

Super You

Time to Unleash Your Powers



Julian Freeman

April 2014

Super You

Time to Unleash Your Powers

This is a book about perfection. This is a book about superpowers. This is a book about you. You've already got a glimpse of you..of who you really are. Now is your time to step into the next level of understanding. You are going to love this!

The most important, amazing thing about this book is that everything described in here is already inside you. You already passed the course..you got an A+..well done you!

Seriously though.. anything you are going to read here is something that is innate in you, its inbuilt into your makeup, its your default functionality. This is only as short book, but thats all anyone needs, a 'Getting Started Guide'

In this book I'm going to call them Superpowers, because they are. Just wait and see how many you have. Its amazing. I'm also going to share a few simple misunderstandings that you've got from learning to play the game of life without ever having read the 'Getting Started Guide'

Time to draw back the curtains and let the sunshine into your life..

Time to find the nearest telephone box..don your cape and fly..

Enjoy!

Feelings are your guide

Have you ever played the hotter/colder game, either as an adult or a child? If you haven't let me introduce it to you. The adults send all the kids out of the room and hide something somewhere. A prize. It almost doesn't matter what that prize is..it is the game that counts. It's a fun game.

With the prize safely hidden, the adults sit down and call the children back in. The kids come back and start searching for the prize. The adults' job is to tell the kids if they are getting closer to the prize or farther away by saying 'hotter' or 'colder' Did you play this game? I'll bet you played it as a child and an adult too and loved it..both ways.

Well you've been playing this game all your life. It's not a game, it's a guidance system. I know that people think that our feelings are a response to something going on outside ourselves, the person we are with, the big bill, the bad weather or that other driver cutting you up at the lights,

But, and it's a BIG But..

We've all been labouring under a huge, but very innocent
MISUNDERSTANDING.

You see your feelings are just telling you about your THINKING.

Hold on now and let me explain..

Your thoughts let you interpret everything that is happening in your life. How you see a situation depends totally on what you think. Say you are walking along the sidewalk and you see a dog, if you like dogs you may want to go and give the dog a stroke. If, however, you are scared of dogs, you definitely would pass on by, you might not even look in their direction. See how you a thought about dogs creates a response to this dog and defines how you deal with anything thats happening for you.

While you are thinking these thoughts you'll get a feeling. If you love dogs, you'll probably have a warm and happy feeling and if you don't like dogs, you may well be worried an anxious. Now all your life you've probably been thinking that feeling came from the dog..

WRONG!

It was just one of your Superpowers at work. Yes, you are going to find out in this book that you have a bunch of superpowers and they are available to you every day

Back to the hotter/colder game for a moment. Remember playing this as a kid? Remember how you really played this game? Well to start with you don't listen to the adults you look around the room and try to figure out where the prize could be..and you might be lucky. Pretty soon you stop looking and start listening to the adults and following their guide. They are telling you where the prize is all the time. Its just the same with our feelings. They are telling you if your THOUGHTs are 'hotter' or 'colder' for you in your life right now.

Amazing that kids get how to play this game fast! We adults just think that we can figure it out..WRONG! Listen to your feelings and they will help you.

SUPERPOWER 1 - Feelings are your internal guide to life.

Lets go back to dogs again for a moment. Lets say that you love dogs and you are feeling happy. Your feelings are telling you that you are on the right track. If you are scared of dogs and feeling anxious that feeling isn't the dog. How many times have you seen a young child be a bit timid about the friendliest of dogs, but with a little encouragement they pat the dog, see how friendly he is and they all live happily ever after. The kids thinking changes in an instant, the happy feeling arrives to say he's got good thoughts now and its all sorted.

Its the same for you..the same for all of us..all the time!

If you are anxious about a dog it could be that they are snarling and foaming at the mouth. In that case your more primal instincts are taking charge and thats all good, but if your anxiousness is because you had a bad incident that involved a dog once you can carry that story with you for a long time. Then your anxious feeling is telling you that your thinking is wrong. That the story is wrong. You know it at one level too, especially when the dog is smiling at you and wagging its tail, but even then your thinking can be telling you the wrong thing. and you feel that uncomfortable feeling. Its not the doggie. He'd just love you to fuss him. You know that..

Thats exactly the way to listen to it..if you are feeling bad, uncomfortable, anxious or worried its never the circumstance your in, its only ever your thinking about that circumstance.

When the BIG bill arrives and you have a story about not having enough money in your life, the worried feeling is telling you that your money story isn't the right one for this situation. It will all work out as you will see later

When the needle moves to a bigger number as you stand on the scales and you have a story about needing to look good to be attractive to others your insecure feelings are telling you that your story is wrong. Your partner still loves you..being attractive has nothing to do with the size of your clothes..

When you feel bad because you failed at something you really wanted to succeed in. Those bad feelings aren't anything to do with you being a failure. Oh No. They are telling you that thinking you are a failure is the wrong thinking. That particular situation might not have turned out how you wanted it, but its going to turn out another way. One that works for you in an unexpected way. At least thats how its always happened for me.

Are you starting to get it? This MISUNDERSTANDING is so simple and when you understand how your SUPERPOWER works, you'll start to see life differently. Very differently.

Welcome to your own personal guidance system for life..and it comes as standard!

On the very next page is your next SUPERPOWER. It leads right on from the first..

SUPERPOWER 2 - All your GREAT Feelings are inside you.

Everyone knows what HAPPINESS feels like. Everyone knows what LOVE feels like. I don't need to describe those feelings in words. In fact everyone would describe those feelings a bit differently. But we all KNOW what they feel like..don't we?

If your feelings are your guidance system, your inner compass, then love and happiness tell you when you are pointed in the right direction for you.

All you have to do is do the things that are most natural to you in life and you'll be in that zone of happiness and love more often than not. Now that's what I call a great life. It doesn't take particular circumstances, you don't have to wait until you've achieved something, you can be living in a great feeling..anytime, anyplace, anywhere. Remember it was never the prize in the 'hotter colder' game that made it fun. It was the playing!

When you get bad feelings, they are good too, because they are telling you that your thinking about your circumstances or a situation you encounter is not a good way of helping you through it.

Feelings are ALL Good. They are ALL helping you

You might be a bit cynical at this point? I know I was the first time I heard this. I'd lived all my life trying to figure out where the prize was in my game of life. I thought that my bad feelings were about situations that confronted me in my life. Life was about doing hard work and dealing with problems. Well you can live like that. I did.

You can also live a life where happiness and love is your starting point, your true north.

So what do I do when I feel bad you ask? when I've got a problem Bill, relationship, job situation? its simple..

You let that bad feeling subside and as soon as you start to feel clearer and more comfortable something will come into your thinking that will give you the solution. That leads us onto..

SUPERPOWER 3 - Insights that Change Lives

One thing that I've learned to really love about life is there is a wonderful ebb and flow. Any time I'm experiencing feelings that seem bad at the time, the one thing I know is that there will be a shift at some point and new thoughts will come. Its like walking a path or driving along a road. As you move along, the way you see the view in front of you changes. Its the most natural thing in the world. A change of perspective. Maybe a new valley comes into view or the sun shines differently onto the hillside. How you see whats going on in life is just the same.

All of a sudden you see it differently..

From that new perspective thoughts and ideas come. The problems in life seem to change and you realise, quite naturally, that there are solutions. They might not have been obvious to you before, but all of a sudden they are there for your. Ever heard the phrase

"a veil lifted from my eyes"

Maybe you are starting to get it? lol

Quite often you don't know what your feelings are about. That really doesn't matter. In fact trying to figure out what is causing them can just take you deeper into those feelings, and you feel worse. You don't need to know where your feelings are coming from. After all, if we go back to the hotter and colder game, it doesn't matter that you are standing by the chair in the corner if the adults are shouting freezing at you! you just head back the other way. No point heading further into the corner is there?

When the feelings subside they are replaced by a place of peace and calm. There is a lightness too. Life seems easier..better somehow and the way forward is encouraging. Even if the solutions aren't there for me right then I have a sense of wanting to step forward into life and thats a great feeling. Subtle, but really hopeful. Life is an opportunity in that place.

Yes seeing life differently is HUGE..

Problems become smaller, Opportunities appear. New creative ideas pop into being and life is totally different. It only takes a moment for this to happen and it doesn't have to be preceded by bad feelings either. A new thought, a new way of looking at life can come at any time..any time at all..

Think of the great ideas people have in the shower, usually when they are relaxed and not thinking of anything in particular. Now you know what I'm talking about I'll bet. Its happened to you I'm sure. Just when you stopped trying to think of a solution to something is when the solution comes. Its like looking for your lost purse or wallet. You look harder and harder. You still can't find it. Just when you give all hope up and trust that you'll find it later you notice it. My mum used to call that 'Boy Looking'. I'll bet you've done it? You might even laugh at how obvious it was to find. I do. Well a new thought is like that.

Okay it applies to small things like lost purses, but it also works with big changes too. Or things that you always thought were big.

Maybe you thought you were worried about your wedding speech, but when you saw how much everyone loved it you realise that you never needed to be worried at all?

It could be that you've always worried about your looks and you find a partner who loves you whatever you wear and however you show up. Good or Bad. Happy or Sad. In that moment you see that love is more..means more than you ever thought it did.

How about we go back to the story about doggies to finish this section. Say you meet the sweetest dog ever, and even though you've been afraid of dogs for a long time, you grudgingly admit that this chap is nice, and maybe..just maybe you could see that dogs might not all be here to threaten you? Actually you might just learn to like dogs. I know someone who is just like that. She actually was attacked by a dog as a child, but later in life she has two dogs as her companions and she wouldn't be without them.

Isn't life beautiful when you are in that place?

Just in case you are thinking that dogs are too simple an example. Let me suggest a big one. In fact, its one of the biggest. Parenthood. I always used to say to people who were just about to have their first child, that life would take on a new dimension. Of course they couldn't even conceive how life might change before their firstborn arrived, but after that..you see life totally differently..and life is totally different. I've never met anyone that didn't find it like this.

See what I mean now?

This is the place where quietly start to feel grateful. You don't have to sit down and write out ten things you are grateful for., recite them every day, hoping that the feelings that go along with gratitude arrive. You just ARE grateful. Simple as that!

You might say to yourself that you are lucky..well you are. We all are..lucky to be alive!

Now this is what I call living. Nothing needs to happen. No amount of money is required, no fancy car, big house or number appearing on the weigh scales in the morning. You are just Happy

Yes its that feeling again..Your True North..and you are pointed towards it once again.

If this isn't good enough for you, another great power is waiting on the very next page..one to add to the growing list -

SUPERPOWER 4 - KNOWING

There is a really amazing thing that happens when you are calm and peaceful, grateful for life and feeling lucky.

You get ideas and thoughts that you just **KNOW ARE RIGHT**.

What do I mean by know? Well think about the big decisions in your life. Think about the small ones. Some you agonised over for days. Thinking through the pro's and con's. Others you just knew what to do. You didn't second guess yourself. You just got on and took action..and **BINGO**..it was the right solution for you just there and then in your life.

So **RIGHT** its amazing.

Once upon a time I worked in a company where we employed great people. People who you could trust that when the chips were down and things looked tough, they'd come up with the right action, using their innate intelligence. Call it intuition or going with their gut. Then we decided that we'd try and help them be better by sending them on a decision making course and guess what? They all went, but nobody used the techniques that had been taught. **Knowing** what to do was so obvious to them that they didn't need a process to figure things out. They didn't figure things out. They wen't with their wisdom..and pretty much all of the time it was right:-)

Parenthood is another great example of **KNOWING**. With your own baby, Parenthood isn't optional..well for all women and a growing number of men in the modern age. They know what Parenthood means without being asked..we just do it! When our child needs something we are there, we love them, care for them, take responsibly.

We do what feels right..No questions asked..we just **KNOW**

What would life be like for you if you could be **ABSOLUTELY CERTAIN** that life was going to work out for you?

Well when you KNOW, what to do next is just obvious and you don't stop and wait. You jolly well do it! you are full of confidence. No decisions to make..you just go for it. Doesn't that feel great! and doesn't it get results too? It does for me..every time!

If you were worrying that giving yourself time to get into a good place was wasting precious time. DON'T. When you get the right actions that you just KNOW are right for you, you'll be making way more progress in life. Remember Easops fable about the Hare and the Tortoise?

What if you could turn this KNOWING into CERTAINTY? Actually let me go one step further and lets call it..

ABSOLUTE CERTAINTY

If you were absolutely certain that everything was going to turn out just fine, how would that change things for you in the way you live today?

It would be different wouldn't it?

VERY DIFFERENT!

I still remember a time which must be 38 years ago for me. I remember it like its yesterday. I was a young man taking exams that would decide whether I would go on to University or not. I can still see myself standing looking at the wooden swing doors that marked the entrance to the exam hall and my first 3 hour exam of a series. I was so stressed that I chain smoked before and after the exams. In 3 days I smoked 200 cigarettes, despite spending between 6 and 9 hours each day in the exam hall itself where smoking was prohibited. There were times where I went to put a cigarette in the ash trays we used in those days, only to find another lit cigarette already there. I was THAT stressed.

I thought that those exams would decide my life. If I flunked them it was all over! I remember standing looking at the entrance doors and wondering how I was going to make it through the next 24 hours! It seemed that serious.

Guess what? I made it through those days and did well enough to get onto a course. It hadn't been the one I would have chosen, but something happened after that. I discovered a new way to approach studying and with the help of a couple of guys who I tutored on the course I did well. I did **REALLY WELL**.

I could never have envisaged that it would turn out like that standing in front of those entrance hall doors on the first day of my exams, but it did.

In fact in my experience that's how it always works out. You go into situations with worries and stress, but once you are in them, if you are anything like me, you deal with them way better than you ever envisaged that you would and once you'd got through it the resolution of whatever the situation was and what came after was way better than you could ever have imagined going into it.

Stop and think about it for a moment please..

Your next Superpower starts on the next page..go see

SUPERPOWER 5 - You are unsinkable.

Just like boats are designed in such a way that they might tip over, but they will come back up right. So it is for us humans too.

I've told my exam story at the talks that I give, and asked the audience to do an exercise where they explore situation like mine and see how it turned out for them. They always, always agree with my findings. So if you are questioning whether this superpower is right or whether I've gone mad in proposing it, I have a lot of evidence that its true..Think about it. Ask around. I think you'll believe it too

Okay so you say that boats do sink and its true that they do. Quite often its because the captains take them into situations that are way more than any boat can deal with. Even the Titanic, the boat designed to be unsinkable, went down because the man in charge wanted to break the record for an Atlantic crossing on its maiden voyage. If only they'd have listened to sense..followed their feelings..

The same is true for all of us. When you don't follow your feelings you are putting yourself at risk. In my opinion, and I've only got my own evidence for this, if you push too far and ignore your feelings long enough physical symptoms start to give you stronger warnings. Our inbuilt guidance system becomes a warning system.

Only we've got it wrong. Very wrong. People go to their Doctors and get antidepressants, Beta blockers and more. I was really amazed when I started meeting people who I found out were taking these pills. It turned out the medication was only dealing with the physical symptoms. It never dealt with the actual depression or the stress. I'd love the world to wake up and see that you don't need to live with depression, stress and worse in your life. Just listen to your guidance system and trust your superpower. Then everything will be okay.

One thing I agree with is that there are certain situations in life when you get knocked flat..terminal cancer or heart attack, a plane crash or a major motor accident. If we spent our whole life worrying about those what would life be.

We'd barricade ourselves in to our homes and never come out. A bit like Howard Hughes. I'd rather go and live my life on the basis that its all good..wouldn't you?

With that in mind lets step back and take a look at where we are now..

We all have a built in guidance system that guides us to the life that is most natural for us. The one we will excel at. We can all get a new perspective, a new insight, at any time and with that new view on life actions and next steps arrive that we just know are right. Those actions and steps are easy and natural for us to take too..

..and to top it all if the going looks rough we can trust that we are going to get through it. We always did didn't we?

These Superpowers are pretty comprehensive when you look at it like that. I'd say that is pretty good grounds to have

ABSOLUTE CERTAINTY..

that

..YOU ARE GOLDEN

I've been living my life trusting my powers now for a while and I am here to say that it just gets better and better. This morning I woke up with my partner and even though I had lots to do and things I could worry about, I knew that with the sun streaming in and my partner in my arms. There could be nothing better..life is **GOOD!**

Are you getting a sense of how life can be for you yet?

Well let me add one more Superpower into the mix

SUPERPOWER 6 - Introducing Your Wisdom Autopilot

If 5 amazing abilities wasn't enough for you to handle and you are starting to think that this sounds a bit complicated or far fetched..

Sit back..Relax..Enjoy the ride

Because underneath over everything else you think or see about your life and the actions you take from that place there is a Wisdom. Its part of the Universal Energy that powers us all. If you've ever seen a rainbow just starting to appear and break out into the most magical range of colours then you've seen this energy. You've seen creation. I used to take rainbows for granted, like once the scientists had explained away that its just light shining through water droplest it became ordinary. But for me rainbows are magical!

And thats the amazing thing about Wisdom. Its often very ordinary, but at the same time its quite magical. Just stop and ask yourself whether you've ever marvelled at a Rainbow or a stunning sunset or the birth of a newborn. Yes you've seen it. I know you have. We all have.

Okay, Okay, before I get too carried away lets make things much more down to earth. Remember KNOWING? Any time you feel that and action on that, whatever it is. That was wisdom in action. Whenever you got through that situation when you thought you might sink, wisdom was guiding you through. Your whole guidance system, is powered by wisdom, like your satnav uses electricity. Just like any good guidance system, their is an autopilot always working inside of you.

As you look back at the difficult situations that you have encountered in your life you've probably got a sense of how useless a lot of the worry, and probably some of the actions you took as a result of that worry, turned out to be. It might even look like you almost got through the situation despite yourself. Thats exactly why we often look back and laugh. Why were we ever worried? Answer- because, whether we knew it or not, we were taking action, guided by our autopilot..and it all came out fine..Better than fine!

Something is working for you.

Some greater good. Some deeper intelligence..Wisdom

In fact, call it what you like, its great to know its there with you all the time and you can just sit back and enjoy the ride. You don't even need to steer your boat every waking moment, just let the autopilot do the work. Its really good! I often sailed real boats and found that if I took the helm of the boat to steer it the boat went slower than when it was on the autopilot! I didn't get tired, I could sit back and take a bigger picture. I could enjoy the ride! Perfect!

So can you..when you even get a sense that you are plugged into that deeper intelligence that universal power, thats going to make things seem even more certain.

CERTAIN that its all working out for the Best..

..even if it doesn't feel like that right in this moment as you read this..

This is really helpful, especially in those times where you don't feel like you've got the time to think things through, when emotions are running high, when action is required right now. You've got your autopilot to rely on. It will always see you right.

..and thats wonderful! isn't it?

If you've read they pages a question is probably starting to bubble up into your head. Its asking for some substance..some rational to back up what you've been reading. You liked what you've read..it feels right, but you want something more

Time to introduce you to:

The Three Principles of Mind, Consciousness and Thought

First things first. What is a Principle.

A principle is immutable. Its a fact. Its the way things work. Take the principle of gravity. Pick something up and then let go of it. What does it do? It fall to the floor. Of course it does. And that principle is called gravity. Wherever you are on planet Earth it applies all the time. Whether you understand academically or not, you know how it works really, you take principles like these into account in your every day life all the time. Agreed?

If you remember the first book in this series we eluded to Three Principles. that taken together describe how life works..

The Principle of Thought: Your life experience is created by your thoughts. You take data in through your senses, your eyes, ears, touch and taste and your thoughts convert that into a conversation, a great meal or even a bad one!. Its all about what you think , or more correctly, how you think about it.

The Principle of Consiousness: This is about being aware of your thinking and that your thoughts might not necessarily be a great reflection of the facts. When you are in a good place you can see your thoughts, especially the more troublesome natures in a more friendly light. Ever been in a place where you know there are issues around, but you just feel good anyway and they don't seem like much? Thats what I mean.

On the other hand, when you are not in a good place you get lost in your thoughts, you totally believe they are real. For me its often the 'last straw' when some issue comes along and, taken on top of all the other little things that are around me in my life, like they are around us all, I just get into a bad feeling and all the issues come flooding in and feel very real. From that place those troublesome thoughts can feel totally different! Thats exactly why your feeling, in Superpower 1 are important, because they are telling you if you are in a good place to listen to your thinking..or NOT:-)

The Principle of Mind: Where do thoughts come from? where does consciousness come from? Well scientists have been looking for years and are still looking. Religion has been talking about a Greater Power for Thousands of years, but only recently are the two coming together. With the Physicists and Mathematicians working on Quantum theory they are finally starting to describe humanity, the earth and everything as part of one Great BIG energy field. Thats when life comes from..Thats MIND

Sounds grand doesn't it? well it is:-) but to make it much more simple, think about something electrical in your house, a kettle, a steam iron, or a hair dryer. They all have plugs and cables and you plug them into the mains to get them to do their thing. Well MIND is exactly the same, except we are always plugged in. Its that power that allows us to eat, sleep, breathe, think and do everything that we do. Just like our mains electricity, we tend to forget about it, but without our mains electricity what would happen? Thats BIG right?

It might sound a bit complicated. Gravity is a single principle and its relatively simple to explain. The Three Principles of Mind, Consciousness and Thought work in combination. They need each other to explain how life works for us. Its just like playing an guitar. A guitar has a string of a certain size and length. Thats one principle. The string is stretched to a certain tension. Principle two. Then you have to pluck it. Thats the third principle. You can have different types of string, different tensions and you can pluck it in different ways, but you have to have all three to make music.

Its exactly the same with the Mind, Consciousness and Thought. All thoughts are created from the energy of Mind, as is Consciousness, and Consciousness itself is all about the way we experience our thoughts and how they come into reality. Working together these three principle explain completely how life works.

Thats the quick story. There are books, videos and audios that explain all this far better than I have done here. It was all started by a man called Sydney Banks who had an insight, and shared that insight for the rest of his life all over the world. I invite you to take a look at his stuff and see for yourself

www.sydneybanksproducts.com/affiliate=19

A Final Notice

And that's about it for this book. I sincerely hope that in reading these words you've seen something..about how powerful you really are and you are more conscious that you have everything you need right with you at all times.

All those SUPERPOWERS, built right into you..and backed by an amazing power of Wisdom that is always working for you.

You are Perfect. In fact you aren't. You are Imperfect, but that's the human experience. The way you see things changes from day to day, moment to moment. Even Superman has his kryptonite moments, Even he worries about showing up as Clark Kent or Superman. At some level he is human, but when he finds that phone box and dons the famous cape he's got what it takes. In fact I'd say that he's Perfectly Imperfect..

..and so are you..Perfectly Imperfect!

The more you see it..the better life will be. And even in the times and moments when you don't see it, you'll start to get a sense that the universal autopilot is working for you..

Your life is a superb journey and you get to sit back and enjoy the ride. As the late and great Mr Steve Jobs said:

"The Journey is the Reward"

If you have enjoyed this book and you want to take the next step why not read

Our Greatest Power

It's the next book in the series.

If you want to dig deeper into this understanding of how you work and how life works, here are some other resources that will give you videos and audios you can watch from some fantastic and experienced practitioners:

www.livingfromwisdom.com - where the Great Dr Dicken Bettinger and friends share with you their wisdom and understanding of the Three Principles behind Life

www.starsofwellbeing.com - where we share the journey and our ever increasing understanding of just how wonderful life is.

and this resource wouldn't be complete without

www.insideoutrevolution.com - Michael Neill's fantastic book and growing community, sharing his understanding in his unique way

www.jamiesmart.com - Jamie introduced me to the principles and his best selling book Clarity explains this understanding in his own unique way

www.3pgc.com - Pransky & Associates trace their history back to a long personal relationship with Sydney Banks. They are building a global community to share this understanding. Well worth a visit.

In all of these websites you will find masses of resources, both on the Three Principles themselves and how these Principles have been applied to every facet of life.

And if you want to hear about my own personal journey from misunderstanding to the place I live from today

www.facebook.com/lifebeyondmoney

or read about the start of my journey to a this new understanding with my book Life Beyond Money, its on Amazon. Find out how an ordinary, everyday guy can see life totally differently. Its been an amazing journey for me so far..

