

# *You!*

*A Course for the Self Discovery  
of your Hidden Talents your Inner  
Passion and your Unique Path to Success  
and Happiness.*

*Ted Divine*

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*Publishing*

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## *A Universal Note*

As you follow this course you will find references to God or “the prime creator.” You will also note that the pronouns he and she are used interchangeably in these references. I believe there is a universal energy that binds us all together and it is convenient for me to refer to this energy as “God.” However, please substitute whatever name is comfortable for you ... Allah, Buddha, Tao, higher power, infinite intelligence, the universe. all that is, the force, the ground of being, etc. Or if you are an atheist or agnostic, perhaps “the web of life” would appeal.

It is not at all necessary to believe in any one form of this energy or even to believe in it at all, in order to discover yourself. The thoughts and exercises in this book will be useful to you no matter what your belief.

In all there are twelve chapters in this book (or twelve days in this course). The first three are FREE so you can determine if it is to your liking. If so, the remaining nine chapters may be purchased at a nominal cost here:

[Purchase “A Self Discovery Course”](#)

We use the funds to spread the word and to develop additional materials aimed at helping people lead more joyful and successful lives.

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## DAY 1

# *Who Are You?*

*"If I am not I, Who will Be?"*  
*Henry David Thoreau*

Knowing who you *really* are is the most important thing you can know about yourself. Do you know what sets you apart from other people? What is unique about you? There is something about you that makes you special and irreplaceable. There are gifts that only you can bring to this world and to your fellow man.

The purpose of this course is to help you discover those gifts and in so doing... to discover yourself - your life purpose.

For many of us these gifts are buried underneath piles of "shoulds", "don'ts" and "who do you think you are's." They are buried beneath inherited ideas of who we are "supposed" to be and what others have told us to be. Few of us enjoyed the freedom and support, in our formative years, to discover our true selves.

It is a lifelong search -- learning about yourself -- but there are shortcuts and some helpful tools. This course will show you some of the most powerful tools and

shortcuts. It will lead you through a process of self discovery.

Why bother?

Who says I don't know myself ?

Only you can answer those questions -- but before you do -- you might want to think about these questions:

Am I happy?

Am I healthy?

Am I successful?

The answer to these questions is a measure of how well you know yourself. Happiness, health, and success are important hallmarks of knowing yourself and *being* yourself.

When you are *being* yourself, your desires, needs and talents are aligned with your true purpose and success (on your own terms and by your own definition) is the natural result. Truly successful people are happy ... in fact the only *real* measure of success *is* happiness.

Success and happiness eliminate unnecessary stress, emotional strain and "dis-ease" from your life and so you will also be naturally healthy. Dis-ease is just that – “lack of ease” or the lack of a feeling of well being.

Knowing yourself and acting on that knowledge brings ease, joy and peace to your life. It puts you directly in touch with the source of all life and makes you healthy, happy and whole.

A worthwhile goal wouldn't you say?

So how do we get started?

Well, you have already started! Self-knowledge and self-exploration is a life long journey – an unavoidable journey. As a living being, you are automatically on this path.

But, there *are* ways to *speed up* the process -- to accelerate the understanding and the realization of your true self, to become more aware of your specific gifts and how to share them.

The first and most important step in the process is the simple realization that you *are* unique -- truly *unique*. There is no one in this universe, past, present or future, with your special talents, desires and abilities. There is *no one* with your unique gifts and life purpose. No one who can give to the world what you can give.

The truest guidepost for your uniqueness -- the one and only arbiter of your natural gifts and abilities -- is *you*.

Only you can reveal to yourself and to the world what those gifts and those abilities are. It is the very nature of your uniqueness that no one else can tell you who

you are -- no one else can define you -- no one else can make your choices.

It is only for **you** to make those choices. That is the nature of your free will -- the very nature of your ability to create.

By making choices, and shaping your self-image, you create yourself both now and in the future. No one else does this or can do this for you. That is solely your right and privilege.

But just because you have the right and power of self-definition and self-creation doesn't mean that you understand that power or use it consciously as it is intended to be used.

***All too often we let others define us and by accepting their definition we make it so! Unfortunately, their definition will not make us happy.***

Have you ever seen the movie *City Slickers*? With Billy Crystal and Jack Palance? Billy plays a disenchanted advertising executive who is persuaded by his friends and wife to take a vacation on a western dude ranch in hopes of regaining his zest for life.

There he meets Jack Palance, a crusty, old and scary trail leader and they take an immediate disliking to each other. After a series of adventures Billy and Jack finally develop a mutual respect and even grow to like each other. At this point, Jack tells Billy he knows the meaning of life.

Billy is eager to learn Jack's secret and begs him for the answer. In answer, Jack simply holds up one finger. Billy, of course is puzzled by this and keeps pestering Jack for the answer. Jack in his terse and cryptic manner finally says "The meaning of life is *one thing*" Billy ... "Okay ... okay..., *What* is the *one thing*? Jack ... "*That* is what *you* have to find out!"

What Jack was saying is that each of us has "one thing", "one unique reason for being" that forms the *core* of our life and that gives it meaning. Finding that "one thing" is finding our purpose and when we find it everything else falls into place... into perspective. Ultimately, only that "one thing" really matters.

So what is so special about *you*? and who exactly *are you*? What is *your* one thing? The simple answer to all three of these questions is, believe it or not, the same. And that is ... you are what you *like*. In fact more precisely, *you are what you love*.

What you love is what makes you unique and that is what gives your life meaning. No one else has your unique pattern of loves and likes. No one else sees the world quite the same way you do.

What you are attracted to creates and shapes your world. It defines your meaning in life. You become what you love, in fact, you *are* what you love. Your unique pattern of love gives your life its particular

meaning and purpose...not only for you but for everyone around you.

For now just take this on faith ... *If you can find what you love, than you have found yourself and you have found your meaning in life.*

But finding what you love is not always so easy. It is often buried beneath layers of what others say you *should* love or what you *think* you love. Love is ultimately an *experiential* not an intellectual thing. Sometimes the only way to find out what you really love is by *doing it*.

So to discover your life purpose, we are going to explore what you love (or more commonly what you like). And from all of your loves (and likes) we are going to look for the unique patterns that belong to you alone. From these, we are going to find *your* “one thing” -- your *life purpose*.

Just to get warmed up, let's take a few minutes to write down something that you feel is special or unique about you. What makes you different from anyone else you know? It might be the hats you wear or the way you brush your teeth. It might be some secret dream or fantasy. Maybe it is a particular skill or hobby ... whatever. Just write down something for now (as much as you like). You can always come back later and expand on this list when other things occur to you.

*I Am Unique Because ...*

*I Am Unique Because (cont.)*

## *Section 1*

# *The Nature of Reality*

*“I assure you that whoever tells this hill to get up and throw itself in the sea and does not doubt in his heart, but believes that what he says will happen, it will be done for him.” – Mark 11:23*

*It may seem strange* beginning a book on self discovery with a discussion on the “nature of reality.” But the strange thing is, you really can’t understand yourself until you understand how reality works.

Why? Well because at the core, you are a creator of your own reality. That is what you are. And until you understand how reality works, you can’t appreciate your power to create your life and your life’s purpose.

You create your life. It is the “nature of reality” that allows you to do that. So this book is first about the nature of reality ... which is to say it is about the nature of *your* reality ... which is another way of saying *it is about you*.

*So sit back and enjoy*, while you learn a little about who you *really* are ... a most amazing, creative and unique being ... a true child of god and owner of the universe.

## Day 2

# *Image and Likeness*

*“ There is no separation between us and God – we are divine expressions of the creative principle...we contain the potential for everything within us.”*

*Shakti Gawain*

You may have heard the phrase, “We have been made in the image and likeness of the creator.” What does it mean to be made in the creator’s “image and likeness?” It means that each of us has ***the power of creation***. We each are the creators of our own lives and co-creators of the universe. How could this possibly be true? And if it is true how does it work?

It all starts with consciousness. Reality is based upon consciousness. Consciousness is the ***creator*** of reality as well as the ***“experiencer”*** of that reality. As conscious beings we participate in reality and participate in its creation.

Consciousness requires two entities – the observer and the observed. Without the perspective created by this relationship there could be no consciousness.

The “other” is the mirror in which we see ourselves. Without this mirror we could never know ourselves. Eastern cultures call this principle “yin and yang”. All

things in our reality save the prime creator are subject to this principle. It is the principle of opposites.

The prime creator created the universe by establishing the principle of opposites. Before this principle there was only “one”. One represents unity and wholeness. It also represents un-differentiation -- lack of perspective -- and therefore lack of consciousness.

Before creating duality the prime creator could only have a limited consciousness of him/herself because s/he could not observe herself. The primary and most fundamental act of creation was the creation of the “other” or of duality. The purpose of this creative act was for the prime creator to know and experience himself in ways that were not possible in the state of unity and undifferentiated wholeness.

All of creation (including the “other”) is part of the prime creator – it could not be otherwise. All of reality including the illusion of duality is part of the whole -- part of the original unified body of the creator.

The nature of opposites is that they are *two parts* of the *same whole*. The easiest way to understand this is to think of a magnet. Magnets have two poles -- north and south. Each pole is the opposite of the other but they are both part of the *same magnet*. They could not exist separately. They can only exist in relationship to each other and as part of the *one* magnet.

It is the same for all opposites – male/female, hot/cold, good/bad, light/dark, night/day, long/short, up/down, in/out, happy/sad. One cannot exist without the other. They only exist *in relationship* to each other. They can only be defined and understood in relationship to each other. Therefore, they are both part of the *same whole*.

Christ said “love your enemies”. Why? Because your enemy is *part of you*. He is your opposite and therefore a reflection of you. Your enemy teaches you about yourself. You and your enemy are both part of the same whole. By hating your enemy you are actually hating yourself.

The creator created us in her “image and likeness”. What does this mean? First of all s/he could not do otherwise because everything that exists is part of the prime creator and therefore a direct reflection of some part of her nature.

But in our case, s/he also gave us the gift of consciousness and not only the gift of consciousness but also the gift of *self consciousness*. That means we are aware of our own consciousness. We can observe ourselves and we can observe our own consciousness. Just like the prime creator -- we can experience ourselves.

Even more importantly -- we can *direct* our own consciousness. That is -- we can *choose* what we will be conscious of. We can decide where we will focus our consciousness. This is in fact the most

fundamental basis of our power of creativity -- *free will, the ability to decide where to direct our consciousness.*

How does free will work? Simple. Try this little experiment -- What are you thinking about right now? Observe your thoughts ... now ... decide to think about something different ... maybe a vacation you are planning ... maybe a loved one ... maybe a problem you have been trying to solve ... whatever.

You just *changed* what you were thinking. By changing what you were thinking, you changed your consciousness. By *selecting* what you would think about ... you used your *free will*.

At the same time that you changed what you were thinking, you also *created* something. You created an *idea*. Ideas are very important. All of creation starts with *ideas*.

*The prime creator gave us consciousness. S/he also gave us self-consciousness. And finally he gave us free will. These are the same creative powers he has. The same powers he used to create the universe. The same powers he uses to experience the universe and to know himself.*

*The prime creator created us in his “image and likeness” ... what does this mean? It means we too have the power to be conscious and to direct our consciousness. It means we too have the power to*

***create our own lives and our own universe through the choices we make with our consciousness.***

We have the power to know ourselves through self-consciousness. We have the power to know that we are both separate from ... and part of the same reality -- separate from ... and part of our environment -- separate from ... and part of ... our enemies. We can know that we are both... separate from ...and part of the prime creator.

We can ***choose*** the form of our separation based upon how we choose to use our consciousness. By doing so, we create new realities for ourselves and others – for ourselves and the whole.

Let's focus for a minute on the choices you have been making for yourself. How do you see yourself? ... How do you ***choose*** to see yourself? ***Your family, friends and surroundings are a mirror of the choices you have made for yourself.*** Select some element of your life to describe ... your personality ...your family... your friends ... your living environment ... your job ... etc. On this and the next page, write down a brief description of that element and analyze what it tells you about ***choices*** you have made so far in life:

*About Me ...*

*About Me (cont.)*

*Analysis of My Choices...*

## Day 3

# Get the Idea?

*“ What we are today comes from our thoughts of yesterday, and our present thoughts build our life of tomorrow ... Our life is the creation of our mind.” --  
The Buddha*

Ideas are powerful. They are the seeds of creation. Every part of creation started as an idea. Everything that man has invented -- started as an idea. Everything in our consciousness is an idea. By changing ideas we also change our attitudes, perceptions and actions. By changing our ideas, we change the world.

By focusing our thoughts we organize and ultimately create our reality. Our thoughts are the organizing energy behind our experiences and our environment. They form the basis of all our creative ability. Through thought we begin the creative process. Through thought we exercise our free will.

All great spiritual teachers have emphasized that it is the *inner* world that matters most, not the outer world. That is because creation of the outer world begins in our inner world... the world of ideas. Control your ideas and you control your world.

The inner world will always manifest itself. It is the inner world that creates the outer world, not vice

versa, and in this sense, the outer world is merely a reflection. Consciousness, self-consciousness, creativity and free will are all resident in the inner world.

How could this be true? After all we experience thought as very ephemeral and changeable – *not* the stuff of which *concrete reality* is made. Well, it's quite simple really. Thoughts create attitudes, feelings and beliefs. Attitudes, feelings and beliefs control action and behavior. Action and behavior create our physical reality, and our social environment.

Did you get that sequence? Do you agree that your thoughts create your attitudes, feelings and beliefs? Do you understand that your attitudes, feelings and beliefs govern your actions and behavior? Do you accept that actions and behavior create your physical and social environment?

*Any frequent or habitual thought gets “crystallized” into an attitude, a feeling or a belief.* For example, if you constantly think people are out to get you, that recurring thought pattern will eventually become a subconscious thought pattern. *This subconscious thought pattern will reinforce itself by selecting those outward experiences that confirm its “truth”.*

There are always more experiences in our environment than we can consciously process so we have the power of selecting those experiences that confirm our view of reality. Thus the subconscious thought pattern becomes a belief. The belief crystallizes into a feeling

and an attitude about others that shows outwardly as defensiveness, aggression, anger, or victimhood.

Any or all of these behaviors will attract people who in fact *are* “out to get you” or who are reacting to your attitude in a way that makes it *seem as though* they are “out to get you.” Thus by your recurring thought you have created a social reality for yourself.

That is the truth behind the old joke about a person contemplating a move, who asks a wise man from the village where he plans to move: “What are the people like in your village?” The wise man responds, “What are the people like where you live now?” “Oh, they are selfish, mean spirited and hard to get along with.” “Well, that’s how you will find the people in the new village as well”

This is really only the law of cause and effect, playing out on the spiritual or intangible level. In effect, “What you think is what you get.”

The mind is a wonderful thing. *What we think is what we get.* All of creation first starts with an idea. From the mind of the prime creator springs forth creation. From the mind of each man springs forth the creation of his life and his reality. We all have the ability to create our life by choosing what we think...what we repeatedly and habitually focus our thinking upon.

You have a free will because you can choose where you will focus your thoughts. *By using your free will*

***you are choosing your future.*** The thoughts that we think today are the thoughts that are creating our future reality. What are those thoughts? How do you choose to see the world right now?

*“What we are today comes from our thoughts of yesterday, and our present thoughts build our life of tomorrow ... Our life is a creation of our mind” --  
Buddha*

What do you think about most often? Do you look at the world and see a friendly place? Does the world seem to you to be a place of love? Is it a place in which you can get your dreams fulfilled? Is it a place of positive experiences?

How much power do you see yourself having over your experiences? How much do you believe that you can create your own life? Or how much are your thoughts automatic reactions to your environment or habitual patterns from past experiences?

How much do you react to feelings of disappointment? How often do your thoughts turn to ways of avoiding or ignoring those feelings? Are you preoccupied with food, sex, work, sports?

Are your thoughts generally happy or sad? Are you normally energized or depressed? ***Be aware*** of your thoughts. ***Be-ware of your thoughts. For they will create your reality with or without your conscious participation.***

Your thoughts are often automatic which is another way to say subconscious. If you don't take control of them they will surely control you. You are often reacting to automatic programs established through past patterns of thought and feeling.

For example, if you feel sad, depressed or angry, you may automatically feel like eating something or habitually reach for a cigarette. You may crave a drink or tend to overwork. These are automatic thought patterns (habits) that have been programmed into you.

**You have control over those thoughts and habits.** You can decide what you'll think and ultimately how you will feel and behave. Much of the time your thoughts are automatic reactions to situations that occur in your life. Those thoughts have been programmed from past associations. By changing these programs, by changing these thoughts, and habits - you change your reality.

### **Meditation Can Help**

What is the power of meditation? There are many forms of meditation. Meditation puts you in touch with your inner world...your creative world. It helps you become more aware of your consciousness and teaches you how to *control* your thoughts.

Through meditation you can get in touch with recurring and subconscious thought patterns, beliefs and attitudes. One of the classic styles of meditation is

to simply observe what goes through your head without judgment or reaction - simply observe. In this way you become more aware of your thoughts and feeling patterns. By being aware of them you gain the power to change them if you so desire.

Meditation can therefore give you better control over your reality. It helps you to use your free will and freedom of choice by providing you with a deeper understanding of the quality and content of your consciousness.

Meditation teaches you how to concentrate and focus your consciousness. Thus it shows the way to a “higher” consciousness. With the ability to better concentrate and focus consciousness we gain the power to create our outer world more *consciously*.

Let’s do a brief meditation exercise right now. When meditating it is important to get comfortable in order to limit physical distractions. So sit comfortably with your feet on the floor – avoid crossing your arms or your legs. Take three slow, deep, cleansing breaths. Fill your lungs and stomach completely with air each time and let it out slowly – without effort – expelling as much as possible.

Now for the next five minutes sit quietly and simply *observe* your thoughts and feelings. Start with this thought and let the rest flow without judgment or editing:

***“I am powerful and the creator of my world.  
My thoughts and feelings are always within my  
control”***

When the five minutes are up, take another minute to record here what you observed yourself feeling and thinking during the meditation:

*My Meditation Experience...*

How did you feel during the meditation? ... comfortable?...uncomfortable?...happy?...sad? What thoughts went through your head and how did you react to them...try to change them?...just let them flow? ***Remember, all you are doing with meditation is getting in touch with your feelings and thoughts ... observing and learning about yourself.***

## A Final Note

In all there are twelve chapters in this book (or twelve days in this course). The first three are FREE so you can determine if it is to your liking. The remaining nine chapters may be purchased at a nominal cost. We use the funds to spread the word and to develop additional materials to help people lead more joyful and successful lives.

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Or cut and past the following URL into your browser:

[http://godinsideme.com/selfdiscovery/self-discovery\\_00000a.htm](http://godinsideme.com/selfdiscovery/self-discovery_00000a.htm)

Finally, if you would like more in depth information about our nature and the practical implications for our lives and world, visit us at:

[www.godinsideme.com](http://www.godinsideme.com)

Until then, I wish you all the best that life has to offer ... love, joy, peace, wisdom and self understanding.

Namaste,

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