does what you tell it to do. Set a goal and move towards it. How you get there does not seem to matter. All you need to do is set the intention for the process. Tell yourself you are doing it the right way and the Universe will acknowledge it as such. However, be open minded if the Universe tries to correct you.



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HOW-TO RELAX & BE NICE

STEP 1: RELAX

This step is as easy as *calm down*. Empty the mind, relax the body, and keep the spine straight while pretending head is being held up by a string, head titled forward slightly, and a slight smile. However, I get that relaxing is not always so easy. The following are all useful methods that help me relax, but relaxation can occur anytime you are doing something that you love or doing something that makes you feel good. I recommend trying out all these options at some point as study after study proves their efficacy in helping the human body and mind to relax.

- **BREATHE.** Breathe in through your nose and out through your nose deeply (roughly six seconds in and six seconds out). Keep it rhythmic, but you will find the pace that feels right for you. Keep your focus on the breath. Use all your senses and feel the air coming in through your entire back side and out the entire front side. Allow yourself to feel everything at once. From the tips of your hair to your toenails. It will prevent your mind from wondering and will improve your focus over time. I usually go in and out through the nose but can pull in more oxygen through the mouth which adds a nice kick to this cheat code (I fully recommend checking out Breathworks Yoga). Just be sure to spend most of your time breathing in through the nose. Regular mouth-breathing is bad for your overall health.

Each emotion changes your heart rate, blood pressure, and breathing pattern. By controlling and focusing on your breath, you can control your emotional state. Another way I like to try this is to first picture the happiest moment of my life. I fully submerge myself in the feeling of unconditional love and perfection from my son's birth. Then on every in-breath I imagine that same unconditional love gathering in my core. It feels as if I am getting lighter, like I inhaled helium. Then, on the out-breath, I imagine that same love being transmitted through every inch of my body and out into the Universe. Try this when you work-out. You will notice how your power lies in your breath. When there is love in the breath, you become physically stronger.

Another method you can use to relax is by breathing in slowly for 4 seconds and breathing out slowly for 8 seconds (through the nose). The slow release of breath allows CO₂ to build up in the blood. Increased CO₂ in the blood enhances the cardio-inhibitory response of the vagus nerve when you exhale and stimulates your parasympathetic system. This produces a calm and relaxed feeling in the mind and body. (Gotter, 2020)

- **_____.** When a thought comes, acknowledge it, and let it go. When you see something that grabs your attention, acknowledge it, but stop clinging and let it go. I have a severe "*monkey brain*" that loves to cling. Add oil to all the branches. Let the thoughts come – none are bad. They are just thoughts. Acknowledge and let go. If you do not acknowledge something's existence, you are doing a disservice to yourself and the Universe. Everything is important and deserves to be acknowledged. Even rocks and trash, or someone who wronged you. Acknowledge it all and let it all go. Meditation is helpful with this, but simply repeating

“stop clinging” usually works for me until I no longer need to say it in my head.

- **MEDITATE.** Meditation is critical when I cannot empty my mind. I personally prefer Qi Gong (ancient exercise that involves controlled breathing, controlled movements, and meditation) early in the morning because it wakes me up and puts me in the right headspace. Mindfulness, or being fully conscious of your actions, is useful because it can be done all day. However, I have found all kinds of meditation to provide extremely powerful benefits. I recommend the following meditation techniques (please do additional research as these are extremely simplistic definitions):
 - **Zazen.** Sit still and empty your mind. This is likely what you think of when you think of meditation.
 - **Metta Meditation.** Sit still and think loving and positive thoughts. Also referred to as loving-kindness meditation.
 - **Guided meditation.** Sit still and listen to an instructor or read from a guide.
 - **Heart-rhythm meditation.** Sit still and control your breathing.
 - **Kundalini Yoga.** Sit but move in a manner to awaken your internal feminine energy source.
 - **Mindfulness.** Being fully aware and conscious of everything. Use all your senses at once and acknowledge everything in the moment.
 - **Qi Gong.** A mix of controlled movements, controlled breathing, and mindfulness. It helps with focusing on all your senses.
 - **Transcendental meditation.** Sitting still and repeating a predetermined mantra or phrase for 20 minutes, twice a day.
 - **Yoga.** Similar to Qi Gong, but with more stretching and bending.
- **CULTIVATE THE WITNESS.** When I have a particularly difficult time emptying my mind, I simply cultivate my own internal witness. This witness does not judge my actions, it does not exaggerate, it simply tells it how it is. If I am doing the dishes, I think to myself “*Turning on the water. Adding soap. Scrubbing the bowl. Putting the bowl in the dishwasher.*” It never adds to the situation by saying things like “*Why the hell am I washing the bowl and then putting the clean bowl in the dishwasher?*” Negative comments like that will knock me out of flow state and into depression quickly. I will keep narrating what I am doing until I no longer need to think anymore. When my thoughts and action become one, I become one with the Universe. When you start becoming more mindful, you may notice how frequently you are adding unnecessary emotions to a situation that do not need to be there. This is the difference between pain and suffering. Acknowledge the moment and be there fully but avoid adding negative emotions to it.

Do not feed negative thoughts and emotions, such as anger and jealousy. It serves no purpose. Do not worry about controlling your thoughts. Let them be, acknowledge them, and let them go. Do not try to hang on. You are not your thoughts. You are not your anger. Those are biological responses of your brain. You are the person who sits behind those thoughts. You are the feeler; you are the witness to what is happening. You are not the thoughts themselves. If you notice one of these feelings, take note and acknowledge it. Be present for the anxiety it causes. Respond, but do not react. “*Whoa, I just got really pissed off while reading about*

enlightenment.” – You responding to stimuli as a witness.

- **LISTEN AND BE QUIET.** Imagine being born with no senses. You were never able to see, hear, touch, feel, or taste. You would not be able to form thoughts in relationship to anything. We need everything and everyone to know who we are, because without them we could not conceive of ourselves in relation to anything else. We would be all that there is. Thus, everything and everyone is important and deserves full acknowledgment. Everything. Thoughts, feelings, birds and bees. It is all part of the experience we call *“life.”* Be quiet so you can hear it all. Do not doubt when someone is talking to you. Listen to them fully and then, and only when they are done talking to you, let your heart decide which parts of the message were true. You do not have to sit there going *“nu uh that isn’t true”* in your head. Wait for the message to complete and then let your heart decide what is true. Finally, encourage honesty and inspire others to share their opinions with you. Listening is the fundamental quality to improve any relationship. Use phrases such as *“tell me more”* and *“what happened next?”*. This is so critical to being able to quickly manifest your dreams.
- **RELAX ALL MUSCLES.** I start at the top of my head and relax my brows, checks, jaw, neck, shoulders, arms, gut, all the way down to my toes. I keep my spine straight and elongated. It feels as I have a string attached to the top of my head, holding me up. Head tilted forward slightly as if I am looking out of the middle of my forehead. Soften the gaze and just absorb it all. This will start to feel like you are zoning out but maintain the conscious loving awareness. This mix of relaxed muscles but straight spine helps me focus. If I am having an issue relaxing my muscles, there are plenty of options to help. The following is a quick list of options to help relax the body. These definitions are simplistic too, so please, always do additional research and consult with a professional:
 - **Massage.** Rubbing and kneading of the muscles and joints, usually done by another person or professional.
 - **The Wim Hoff Method.** A mix of breathing exercises and cold therapy.
 - **Cold Showers.** Just turn it on and jump in. Be sure to breathe. I make this part of my daily routine and it really provides great benefits. Plus, I use less water.
 - **Yoga.** A mix of stretching and meditation.
 - **Regular Exercise.** This has become part of my rhythm. I like being able to fully enjoy life. I have a reminder to do a little exercise at the top of each hour just to make sure I am not hyper-focused on any single activity. Stay committed to your health and wellness.
 - **Aromatherapy.** I use a variety of essential oils, but Lavender is perfect for relaxing. Try using high vibrational essential oils such as Rose, Myrrh, or Frankincense.
 - **Reiki.** Imagine a massage but less touching.
 - **Breathworks.** Using your mouth to breathe and taking in as much air as possible, breathe 80% into your belly and 20% into your chest, then release the breath with a shorter exhale. This is a free and easy way to change your life in under 20 minutes. Watch a free video online. It is too easy not to try.
 - **Music & Art Therapy.** My monkey brain loves to paint and jam out. However, be sure to thoroughly investigate the various free frequency videos online. Just search *“528Hz”* or *“432Hz”* and check out all the related videos. Everything produces a vibration, a rhythm,

a frequency. Even computers and information use a rhythm of 1 and 0. Heal yourself with music. That is how beautiful this Universe is. Perfect. Just *Relax and Be Nice* so you can hear it.

- **Hydrotherapy.** Think mineral bath mixed with a hot tub.
 - **Tai Chi.** Ancient martial art, similar to Qi Gong.
 - **Hot Cold Therapy.** Using an alternate of heat and cold therapy to promote blood flow and reduce inflammation.
 - **Humor / Laughing.** What is funny is subjective, but if you are having a hard time laughing, I suggest watching *"Tropic Thunder"* and seeing the next bullet point.
 - **Cannabis and other Substances** – These are fun when used responsibly, infrequently, and with set and setting in mind. Think of it like candy for your consciousness. Too much will ruin your life, but a little after a rough experience could be a nice relief. These provide the easy way to relax. Once you know how to relax with the substance, then try to do it without the substance. Sit down and meditate and just start to imagine what it is like to be under the influence of the substance. By thinking about the feeling of being high, you create a neural pathway in your brain to get you high, but without the substance. Then you can continue to develop that neural pathway until you are walking around stoned on life all day.
- **SMILE SLIGHTLY.** While this one requires some muscle, only smile slightly. There is no need to show teeth unless it feels natural. I did not think this was important at first, but something about it forces the rest of my body and mind to vibrate with the smile. Not to mention, it shows the rest of the Universe how happy I am to be here and now. Once you have mastered a slight smile on your face, try to imagine smiling with your brain, lungs, hearts, and other organs. You will be surprised as to how much relief this can provide your insides.
 - **DO NOT RUSH.** You have heard it your whole life, *"slow and steady wins the race."* Remember to never rush yourself. Time is relative to the consciousness and you are infinite. Find a nice rhythm and stay in it. I used to work in fast-food and would just grind through the whole day. I hated every single step and I never found a nice rhythm. However, this other guy I worked with always managed to have a nice bounce in his step. He moved at a pleasant pace and found a way to enjoy his job and I enjoyed working with him because of it. Do not be like me, grinding and hustling away your existence. Going slow allows me to feel all my senses, hear and see things more clearly, and move at a pace that works for me.

Going slow also means I do not rush anything and constantly tell myself *"it can wait."* Even that one thing that I *"must"* do right now. Enjoy and focus on the process, not the result. This is the only important thing to do. You cannot control the Universe; you can only control your graceful response to it. The Universe is infinite and so is everything in it. Time is only a factor if you allow it to be. If work is rushing you, find a new job. Do not allow yourself to be pushed around. It is not nice to you. You never know if something better is waiting around the corner unless you try.
Hint: Something better is always waiting.

Note: While you should never rush in a panicky manner, allowing anxiety to build, do not forget to go with the flow. If there is a real life-and-death emergency, move at the appropriate pace.

"COULD I BE MORE RELAXED?" I ask myself this all day long and it becomes a reflex for me. It seems I can always relax more. It is amazing how fast the human body will tense up. Keep asking yourself this question and pay attention to where the stress is building. By asking myself this all day, I start to pick up on when I am not relaxed and can quickly adjust back to being relaxed.

- **THE PURPOSE OF BEING RELAXED.** If you have meditated before you may understand the importance of having a relaxed mind. It makes you feel superhuman and gives you access to things that you never knew you had access to. Relaxing both body and mind serves a few purposes but most of all it allows me to fully use my senses. If I cannot hear what the Universe (my body, mind, environment, other people, etc.) is telling me, I will continue to force my way upstream instead of floating quickly to my dreams. Floating is the path of least resistance, so I liquify my body and mind. If you want your dreams to manifest quickly (or at all), you must float on the path of least resistance. It also allows your body to heal itself faster and it allows you to adjust quickly to change.

STEP 2: BE NICE (OR BE LOVING-KINDNESS)

Being nice is easy too. Reframe everything using a positive emotion instead of a negative. Treat others as you would want to be treated. Think of everything and everybody as you. Be a source of kindness and inspiration. Volunteer. Do things that better humanity. Love everyone. However, if you are having difficulty being nice, the following should help you with being nice:

- **WHAT IS NICE (OR LOVING-KINDNESS)?** Sometimes it is difficult to discern what is the right thing to do. That is because nothing is black and white, and you must judge the scenario intuitively to really understand what is "*not nice*." For example, murder is wrong, but protecting your family, friends, other beings, and your own life is the right thing to do. Everything is grey and depends on the scenario. While you should never repress emotions (acknowledge and let go) and should always be honest with how you feel (being nice to you), avoid reacting in the moment to the following emotions as they will lead you down the wrong path:
 - Pride or Scorn
 - Anger, Hate, or Wrath
 - Desire, Craving, Greed, Lust, Envy or Gluttony
 - Fear or Anxiety
 - Grief or Regret
 - Apathy, Despair or Sloth
 - Guilt or Blame
 - Shame or Humiliation
- Alternatively, these emotions will lead you down a happy path:
 - Joy, Love, Freedom, Gratitude, or Enlightenment (use for best results)
 - Abundance, Generosity, or Peace
 - Empowerment or Fun
 - Happiness or Enthusiasm
 - Confidence or Purpose
 - Optimism, Trust or Acceptance
 - Willingness or Strength

- Hope
- Courage, Dedication, or Motivation

The above emotions are based on an emotional vibrational scale developed by David Hawkins, MD., Ph.D. Choose to focus on enlightenment, peace, love, and joy, as these produce the highest vibrations. Below are some additional graphics to give further visual representations. However, all of this is saying the same thing you have heard your whole life, *“treat others as you would want to be treated.”* Go help as many people as possible. It will come back to you. The Universe pays attention to every single detail. There is no way around it in the end. Relax and be nice in every single scenario. Find a way. Nothing is more important to the wellness of your consciousness, body, and mind.

Level	Log	Emotion	Life View	Qualities
Positive (Power)				Higher Self
Enlightenment	700-999	Ineffable	Is	Playful, happy
Peace	600	Bliss	Perfect	Able to create and manifest
Joy	540	Serenity	Complete	Expansive, abundant
Love	500	Reverence	Benign	Powerful, empowered
Reason	400	Understanding	Meaningful	Energizing
Acceptance	350	Forgiveness	Harmonious	Inspiration
Willingness	310	Optimism	Hopeful	Driven by purpose and vision
Neutrality	250	Trust	Satisfactory	Taking responsibility
Courage	200	Affirmation	Feasible	Flow, Flexibility
Negative (Force)				Ego Self
Pride	175	Scorn	Demanding	Serious
Anger	150	Hate	Antagonistic	Constrictive, resistant
Desire	125	Craving	Disappointing	Forceful
Fear	100	Anxiety	Frightening	Draining
Grief	75	Regret	Tragic	Motivated by safety
Apathy	50	Despair	Hopeless	Victimhood
Guilt	30	Blame	Evil	Avoid decisions
Shame	20	Humiliation	Miserable	Despising

I also recommend avoiding the following actions:

- **Hurting/Breaking/Destroying.** Everything is the Universe. Do not hurt, break, or destroy. We are creators and lovers; go create and love.
- **Intentionally Causing Suffering.** While most things are grey, this one may be black and white. It is never good to intentionally cause suffering for yourself or others. Rid yourself of bad thoughts about other people and yourself. Try and use your thoughts for positive and creative thinking of the here and now. Just remember not to cling to the thoughts. Do not waste time thinking of negative past experiences or worrying about the future, or a better present moment. That is not acknowledging everything about this moment.

That is forcing mental change on this moment.

- **Forcing.** If you “*must*” force something you are likely doing it wrong. Take your time and do it right. Work it slowly and get in rhythm. Also, some people argue that there is such thing as “*compassionate anger*” or “*wrathful compassion*” or whatever. That is not a real thing. A guru lost his cool one day with a clingy student and hit him, then tried to play it off like it is okay because they were teaching a lesson. There is always a nice way to enlighten people. You do not need to force it. Defense is the only appropriate reason to ever attack someone, and even then, a great person will only attack to prevent the suffering of others, not themselves. Show your enemy loving kindness and turn the other cheek. Do what you can, but always remember to be nice to your own body, mind, and spirit. Nobody deserves to suffer, be mistreated, abused, oppressed, or even ignored. Be nice to yourself and show the world how they are supposed to treat you by treating them and yourself in the same manner consistently.

Note: If you manage to access the blissfulness of flow-state, you may end up doing what I initially did, prior to learning how to meditate, and try to force the flow-state. For me, I noticed a lot of activity in the front part of my brain around pineal gland. However, each time I tried to force my brain to activate this feeling it would almost guarantee the blissful feeling would disappear even faster. I cannot force the blissful feeling of flow-state. However, I can access this state by completely relaxing (not trying at all) into the present moment and then adding a positive feeling of gratitude, love, or my personal favorite – just admitting everything and everyone is perfect (including me), I am exactly where I need to be, and I need nothing else to make me whole.

- **Reliving Negative Emotions.** Avoid reliving negative emotions over and over. It is easy to feel powerful when having a fake conversation in your head with someone who you feel has wronged you. I know I used to win all those arguments in my head and would feel so good afterwards. However, if anyone ever wanted to apologize to me outside my head, I would be so committed to the fake argument that I could not let it go. If someone acts negatively to me now, I acknowledge it and try to figure out what would cause me to act in such a way. This prevents me from adding to a negative emotion and allows me to instead promote a positive emotion. It causes me to empathize and relate, something this Universe could always use more of.
- **BE NICE TO YOU.** In my life, I have constantly found things that I loved and then pushed them to a point of excess. I loved athletic sporting events and working out so much that I would physically hurt myself repeating the acts. I loved drawing and painting so much that I would eventually hate doing it from all the time I spent focused on it. I would take so many vitamins that it would make me sick. I would eat the same meal over and over until I was deprived of certain nutrients. Then I would eat so much that I would literally be in pain from eating. I would drink so much alcohol and even water that my body would ache. I would smoke so much cannabis that it seemed like I could not get high. However, none of these things are inherently bad for me. In fact, in the right amounts, they all serve particularly important purposes. I will go into more detail about addictions later. The point is that there is a perfect middle way for

everything. The most harmonious places in the world are where the Sun and Moon each share 50% of the 24-hour cycle. Places like Antarctica, which can have just a couple hours of light in the Winter, are not very conducive to life for a reason. Spread your activities around so that you spend a little bit of time each day focusing on all 8 dimensions of wellness developed by *The Substance Abuse and Mental Health Services Administration (SAMHSA)*:

- **Emotional Wellness** – Stay positive and smile. Express emotions honestly, while being nice and relaxed.
 - **Occupational Wellness** – What do you love doing? Go do that and find a way to make a living out of it.
 - **Intellectual Wellness** – Be open minded and learn new perspectives. Admit you do not know everything so you can continue learning. Find a way to enjoy learning again by learning something you love.
 - **Environmental Wellness** – Reduce, reuse, recycle. Go pick up some trash in your neighborhood, yard, local park, or city. Anywhere. Get out and enjoy nature. There is so much beauty outside to go explore.
 - **Financial Wellness** – Spend within your budget. Find a way to get everything you need doing the things you love. Most things in life are free.
 - **Social Wellness** - Build healthy and meaningful relationships. Make new friends. Join a club. Make a genuine effort to check in on your friends and family. Join or create a *Dream Team* (more on this later).
 - **Spiritual Wellness** – Practice your superpower. Sit down and meditate. Listen to the Universe. Hear what it needs now and go help it out. Believe in something worth believing in.
 - **Physical Wellness** – While all of these are critical for overall wellness, physical wellness may be one of the most important. Do lots of cardio to increase your lung capacity, giving you more power. Dance and shake off the negative energies. Eat lots of vegetables and other high vibrational foods. Drink plenty of water. Sleep 7-9 hours each night. Practice safe sex. You are the most important aspect of your Universe. Take care of your physical body and the other 7 dimensions will be a breeze. But do not neglect any of the 8 dimensions.
- **TELL THE TRUTH.** I will be the first to admit, I used to lie a lot. It got me in a lot of trouble. I thought I had to lie to impress people. I never thought I was worthy enough to just express how I felt. As it turns out, people prefer it when I am honest with them, just as I prefer them being honest with me. Without rushing myself, I determine how I feel and express my feelings using words and body language that perfectly conveys those feelings without adding or subtracting from the feeling. The truth never hurts. If it hurts, it is not the truth. Not in this Universe. You will notice that when you are honest, people will be honest with you. Allow people to be honest with you by encouraging it. Thank people when they give you their heart-felt opinion. If your child comes to you with some news that they wrecked their car or had sex, do not yell at them. Tell them how proud you are that they were willing to share that information with you. Nobody must tell you anything, so encourage people when they are honest with you.

- **PRAY/ SHOW GRATITUDE.** Praying to the Universe is immensely helpful for me. If I do not tell the Universe that I am grateful and express my happiness, how does it know it is doing a fantastic job? How else would it know to continue doing what it is doing? If I do not ask the Universe for what I want, how is it supposed to give it to me? I like to thank the Universe first and then ask for things that benefit the entire Universe (world peace, unconditional love, joy for all, etc.) but I am part of this Universe, so anything that makes me happy and allows me to express my happiness to others is a win-win for everybody.
- **USE YOUR SENSES.** Go slow and feel using all your senses at one time. Move your consciousness through your body and mentally scan the whole thing from head to toe. Master your feelings and focus on all your senses at one time. Feel your toenails all the way to the tips of your hair. Once you have mastered your own emotions, move past your physical body, and feel the space around you. Keep pushing this feeling.
- **WE ARE ONE.** Accept and acknowledge that everything is a reflection of yourself. We do not see, feel, taste, hear, or smell directly through our eyes, skin, tongue, ears, and nose. It all gets translated through our brains to form our own little brain movies. Everything. In fact, according to science we are all nothing but energy. Many other species (and some people) see this energy. Show this energy, which we are all made of, loving-kindness and watch how that improves everything. I notice when I am sad colors appear duller. When I am happy, colors are brighter.

Everything was created at the moment of the Big Bang. Every atom in my body and your body is the same age as the Universe. We all share the same cosmic birthday. Whatever your opinion is of how that got initiated is perfectly fine, but you must acknowledge that something initiated it, it brought us all here and now, and we're all derived from the same source material.

- **STAY IN RHYTHM.** Stay in your rhythm and do not follow anyone else's rhythm. Rhythm here is how you live, think, and be to your body and experience. Sleep and wake up at regular times. Eat at regular times. Exercise regularly. Meditate regularly. If you are Buddhist, this is essentially the 8-fold path. Right view, intention, speech, action, livelihood, effort, mindfulness, and concentration. Find your rhythm and stick to it. Walk in rhythm, run in rhythm, play in rhythm, learn in rhythm. Do not cling to things that cause you to fall out of rhythm. Remember this is your rhythm. Listen to the Universe and how others do it and apply that to your own experience. Keep changing things up until you find the perfect rhythm for you. A general rule would be to sleep 8 hours per night and eat 3 healthy meals per day, but your body may need 7 hours of sleep and 4 meals per day. Also remember to take rest days and fast rhythmically too. Dance to your own tempo, unless music is playing, then dance to that tempo. If there is a fire alarm, go with the flow and get out of the building in a quick but rhythmic fashion. Finally, do not get complacent in your rhythm. If you find yourself bored with your rhythm, find something more interesting to do. Improve the rhythm. Do not flatline your rhythm.
- **FACE YOUR FEARS.** Fear and anxiety can produce a lot of negative emotions. However, these negative emotions are all in our heads 99% of the time. I know if I encounter someone who appears very aloof around me, my mind will begin to race and project negative emotions into

the situation, making me feel terrible. However, they could have easily just had a rough morning. Facing your fears means standing tall when you feel uncomfortable and forging through the situation. Fight for what you genuinely want and do not let people walk all over you. Speak your mind, tell the truth, and stay engaged in your life. Facing these fears daily will give you exposure to your fears and anxieties, which will cause your fears and anxieties to lessen over time. Just be sure to breathe. Find out what makes you the most uncomfortable and start doing things to expose yourself to this uncomfortable situation (in a safe setting). The most personal growth occurs when you are doing things that make you extremely uncomfortable, such as stopping an addiction, making yourself vulnerable to others, or doing something new.

- **LET IT GO.** Well, we are finally here. The step that you are probably going to have the most trouble following. The step that we all want to keep ignoring. Forgiveness. You must be willing to forgive all of it. Everything. Because it was all simultaneously all about you and not about you at all. We all get insecure and react without thinking. All of us. You can pretend there is a sliding scale, but causing suffering is causing suffering. Nobody deserves it, yet we all cause it. It is a fact of our existence as humans. So, admit it to yourself. You are a perfect human. Admit it. You are absolutely nailing it right now. Go look in the mirror and see just how perfect you are. You are perfect regardless of what you do. If you sincerely feel bad about it, then change your behavior.
- **"COULD I BE NICER (BE MORE LOVING-KINDNESS)?"** I ask myself this question all day and really push the envelope on how nice I can be. Help others. Share advice. You get what you give in this Universe. If you want it all, you must be willing to give it all away.
- **THE PURPOSE.** *"Everything in life is a vibration"* – Albert Einstein.

The higher your vibration, the more fun your rhythm. Once your body and mind are relaxed and you are plugged into the Universe, then start to vibrate at the level of joy you want to obtain by having positive feelings. When doing new things, be sure to relax and be nice. This helps reduce the time it takes to learn new things because you spend less time worrying about doing it right, and more time trying to plug yourself into the rhythm of your teacher. This also helps with focus because having a relaxed mind alone will not allow me to have perfect focus. I need a mix of a relaxed mind plus a positive emotion to form a solid memory.

Your goal in life is to live a peaceful, loving, and joyful life. It is the same goal for everyone. We all want this kind of life whether or not we know how to obtain it. Our souls need it. Our bodies need it. Our families and friends need it. Our species need it. Our planet needs it. Our Universe needs it. Allow yourself to have it.

. That is all there is to it. *Relax & Be Nice* is the/a Universal Cheat Code to improve every single moment of your life. It gives me easy access to flow-state. Just remember to *Relax & Be Nice* in every single scenario and you will have a very enjoyable experience in this Universe. Don't forget to ask yourself: *"Could I be MORE relaxed? Could I be MORE nice?"* By asking myself this all day, I start to pick up on when I am not relaxed and nice. Then it just becomes a habit of my existence and all

the sudden I have a peaceful, loving, and joyful life with plenty of fun and excitement. My dreams and goals manifest quickly without me having to apply force. I still put in the work to make the dreams and goals manifest, but I do not stress about any of it. Now you do not have to stress either. Just *Relax & Be Nice* and watch your dreams come true. This is the path of least resistance. Grab your inner tube and start floating. Have complete faith in knowing the Universe has your back and will provide you exactly what you need.

DO YOU WANT TO BE "RIGHT" OR DO YOU WANT YOUR DREAMS TO COME TRUE? I understand that it is difficult to *relax and be nice* in all situations. This is because we want things. We want to be right. We want to make money. We want power. We want control. The problem is, we have absolutely no control of what really happens. All we can do is control our own emotional reactions. We have complete control over those. Everything in this Universe is a test. A test to see if we can remain relaxed and nice in all scenarios. It is never too hard unless we convince ourselves it is too hard. Try this for a week and start imagining what it would be like if everyone did this for a week. What would happen? What could we do if we just tried to find win-win solutions more while remaining nice and relaxed? Stop forcing and hear what the Universe wants. Listen to it. It is all the same thing. Treat everything and everyone (including yourself) as a God and Goddess and they will be. They will be perfect. You will be perfect.

NOTE ON SUFFERING. It is critical to remember that change and negative experiences are going to happen. Prepare for those moments by remembering how to behave in every single scenario and start practicing it now so you are ready for that one scenario where you know you always react to negatively, and never remember how to respond gracefully. It is okay to be sad or mournful when there is loss but try to counter those feelings with gratitude. Be grateful for the time you had and acknowledge that you are pure energy. We are eternal. Nobody is ever gone for good. Where could we go? Energy cannot be created or destroyed in this Universe. We are in a cool Universe. This one is fun if you let it be. It is entirely up to you. The only thing you can control are your own actions and emotions. Choose positive emotions and you will have a positive existence.



Everything



One Thing



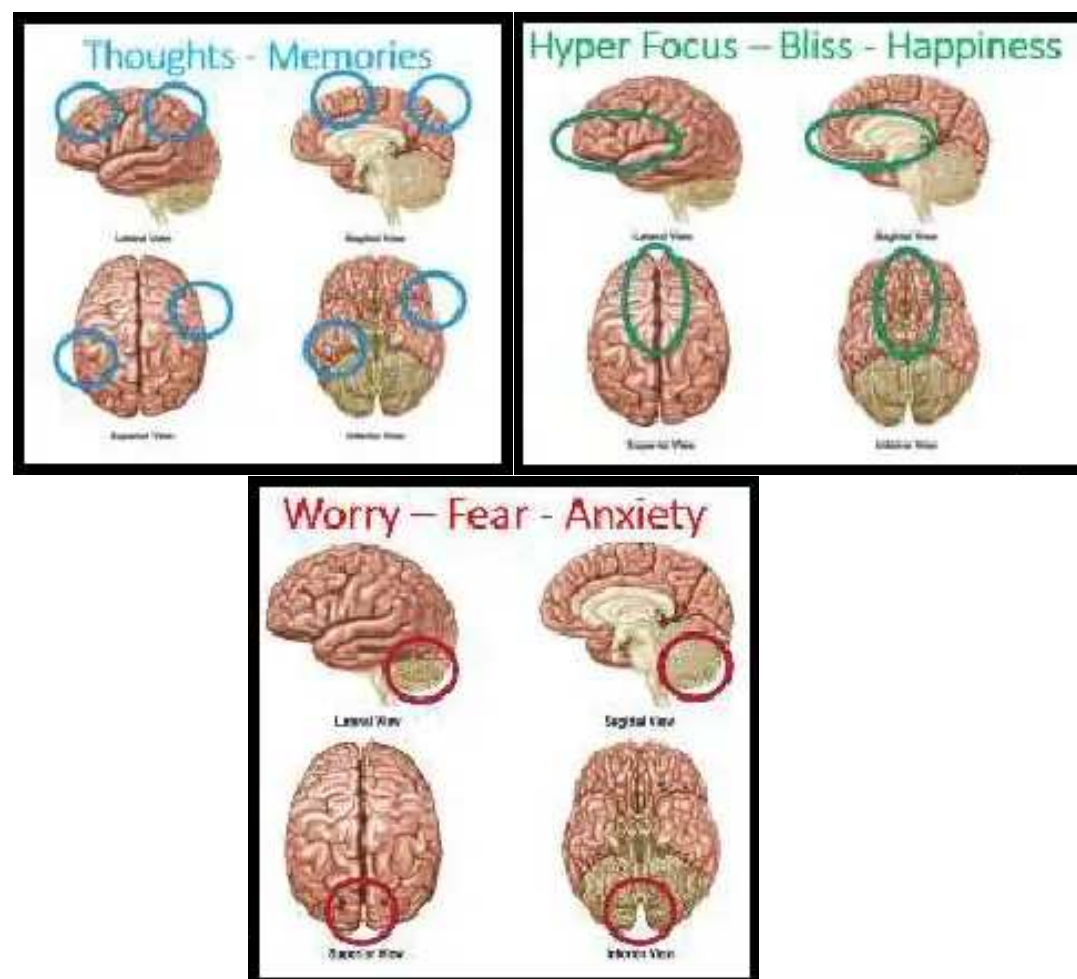
Perfect

Just a Few Examples of How I Applied “Relax & Be Nice” in My Life:

1. **FIGHTING/DEFENDING.** I am a pacifist. However, I am starting with the topic of fighting and defending because most people like to rebut *“I cannot be relaxed and nice to people who are trying to rape, murder, or oppress me.”* This deserves an explanation. First, it is perfectly fine to box or participate in aggressive sports. It is also nice to protect yourself from harm. But the easiest way to win a fight is to not fight. The easiest way to permanently defeat your enemy, is to make them your friend. I try to deescalate and take their side for a moment. I drop my ego, calm myself, and try to figure out what is really going on with this other person so I can help them. However, not everyone can be talked out of a fight. When a physical altercation is unavoidable, remember to relax, be nice to yourself, and protect yourself from danger. It is critical to be relaxed and nice to respond to your opponent. Being tense and angry/frightened has only ever given me tunnel vision. Acknowledge your opponent, yourself, and your surroundings. Show it all loving-kindness, never striking first, and allowing them to come to you. With no ego, you can accept a punch without feeling defeated, allowing yourself to rebound quicker. *Relax & Be Nice* also allows you to see where the attack is coming from and to adjust as necessary to avoid it. *Relax & Be Nice* allows you to see the perfect move, which is almost always allowing the enemy to hurt themselves and waste their own energy. If they are holding you down, panicking will only prevent you from seeing the method of escape. When someone is attacking you, being nice to yourself means using anything at your disposal to stop the attack. Fight *“dirty.”* Relax and let them think they have won. Then attack the nose, eyes, groin, solar plexus, or anywhere that grants you an opportunity to get out of there. To quote a few great warriors:
 - a. *“Supreme excellence consists in breaking the enemy’s resistance without fighting.”* – Sun Tzu
 - b. *“Float like a butterfly, sting like a bee”* – Muhammed Ali
 - c. *“In order to control myself I must first accept myself by going with and not against my nature”* – Bruce Lee
 - d. *“The real Art of Peace is not to sacrifice a single one of your warriors to defeat an enemy. Vanquish your foes by always keeping yourself in a safe and unassailable position; then no one will suffer any losses. The Way of a Warrior, the Art of Politics, is to stop trouble before it starts. It consists in defeating your adversaries spiritually by making them realize the folly of their actions. The Way of a Warrior is to establish harmony.”* - Morihei Ueshiba
 - e. *“Fear Leads to Anger, Anger Leads to Hate, And Hate Leads to Suffering.”* Master Yoda
2. **FOCUS.** For me, hyper-focus or the bliss-state only occurs when I am focused on the present moment. *Duh*, right? Well, how do you focus? I was never told how to focus, and it took me 32 years to figure it out on my own. I noticed during hyper-focus a particular part of my brain is lighting up and has noticeable activity increases. You can imagine this as a ball in the middle of your forehead, around the pineal gland. Thoughts of the future or memories of the past are in different parts of the brain, but generally in the middle area. Negative emotions such as fear, worry, or anxiety cause the back of my brain to swell with activity. But focus is in the middle of

the forehead.

However, I noticed I was unable to force this area of my brain to light up with activity. I tried for the longest time but forcing it by straining my eyes or muscles on my forehead just made the activity decrease. I would get upset and that ball of activity would fly to the back of my head. The way to get the ball into the front of the head is by relaxing into present moment and then adding a positive emotion to it. You can also imagine smiling with your brain and the mouth is located right in the middle of the forehead. This *allows* me to focus. When I *try to force* focus, then my mind is in a state of trying and the ball-to-try-to-focus is located further back in the brain. The ball-of-being-focused is in the front part of the brain. *Relax & Be Nice* and allow yourself to focus. Then ask yourself “*Could I be more relaxed? Could I be more nice?*” Watch with ease as whatever you are trying to learn just gets magically absorbed by your brain on the first try. You hear it and you retain it.



3. **ADDICTIONS.** As mentioned, I used to think I was addicted to many different things. Painting, writing, medicines, athletics, learning about space, making progress in life, partying. I was not addicted to those things. I was addicted to the present moment that those things helped bring me in to. When I am relaxed and nice, everything becomes more interesting and easier to focus on. With ADHD, I would typically lose focus when doing anything that did not interest me. In fact, you could be screaming at me, and I would not hear you at all. My parents used to call this “*selective hearing*” but there was nothing selective about it when I was younger. I would get fully depleted of energy when doing things that caused negative emotions. However, when I did something I loved, everything would slow down, and I would get this extremely blissful feeling.

Colors would be brighter, I felt lighter on my feet, and everything seemed to go perfectly when I was doing things I loved.

However, these things had a limit to them before I lost the feeling. I smoked so much cannabis that I could not get high anymore. I drank so much alcohol that I would feel low for days. I worked out so hard that my body would ache for weeks. I painted so much that I eventually despised it to my core. But now I *Relax & Be Nice*. The addictive feelings to these things are now very weak. I have been able to ignore medicines and I learned to create a schedule for myself so that I do not spend all day hyper-focused on any one activity. I decided to show loving-kindness to my body and make sure I took time enough away so that I am not forming bad habits and ruining fun activities. Medicines and alcohol do serve a purpose; they allow us to relax and form connections. It is why so many religions incorporate them. However, the longer you hold out, the more enjoyable the next high is going to be. Form a strong will so you can enjoy it more. Just be mindful and notice how it makes you feel each time. Do not just associate it with the good feeling you had your first time. The good feeling goes away when you start to abuse it. Here are some helpful guidelines for substance use that I have learned work for me, but only you know your body, listen to what it is trying to tell you:

- a. Drinking alcohol habitually is terrible for your health. But sharing a bottle of wine with some friends can be a life changing experience. We have all heard study after study tell us a glass of wine with dinner is good for us. This is because it relaxes us. However, a whole bottle by yourself is going to cause liver issues. Pay attention to how alcohol affects your consciousness. 1 glass may be fine occasionally, but 6 will cause me to lose consciousness. For me, I do not like the way alcohol affects my consciousness. But I do love to be around people when they are open and speaking their minds without any filter. Try and determine if you really like drinking alcohol, or if you just like what happens while you drink. Find your middle way. Go ahead and have a drink every now and then, just avoid becoming intoxicated.
- b. When it comes to Cannabis, a *wake-n-bake* mentally will lower my vibrations and cause me to zone out all day. However, taking a nice long hike to the top of a mountain and then taking a hit of a nice sativa is heavenly. Be nice and share it with your friends and you will giggle all afternoon. While Cannabis is a safer method for treating chronic pain than opiates, I have noticed smoking once every day before bed still manages to reduce my creativity and my ability to accomplish goals. There is a middle-way for me, but it is not daily. If you use Cannabis, be sure to find that middle-way for you.
- c. Hallucinogens serve a purpose. Use them with the right intent and the Universe will provide you all its secrets. Use them to kill time and reduce boredom and they will steal your time and make you a bore. As with all medicines, set and setting is important. Have the intention of increasing your consciousness and you will receive it. If you are unsure of your intentions, just take some magic mushrooms. You will learn a lesson.
- d. In my opinion, medicines and alcohol should be used similarly to a religious ceremony. It should be done with the right intention and focus. It should be used to awaken our internal spiritual energy source. And it should only be done one day per week at most (but your middle-way may be once per year or lifetime). Once under the influence, take the time to note how it feels and try to reproduce the feeling as long as possible before

taking any more. Notice where all the feelings are coming from and the parts of your brain that are lighting up with activity. Meditate on this feeling and really build up the neural pathway that makes you feel high. Then, throughout the rest of the week, attempt to recreate that feeling on your own.

- e. An addiction to anything is nothing more than an attempt to relieve suffering. It is an attempt to resolve an issue without addressing the issue. All emotions must be acknowledged before you are able to let them go. Sit down and address the issue. Resolve the pain and stop perpetuating the problem via an addiction. I used to think Cannabis-Sativa made me paranoid. It did not. It simply was trying to reveal to me that I had a problem. Once I resolved my problem, Cannabis-Sativa stopped “making” me paranoid (“making” is in quotes because nothing makes you do anything, you choose to do it, whether consciously or not).
- f. There are plenty of other medicines out there. Do your research. Be smart. Show loving-kindness to you and your own body. Your brain produced the high. Sit down and meditate and learn how to create that high on your own. Then it becomes free, healthy, and always accessible. Not to mention you cannot get arrested for it. If the substance is not improving your life in any way other than getting you high, you have a bad habit and need to make a change. Take the steps to improve your life, no matter how uncomfortable they may make you feel in the short term. *“The journey of a thousand miles starts with a single step”* – Lao Tzu

- 4. **BALANCE**. Previously, I was never good at balance. Riding a bike with no hands was out of the question. But after the *Relax & Be Nice* revelation, I decided to give it a try. On the first try I was able to ride my bike without my hands keeping my balance. By the end of the second day I could go up hill, around a curve, in thick grass -all- with no hands. But then I asked myself “*Could I be more relaxed or nice?*” Then I start melting on the seat and complimenting myself and being grateful to the bike. Then, like some kind of silly miracle a gust of wind comes from out of nowhere and pushes me along even further. One time a squirrel appeared out of nowhere and started running next to my bike. Something always happens. I set no expectations and things I want just seem to appear. It has nothing to do with aerodynamics or being physically centered. It is just about being relaxed. Like the sun shining in the sky or my heart pumping in my chest, it just works better without me trying at all.
- 5. **SEX**. Like most people, I did not start out good at sex. No confidence in my abilities as a human being and given my childhood I did not think anyone could love me for me. It made me very tense and caused me to worry about how I looked or if the other person loved me. I noticed the more I was thinking or trying to change the present moment, the worse I would perform. It would make me tense and I would get angry at myself. When I relax, blood flows through me perfectly. I can perform longer without any effort. While showing loving-kindness (being nice), my partner enjoys it more because I initiate foreplay and do not just force my way through. Foreplay is important because it builds the sexual energy. Keep building this sexual energy, get in rhythm with it, the longer you hold out the better the result. I take my time, I show everything love and appreciation, and I make the experience about them, which makes it so much better for me. This is not just foreplay. The whole sexual experience is about relaxing and showing

loving-kindness. But then I ask myself, *“could I be more relaxed or nice?”* And when I am excessively generous with her, she becomes even more generous with me.

6. **PUBLIC SPEAKING.** My presentations have changed radically in the past few months. Previously, I would turn beat red every time I had to speak publicly. I would overthink it to death. I would feel so insecure standing in front of people that I would rush my way through the presentation. If someone asked a question, I would not hear the whole question correctly and would just cut them off whenever a thought came across my brain. I had to spit out the answer or I thought it would be gone forever in the abyss of my brain. When I *Relax & Be Nice*, the answers just come to me. Not only that, but my voice has this nice resonance because I am relaxed and nice. And the more I relax, the better my voice sounds. People tell me now how much they like hearing me talk now. I let the words fall out and I say them with rhythm. When you are relaxed and nice, good things just fall out of your mouth without effort.
7. **OPENING LOCKS.** I got locked out of my house the other day. At first, I was angry about locking myself out, so I just shoved my credit card in the door crack and started jamming it around. I made no progress and destroyed my card after 5 minutes. Then I decided to *Relax & Be Nice*. I smiled at the lock. I slowed down, used my all my senses, and felt my way around with another credit card. Then, within seconds, I heard the “click” I had been working for, without any damage to the card.
8. **TRAFFIC.** I used to really hate morning traffic. I would always make a concerted effort to get to work as early as possible while leaving at the same time every day. Every day I did this, I started to take note of the time I made it to work. It never really improved. No matter how much I rushed, something would always happen that would slow me down. It could be a wreck, a red light at an inopportune time, someone cutting me off, or any other number of things. Then I started asking myself *“could I be more relaxed and nice?”* I started to slow down a little bit and get in right lane. I forgave the angry drivers cutting me off because they certainly have somewhere to be. Then I started to notice all the lanes opening. All the reds lights were changing to green lights. Then to my left I notice I am passing the red truck that was riding my tail trying to race by me 5 minutes ago. The Universe will move things around just for you when you are relaxed and nice.
9. **LEARNING.** Remember how easy learning was as a kid? When you were not rushing to leave or clinging to the idea that your teacher was an idiot? I do. I remember thinking I was smart around age 8, but then thinking I was unintelligent around age 12 and after. I have recovered that feeling of intelligence. When I sit down to learn something, I learn it the first time without having to read or listen to it 6 times like in College or High School. But then, I ask myself *“Could I be nicer and more relaxed?”* Not only do I learn the new topic, but I am also able to make connections between other topics.
10. **STRETCHING.** I started practicing yoga. I never used to be good at stretching. I played plenty of sports in school but was middle of the pack in stretching abilities. In fact, I could barely touch my toes. I noticed if I do yoga while straining or acting like it hurts at all, I am not relaxed. I must let

go of the pain and stop clinging to it. Then on my out breath, it is like I just fall forward an extra half foot without trying. But then I ask, “*could I be more relaxed and nice?*” I started thinking about how the teacher is doing a wonderful job and how peaceful and perfect everyone is. Then an ant comes and starts playing with my hand, or the sun will break through the clouds and shine directly on me, or the instructor will compliment my pose. I never know what it is, but something good always happens. However, if I cling to an outcome, I will not notice all the little miracles. Noticing those little miracles leads to noticing the big miracles.

11. **SINGING**. Watch any of your favorite singers. How good do they sound when they sing? Do the great singers strain their faces? What about the rappers? Do you notice their dead pan expressions – relaxed the whole time. Did you ever see a rapper give a genuine smile while rapping? It really pulls you into the moment with them. I never used to be good at singing, but now I suddenly can. Then I start complimenting my abilities and being grateful to have them, and it is like I can sing like Freddie Mercury. Ok, not Freddie, but me. Which sounds perfect too.
12. **ADHD/OVERREACTING**. As mentioned, I have ADHD and I remember when I was about 10, I started crying to the song “*I’m in a Hurry*” by Alabama. At 10 I had already started to feel like my life was racing out of control. My thoughts were coming in at 100 miles per hour and that child-like sense of wonder began to fade from my existence as I had no idea how to control the thoughts. I frequently reacted to everything and everyone, blowing up at every turn and regretting it later. Many times, I would feel the regret immediately and wonder, “*who just took over my body?*” I still have thoughts that race through my head and can easily fall into my ego; however, I *Relax & Be Nice* to them. I acknowledge the thoughts so they can breathe and then I let them go so they can float away. If a negative thought manages to come through, I smile at it and I find the positive in it. This prevents me from being reactive. It prevents me from being ashamed later and allows me to be confident in my existence in this present moment.

If you have ever been told to control your energy, congratulations, many people covet that energy. They want it for themselves and seeing you with it really depresses them. But if you have ADHD or an overabundance of energy, it is important to control your energy in order to get along with others. Personally, I love life so much that I am willing to go with the flow in almost every situation. I used to play any game the Universe would throw at me. But that is a lesson that I was sent here to learn. It is important to have fun and enjoy life, but if you are intentionally causing suffering, you have selected the wrong game to play. Other people are part of the Universe and when the Universe asks you to calm down, then go ahead and calm down. Center the energy. Harness it. You were given this energy for a reason. Use it to your advantage. Negative energies will try to get you to play their game because they see how much power you have. Do not play their game. Flip it on them. Make them play your positivity game. Show them so much love and compassion that they cannot even stand to be in negativity anymore. Change the world, one negative energy at a time.

13. **WORK**. I never used to get exceptionally good reviews at work. However, suddenly without any effort, my boss and coworkers love me. They even complimented me on Zoom for how relaxed I looked. It feels as if I am getting special treatment. But then I ask myself “*could I be more relaxed and nice*” and I volunteer for work. Then, my boss assigns me some task that takes 10

minutes, and my afternoon is freed up. Then, because I volunteered, she remembers I am a huge help to the team and she gives me a better performance review, which leads to raises.

14. **BETTER MOOD.** I still have emotions, but I do not cling to them. While I did not handle receiving divorce papers very gracefully, I did handle breaking up with my ex-wife very well as she went through the house destroying everything. Any other time and I know that would have been me smashing stuff and yelling. But I did not lose my cool once. But then I asked myself “*could I be more relaxed and nice*” and I started taking her side and letting her do what she needed to do to get that anger out. By the end of day, I could tell a huge weight had been lifted off her shoulders. She was already happy again saying she was ready to start her new life and we could be friends. She was even kind enough to give me the house.
15. **LEARNING NEW THINGS.** I used to hate doing new things because I always felt I needed to study every single aspect of it first or I would look like a fool for trying. Thanks to *Relax & Be Nice*, I can naturally do new things, whereas before I was always bumbling about never knowing my place in the Universe. When I start being super nice and relaxed and really crank it up, I become great at new things almost instantly. Some things come quicker to me than others but being relaxed and nice allows me to see the patterns and relationships between activities.
16. **LISTENING/RELATIONSHIPS.** Because I realize everything changes, I am more grateful for the current moment as it will never be the same again. People may never be here again, so I give them the time they need to express themselves to me and I express myself fully to them. I listen to them fully. If I love someone, I tell them I love them. I do not play games and hide behind insecurities. I am straight-forward and honest, and people love that quality about me. I am being loving-kindness. They see me being relaxed and nice and they start being relaxed and nice. My demeanor is contagious. I can see people’s faces light up when they see me. Even people I never met seem to light up. Making others happy is simple. Show them you really care. Give them attention, affection, and appreciation for being in your life. When you are around them, do not get inside your own head about insecurities. Relax, be nice, and express your true feelings at this moment without adding or subtracting from it (be honest).
17. **INVESTING.** It is hard to hear what people want (the economy) if you do not relax. Listen to them. You will see the patterns. You will hear what they are going to buy next. Then you go buy that stock. Just be sure you learn about diversification first. Diversification and collaboration are extremely important.
18. **MUSIC FESTIVALS.** At a music festival a few months back (yes, in the middle of a pandemic), I laid in the dirt by a fire. I would normally avoid doing this, but I did not have a chair, so I decided to *Relax & Be Nice*. It was cold that night, but I got right next to the fire in the soft dirt. Then people pulled up next to me and started talking to me. I started cranking up the *Relax & Be Nice* and I melted into the ground. Throughout the night people just kept coming up and giving me things to hold for them because I looked so relaxed and nice. I got a bongo to play with, a glowing ball on some string, free food and beer, a blanket, and a variety of other things. Everyone was being super nice to me. I even got cuddled by this sweet girl for a bit. Another lady came over and

gave me a foot massage. At first, I was about to cling to the idea that I had dirty gross hippie feet, but I accepted the Universe's offer and relaxed. The whole night was magical.

19. **DANCING**. I used to be so embarrassed to dance. I had no rhythm. However, with "*Relax & Be Nice*", I can hear the rhythm so well that my body just moves to it. Zumba is so much fun. I absolutely adore it. I am even taking hip-hop dance classes because I am so confident in my ability to move freely and in rhythm now. Then I ask myself, "*could I be more relaxed and nice?*" I stop worrying about what everyone thinks, and I just listen to the rhythm. After my first day of Zumba, the instructor and other classmates felt compelled to tell me how wonderful I did. They really liked how I would improvise when I did not know what was going on.
20. **HEALING**. Some people will argue that medicine, doctors, or God helped heal them. While those things might help, the pattern I see is that faith and belief in something allows us to relax enough so that we can heal. It is the placebo effect. Our bodies are perfect healing machines most of the time. If we relax, it will heal. How often do you see drunk drivers surviving car crashes? It is generally accepted that it is because of how relaxed they are when that moment of impact occurs. If they were being nice, though, they could have avoided the crash all together.

Relax & Be Nice unlocks your full potential. Tension and negative emotions only slow down your progress towards achieving your full potential. You do not have to try this, but please know it works 100% of the time in my life, without fail. Test it yourself, it is too easy not to try. Test it out for a full week and see if it changes your life. It changed mine. *Relax & Be Nice* – Let me know how it goes.

Love,

Jay



Everything



One Thing



Perfect

A GUIDE TO UNITY & HIGHER CONSCIOUSNESS

Since *Relax & Be Nice* was the Cheat Code to the Universe, I started to wonder “*What is the game all about. Why am I here and now?*” I reviewed the patterns I saw and was able to develop what I believe is a very reasonable conclusion. However, this cannot be proven so please take with a huge grain of salt.

THE GAME. It is an intelligent lesson system, designed to reward good thoughts and actions. It is a game to teach us to *relax and be nice*. The Universe (or something external to it) made everything and even quantum physicists are starting to believe atoms and electrons have consciousness. The Universe created all things and was the guiding hand that helped bring them together to eventually create us. Those smaller consciousnesses (atoms and subatomic particles) worked together to create larger consciousnesses until we go from single-celled organisms to humans. Humans started out separated by various groups of people all over the world. Everyone was separated out by continents and those continents further divided up into smaller and smaller factions. Over time those factions took the best parts of each society and merged them. They kept merging them to form better and better religions and societies. Now we are starting to form a larger consciousness called Earth or the Internet and other artificial intelligences. Even Navy Seals will admit that there is a group consciousness that is required when in combat. We must work together if we expect to continue moving towards the prize. The whole world must wake up if we expect to win the game.

SUFFERING/CHALLENGES. The game is perfect. *Excuse me? What about suffering, murder, torture?* Well, how would you build a game? Would it be super easy, or would it be super difficult? I would choose neither. As a passionate boardgame player, I know playing any game that is too easy or too difficult becomes boring too fast and I lose interest. But this game of life has an even split of good and bad. 50/50. Yin-Yang. If you want to live a bad life, you can choose it. If you want to live a good life, you can choose it. It is all a choice we get to make here and now, because only you get to determine what is “good” or “bad”. Nothing is inherently good or bad, those feelings of good and bad all live in our heads. We decide if we want to cling to emotions, dreams, or desires. We can choose to assume because those things have not come to us yet that they never will. We can choose to not be relaxed and nice. We can choose not to move towards our goals. But I do not recommend it. It is what causes me the most suffering. I used to do it to me every single time. Instead of being nice and relaxed to myself, I chose to be anxious and tense. It served no purpose, other than to make life terrible for me. To make matters worse, if I did achieve something, the happiness I thought it would achieve would be gone within days and I would be on to the next thing.

In most cases, I am rarely being held at gunpoint (maybe not rare enough) to continue whatever lifestyle I am living. Sometimes, I wrongly assume I have a duty to continue the grind of life, but there is no real duty except the one I impose upon myself. If I let someone be violent to me and dictate my actions, then I chose to give them full control of me. I made the choice. I know this because at any point I can stop choosing to think about all my past sufferings and focus on the abundance of the here and now. I can go outside, see the abundance and beauty in everything and find contentment. Or I can choose to go inside of myself and find more beauty and contentment. The Universe made itself complicated and fun so that we would not need to think about it and the more we do think about it, the worse it can get. When we

overthink, our brains become like a microphone next to a speaker. The thoughts reverberate out of control and explode.

I have found that there are plenty of people I can choose to help right now which will fill my heart with love and joy. I can even choose to sit down, close my eyes, and create a little Universe in my own head that meets my own immediate needs. Contentment and happiness are everywhere. So, I choose the happy path. I go do what I love and when I do not know what I love, I go help someone else do what they love. There is an infinite amount of love and light in each of us, become aware of it in yourself and others. Cultivate it and watch it spread infinitely.

HOW TO WIN THE GAME. Learn the lesson the Universe is trying to teach you. Find your higher self and help others find themselves. Unity and collaboration. Look for what unifies us and lose what divides us. The whole world is now pushing for Globalization. All businesses push for diversity. The internet and satellites allow us to communicate all over the world. Doctors tell us to eat a variety of healthy foods from all over the world to get our nutrients. Most of society tells us that *“all lives can’t matter until Black lives matter”*. The stock market tells us to diversify. Many countries are starting to rethink their border policies (at least prior to the pandemic). Even the pandemic is telling us to diversify our genetics to survive the next pandemic. Our relationships tell us that we need more friends than less friends. Loneliness is the biggest killer, go hug somebody. All major religions and governments tell us to be kind to one another. Problems teach us that working together is the easiest way to solve a problem. Even divorce is easier when both parties agree to work together instead of paying for expensive attorneys. This is beauty of synergy. When two individual energies work together, they combine to form an energy that is greater than the sum of their individual energies. Its why small groups of people working towards a common goal can achieve so much. You really do have the power to change the world.

Being a great leader means you must listen to people and hear what they really want so that you can help guide them towards their goals. It means giving up power so that you can have real power (unconditional love). See past the egos and insecurities and hear what people really want. You get what you give in this Universe. If you want it all, you must be willing to give it all away. Lose your attachments to being nervous, doubtful, hateful, and unconfident. Love the situation you are currently in with all your heart. Accept it fully. This is where you were meant to be. Why are you so worried about a game?

THE PRIZE

The ego hides it. The soul finds it. We get with it. Our Utopian society is coming. It is our destiny one way or another. Prepare yourself for some real fun once we all wake up. Just remember to relax and be nice so it can happen. Let it happen. Take care of yourself, your neighbors, and the environment. Speak your heart and do what is right. *Relax & Be Nice*. Just like any game, once you win, the winners celebrate. When the celebration is over, we start the game over and try again or we play a new game. Change makes this whole thing fun. Trust the Universe has your back and have fun. Do not cause suffering for yourself or others. Choose peace, love, and joy every single time and you will have it. You are unlimited potential, just keep telling yourself you can do it.

Life is a rhythm, a vibration, a repeating pattern, information, it is all the same thing. Your DNA, a repeating pattern. The Universe and stars in the sky, repeating pattern. That is why habits are so easy to fall in to. That is why music and dancing is so much fun. That is why you are totally capable of being everything you want to be. Improve your rhythm. Learn from others. This universe is a learning machine because learning is supposed to be fun. Change is fun. Believe it is changing for the better and it will.

SETTING INTENTIONS. Throughout my life I have always heard doctors and scientist talk about an interesting phenomenon called the *Placebo Effect*, where the sheer belief that a certain medicine or practice will work as intended, will actually cause it to work as intended. If you believe something deep enough and long enough, it will eventually happen. Maybe you were like me when you were in 5th grade and got smashed on some grape soda in a wine glass. I wanted to find a way to apply this to my everyday life to see if it would go further than just turning grape soda into wine. I relaxed so I could hear the Universe's guidance and I became nice enough that the Universe and other people wanted to help me, and they did.

At the beginning of every Yoga class we take a minute and set our intentions for the practice. I initially ignored this part of the practice. I had no idea what it meant to set the intention. *What else could my intentions be other than to increase my flexibility?* However, some days it would seem like I was getting less flexible. So, I started to analyze what was going on with me. What was I doing that was causing me to be flexible some days, but inflexible on others? I realized I was bringing baggage in from work, my divorce, my past sufferings and carrying those things into my yoga class. I was not being fully present in my yoga practice. I was not setting a positive intention for myself. Try to find as many positive uses as possible for every action. I like to set my intentions so that whatever I am doing, my brain is thinking about all the positive effects it is having on me and the 8 dimensions of wellness. The key here is to phrase this as an *"I am"* statement, not an *"I will be"* statement. Your brain does what you tell it to do. Tell yourself you are doing whatever you are doing perfectly, be open to correction from the Universe, and watch with ease as you just so happen to be able to do whatever you are trying to do. There is no wrong practice, only the wrong attitude.

POSITIVE INTENTIONS:

- **When eating anything** – *"I am eating, which has already provided me even more nourishment, energy, strength, and all-around health and wellness. I am healthy."*
- **When sleeping** – *"I am sleeping, which has already increased my already high overall health and energy levels. I am a lucid dreamer, which has already let me learn more, grow faster, expand consciousness further, and have fun while it increases my overall health and energy levels."*
- **When collaborating** – *"I am collaborating, which has already increased my consciousness even further. I keep learning so many new perspectives. With this group energy, I manifest dreams now. I am a great leader and I live a rich and fulfilling life."*
- **When working** – *"I am working, which has already made me financially independent. I have fun at work, I meet new people, I make new friends, I build relationships, I learn how to help others achieve their dreams each time I go to work. I always improve my strength at work, lose unhealthy fat, and I make easy money so I can share it with others."*
- **When suffering** – *"I am grateful for this suffering. I am learning a deep and inspiring lesson. I am coming out stronger and more resilient. All my past suffering has led me to hear and now and here and now is perfect. I am a better person for having suffered. I know what I need to do to help others prevent their own suffering. I am now done suffering. This suffering has been a gift."*
- **When conscious** – *"I am pure energy and unlimited potential. I am abundant and move at my own pace. I am confident, grounded, safe, and secure. I am wealthy beyond dreams and I share it with the Universe. I am part of a giant cosmic family and am never lonely. I have no enemies, and everyone is my friend. I help others and allow others to help me. I am stable, strong,*

purposeful, resilient, and healthy. I am creative and adaptable to all changes. I am attentive, sincere, sensual, sexual, and get immense pleasure from life. I can do anything I set my mind to and am always achieving my dreams, which include helping others achieve their dreams. I am a powerful Jedi and use my powers for the betterment of the Universe. I laugh often, live an exciting life, and know how to have fun. I am loving, sincere, compassionate, and a source of healing in the Universe. I am loved, acknowledged, and accepted by everything and everyone. I

love, acknowledge, and accept everything and everyone. I am truthful, straightforward, and generous. I have a deep understanding of everything but admit there is always plenty more to learn. I am successful at achieving my dreams and I dream big. I am wise, wholesome, fulfilled and one with everything. I am a source of inspiration for myself and others. I am content, enlightened, and perfect. I am liquid and go with the flow. I am beautiful inside and out. I am a fearless, humble, collaborative, experienced leader. I am timeless, ageless, and in peak health. The Universe is conspiring to make my life perfect and I conspire to make it perfect for the Universe. I am relaxed and nice.”

Set the intention for everything you do. When you know what your dream is, empty your mind and tell yourself you already have it. Imagine it. Focus on it. Make it of the here and now: *“I am the greatest [insert profession here] ever. This skill has made me excessively happy. I share this skill with the Universe because I have such an abundance of this skill. This skill has given me access to wealth beyond dreams and it allows me to help others follow their dreams. Helping others follow their dreams inspires me to follow mine further. The more I help and can help others, the better my experience. Therefore, doing what I love, helps bring peace, love, and joy to the Universe.”*

I have noticed that every reality is valid. Whatever you believe fully comes true. What you say and think matters. When someone wants to be a certain way, they be that way. Everything is built off this reality to give us a starting point. It is our choice how far we push it. So instead of judging what someone says next time, learn it. Relax and be nice so you can hear what they are saying. Why would they take the time to even bother if it did not work for them? Stop telling yourself you have limits. Those are not concepts you came up with. Those are concepts you accepted as truth because someone told them to you. Someone else believed they had limits and told you that you had limits because of their own insecurities. We push the boundaries of what is possible every single day. Open your mind and accept that it is all a valid reality at one time. We have a very cool Universe.

THE DREAM TEAM. When applying *Relax & Be Nice* it is important that I set my intentions, goals, and dreams. If I do not acknowledge what I want, how will I know the direction I must flow? I need to *Relax & Be Nice*. But I always want my dreams to manifest more quickly. Just like everything else in this Universe, the more energy you have to accomplish something, the easier it is to accomplish it. All things being equal, the team with the most belief in their abilities wins.

When I am relaxed and nice, this creates a space for others to want to come join my *Dream Team*. My dream team is accessible to anyone who wants to follow their dreams or help others on the team follow their dreams, without doubting the dreams.

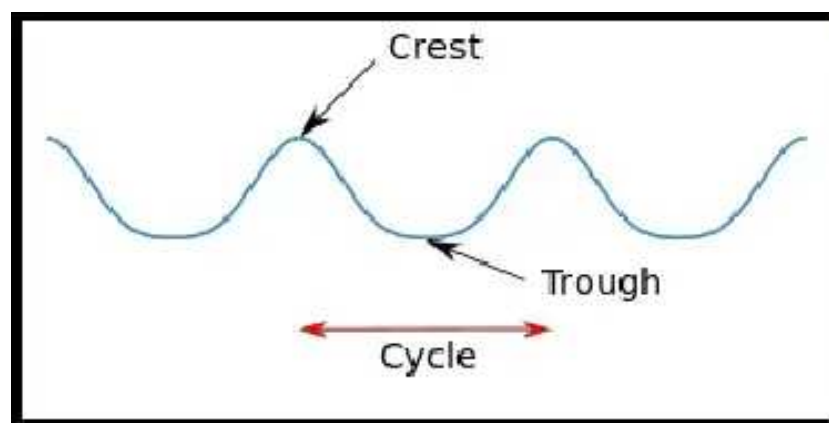
Once everyone on the team has determined their dreams and desires, we share them with each other. Once we all know each other’s dreams and desires, we actively work as a group to help each other achieve those dreams. We focus our energy and begin to manifest our dream realities for each other. We spend an even amount of time each day helping the whole team achieve their dreams. Everyone on

the team is important and deserves an equal amount of dedication towards their dreams, no matter the size and scope of the dream. Nobody is above anyone else. When one of us makes it, we pull the rest of us up and continue to climb in this manner until all dreams have been manifested. The more people that join any dream team, the more energy they have to manifest their dreams.

All individuals can join my dream team, but if you do not live close enough to me or lack a method to communicate with me, you can start your own dream team. It is easy. Just start helping people and let them know you are conspiring to make their lives perfect. Then watch with excitement at how contagious your energy becomes as people stop everything just to come join your dream team. Allow the good things to happen by relaxing and being nice. Everyone loves relaxed and nice people who encourage and inspire them. Everyone. Be that person. Go create your dream team. Just be sure to set the intention and focus on making the dreams occur here and now. Collaboration increases energy and the ability to manifest. Go make as many friends as possible.

VIBRATIONS. Everything is a vibration. Set the intention for your new vibration that you are going to start here and now. If you cause suffering, you get put on a suffering vibration. If you hate a particular group of people, you will start noticing them in your life more and more. This is not coincidence. This is you doing it to you. You set the vibration of hate and then all you get back is hate. It is all connected. If you think and do positive things, the Universe guides you to a positive vibration. The moment you act on a negative thought or emotion, you are destined to receive a negative reality. The Universe is always watching.

When you change your vibration from negative to positive, this can cause a lot of dramatic shifts in your life overnight. This is the Universe testing your sincerity. Do you really want to be better or do you just want out of your current situation? You can think of this as a crest and trough on a wave. If you want to reach the high point of the wave (crest), you need to go through the low point first (trough). Stay relaxed and nice through whatever happens in this period of turmoil. The Universe is just harmonizing to the new vibration you have set. It is conspiring to make your life perfect. Just make sure you stay relaxed and nice as it tests your sincerity to the new you. Treat everything and everyone like the Gods and Goddess they are, and they will be perfect. The bigger the dream, the bigger the obstacle, but it will always work out in the end if you fully believe it will. The Universe knows what is best for you, so stop worrying, doubting, and judging it.



SPIRITUAL AWAKENING. When you become spiritually awakened, you get a different sense about the Universe. You realize how much power you have to affect the here and now. You realize that the only thing you can really have full control over are your own thoughts, emotions, and actions. You cannot *force* anyone to love you, you *allow* them to love you. By relaxing and being nice in every scenario, you

are effectively leaving the predetermined path that causes you to react like a mindless zombie. You are making a conscious effort to respond relaxed and nice. If you allow other people and events to make you feel a certain way, they control you. The Universe controls you. You have no free-will. This is a major reason why physicists still argue whether we have free-will or if everything is predetermined. That is because it is both. We are predetermined until we learn to manage our own emotions, thoughts, and actions. Once we have those managed, we obtain free-will. Even spiritually enlightened people will fall prey to their ego and react to external stimuli instead of responding. Reacting is easy and lazy. If you cannot manage your own emotions, thoughts, and actions, you are conscious – but you are not awake. It is comparable to being in a dream and then becoming lucid of the fact that you are dreaming. You realize what you are now capable of and you go do it. You follow your dreams and do not let the current situation bother you, because you know it's not going to last forever, so you make the most of it and leave it all on the field. When you finally start responding instead of reacting, people may not even recognize you. It feels very similar to the movie *"The Matrix"*. You see people running through their same behaviors even though your behavior is changing. It is like they are robots on autopilot. Learn how to respond so you can wake up and have real fun.

This Universe happens for us. Not to us. Let it happen for you. It is trying so hard to make your life perfect and for some reason we keep messing it up. Stop it. Relax and be nice. Follow your dreams and then get out of the way. Let it happen. It will end up more perfectly than you ever expected. I promise you that.



Everything



One Thing



Perfect

Could I be MORE relaxed? Do it
 Could I be MORE nice? Do it
 Angry or tense? What a great opportunity to become more conscious!

CHEAT SHEET TO FLOW STATE AND HIGHER CONSCIOUSNESS:

Breathe in Loving-Kindness – Breathe out & Relax. Repeat. Empty Mind. Open Heart. Channel Love Energy.

- **Relax:** Be calm. Breathe. Your power is in your breath. Empty the mind. Relax all muscles and keep the spine and neck straight. Smile slightly. Meditate/pray. Cultivate an internal witness. Listen without judgement. DO NOT RUSH and go slow. Everything deserves to be acknowledged.
- **Be Nice:** Apply the golden rule. Use all your senses at one time. Avoid negative thoughts and promote positive ones. Never intentionally cause suffering for yourself or others. Be nice to your existence. Tell the truth. Stay in rhythm. Respond. Never react. Forgive. Let it go. Love wins every time.
- **Relax & Be Nice as you move towards achieving your dreams and helping others achieve theirs.**
- There is never a good reason to be tense or angry. Stop thinking. Start Feeling.

If You Knew You Had a SUPERPOWER, Would You Not Stop Everything and Practice It?

- View everything as a test to your ability to relax and be nice. Good situation? Bad situation? It does not matter. *Relax & Be Nice*. Drop your ego. Find the best possible outcome and stay positive:
 - Fired from work? *“Perfect! I was just thinking I needed a change of scenery!”*
 - Hit by a bus? *“Sweet! I am going to learn a lot about anatomy this week!”*
 - Wrecked your car? *“Dope! Now I get to be healthy and use my bike!”*
- Face your fears, challenges, and anxieties. Turn and acknowledge them. Never look away.
- Wanting positive experience is a negative experience. Accepting negative experience is a positive experience. Everything good in life comes from overcoming a negative experience.

Set Positive Intentions for Everything. Then Fall in Love with the Process.

- Whatever you do, be present and enjoy it. Even the stuff between “doing stuff”.
- Focus your energy every second of your day. Do something that brings out your higher self.
- Control your energy and find center. Respond relaxed and nice. Never react emotionally.

Build your Dream Team and Manifest your Dream Reality.

- Collaboration increases energy and the ability to manifest. Go make some new friends.
- Show everything unconditional love. Never force something to change. That is not love.
- Remove attachments of the ego. Remove Prejudices and Insecurities. Lose concepts and doubt.
- Go with the flow and stop trying to control everything. There is true power in letting go.
- Encourage honesty and allow people to be who they need to be.
- Make a genuine effort to actively help at least 1 person every single day.
- You gain nothing without others, and you cannot take it with you. Give it away.
- As you move up, pull everyone else up with you. Your gain is the Universe’s gain.

WHO AM I? I AM...						
Abundant	Accepting	Adaptable	Attentive	Centered	Collaborative	Compassionate
Confident	Conscious	Considerate	Content	Courageous	Creative	Enlightened
Eternal	Expressive	Fearless	Forgiven	Forgiving	Fulfilled	Fun
Generous	Graceful	Grounded	Happy	Healthy	Humble	Intuitive
Joyful	Liquid	Loving	Kind	Lucky	Nice	Passionate
Patient	Perfect	Persistent	Powerful	Purposeful	Relaxed	Resilient
Rhythmic	Secure	Sensual	Sexual	Sincere	Strong	Successful
Timeless	Truthful	Wealthy	Whole	Wholesome	Wise	Worthy

