

Trash Miracles

A Special Report

By

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Waking Up Who You Want to Be

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Trash Miracles

Are there parts of your life you sometimes hate?

Wish you could cancel the failures? Dump the defeats and sidestep the lousy breaks? Maybe your life is pretty good right now... or, on the other hand, maybe very little is going right – hasn't been right for a very long time. There's a lot of that going around.

But are you ready to change it? ... change it in a shockingly short time? Well, get ready. By the time you've finished reading this report you'll know exactly how to alter the path of your entire destiny.

And I don't mean starting next week. I'm talking about beginning today. Right this minute. But you're going to have to accept a couple of shocking truths. Even worse, they're shocking truths about you.

Ready for change?

SHOCK #1: All those failures, defeats and bad breaks, every one of those unhappy events you hate, is a miracle. A miracle you want to throw away like trash.

SHOCK #2: You caused every one of those miracles. And you can change them any time you decide to. I mean ANY time. No long waits necessary.

Okay, let's get rolling. First of all, before we do anything else, I'd like you to estimate how many times you've been inspired with hope for the future, but nothing ever came of it. How many books have you read that filled you with visions of a better life? How many tapes? Seminars? Lessons, articles or reports like this one?

They didn't work for very long, did they? Every last one of them hyped you up, got you all enthusiastic and feeling good about yourself, but then nothing came of it. The effect just wore off, didn't it?

Somehow, you're still mired in that same clinging, suffocating mud of dissatisfaction and despair. And of course you've wondered why. Why doesn't that good influence last? Why does it always wear off?

Here's the answer. It's a simple one, but you're not going to like it:

If nothing is changing for you, it's because there are things you still refuse to do, things you refuse to change.

And as long as you continue refusing, you'll remain stuck in the badlands of a barren life. In fact, as long as you seek change from an outside source, this drought will continue. See what I mean? All those self-help gurus – how many of them have the balls to stand up and tell you to your face, it's all your own doing? Well it is.

Same also goes for me, by the way. If I screw up, I'm the guy responsible, nobody else. No excuses; no use whining, "see what they made me do." I'm the guy making my life. Period.

So what can we do about that now? How do we use this to our own advantage?

EVERYTHING'S A MIRACLE

First, you need to accept clearly, without any hedging, that life is not something that happens to you. It's just the reverse. Your life is a printout of the things going on in your head and your heart. What's lodged within you is projected outward, and everybody watching you can see exactly what your soul contains just by observing the condition of your life.

The truth is, YOU happen to your life, not the other way around. Nobody else is responsible. You make your life. Every single detail of it.

We have heard for years that we need to learn the power of creating better events in our life. That's a bit of a lie. Because, you see, we already HAVE that power, and we use that power every day – every moment we're alive. But we're mostly mis-using it, creating stuff we don't want.

How does it feel to suddenly hear you have the power to perform miracles, and you're using that power to create misery and crap for yourself?

Now, it's true that much of what you're creating is done at the unconscious level. We all have seriously clumsy, unhelpful ideas installed in our minds, much of it from our childhood years. So, yes, you and I may have started out with a lousy foundation. But we're out of childhood now, for goodness sake. We're adults, and it's time to begin acting like it.

Adults take responsibility for their own actions. They take responsibility for EVERYTHING about themselves. And if there's something about yourself that you don't like, you can either fall down in the floor and throw a kicking tantrum, screaming that things are not the way you want them to be, and it's not fair. Or you can look for ways to fix them.

One approach is powerless, the other is power. Which shall it be?

QUICK-CHANGING WHO YOU ARE:

If you're still with me, let's roll up our sleeves and get to work. I hope you've gotten at least a little stirred up and pissed off about this whole subject.

You know how the gurus all tell us that we need to rid ourselves of all "negative emotions" such as anger? Well, as with most things in life, that's mostly true ... but under other circumstances, it's a bunch of bull pucky.

Because when you're sunk in the swamp of despair and helplessness, there's nothing like a little bit of righteous anger to give you a powerful kickstart. Nothing cuts through hopelessness better than getting fighting mad.

A friend once told me that soon after he married, he was feeling overwhelmed by all the new responsibilities. Their first baby was coming, his job paid next to nothing, they were living with his parents, and his father wanted him and his bride to move out on their own as soon as possible.

My friend had virtually no experience dealing with pressures like that, and he was having a major case of overwhelm. Couldn't eat or sleep. Slogged through the day feeling utterly exhausted. Couldn't bring himself to talk to anybody, even when asked a question.

He had never been one to open up and discuss problems with anyone. Never asked for help. Finally, after several weeks of this, he worked up the courage to ask his wife, "Please, can you just help me?" he pleaded. "I need help."

He said she laughed at him: "Aw, there's nothing wrong with you."

Of course, he was crushed, and for two or three days, his depression plumbed new depths.

But then he started feeling the faint stirrings of anger. At last, he stood up one day and declared (to an empty room), "Well, I don't NEED your help. I'll help

myself." And he did. He fought his own way up out of that swamp of despair. The anger helped him grab his own bootstraps and pull himself up out of hopelessness.

Later, he admitted, "My wife was basically right. There WASN'T anything wrong with me. But I believed there was. It wasn't until I got mad enough to take my eyes off my misery that I could see anything else." And that broke the spell. Or as they say in NLP, it interrupted the pattern.

So if you're ready to get rid of all that mess in your life, it's time to begin acting like it. If you suddenly awoke one night and found an intruder in your home, you'd want them out of there – and rightly so. Well, this is exactly the same. There IS an intruder in your home... several in fact... and they came in while you've been asleep.

But now that you're awake, what are you going to do about it? You are fully justified in feeling righteous indignation; justified in using any means to reclaim what's yours, and to ensure that your mental space is never invaded again. A little later, we'll examine how to use this righteous anger to pry yourself loose from old habits.

QUICK-CHANGE SECRETS:

We've all been brain washed to think that change takes long, hard effort. That's a widely accepted "truth" in our world. Well, I hope you're sitting down, because that "truth" is another lie. However, that lie often causes self-fulfilling prophecies. We think change is slow, we expect it to be slow, and we look only for evidence of slow change. Any other evidence, we ignore.

But I can prove change is fast. Absentmindedly pick up a hot pan without a pot-holder. Burns your hand, doesn't it? How many more times will you need to pick up that hot pan and burn your hand before you understand that it's hot? Fifteen times? Forty? Huh uh... you'll remember to use the pot-holder the very next time. No long, drawn out process of change is involved.

Voila! Instant learning! Now, we've just shown that your mind CAN learn in a single try. So why doesn't it learn everything like that? The only thing missing most of the time are focus and motivation. If you have both focus and motivation, then you have a shortcut to learning anything.

If you want to sharpen up your focus, go get a pencil and paper. Take 10 minutes to make a list of all the things in your life you don't like. Got a job you hate? Don't make near enough money? Are you treated like a pushover by everybody you know? Parents you don't get along with? Put it all down. Every last thing you'd love to have different, if you could. Got the list?

Okay. Now point to each item on your list and say, "I made this happen. I worked a miracle and caused this in my life. I'm the one who did this to me." Say something like this for every single item you've written down. Then take that list, rip it to shreds, throw it in the trash, or flush it down the toilet, or bury it in the cat's litter box. Whatever is most meaningful to you. And as you rip or discard or flush, say, "I'm mad as hell, and I'm not going to take it anymore. I don't know how yet, but I'm going to change everything here."

Now make a second list. Fill this paper with all the things you DO want in your life. Now, as you go down the list, say things like, "I will work miracles and bring every one of these things into existence in my life. I don't know how, but I don't HAVE to know how. My inner mind knows exactly how to make things come to pass, and it is now doing my bidding because I'm the cause of my life." But this is only the beginning.

DEFINING THE NEW YOU:

This second list defines how you want your life to be. The kind of things you want happening to you and around you. Get a little crazy with this list. Since everything in your life is caused by what we often call miracles, there's no need to be logical or conservative. Miracles can do ANYTHING. So you can

claim anything for your life. The only thing delaying its happening is your belief about what's possible.

Now, this is not a nice, gentle, gradual kind of process. It'll jump you from one track to a completely different track. In an eyeblink, if you want. The only thing you need to supply is focus and motivation. And lots of it. The focus begins in your list. The motivation comes from reminding yourself how much you detest all the misery and discomfort you've kept yourself wallowing in. And how much you want what's on your new list.

If you're tired of settling for a lousy, boring, poverty-ridden life, then just say so. Say it loudly and emphatically. You know what'll start happening then? You'll start seeing yourself with new eyes. You'll begin seeing how you've been sabotaging yourself with behavior that's custom-made to keep you in poverty and pain and lack.

You'll start catching yourself each time you say something like:

- I just don't WANT to learn any new skills in my job.
- I wouldn't want to be like greedy, sneaky rich people.
- My wife just makes me crazy with her goofy ways.
- The system is set up so nobody can get ahead.

You'll begin seeing how you've set up your own mind and beliefs to ensure you stay trapped in feelings of helplessness. You'll start recognizing statements of powerlessness.

And you'll begin realizing how, every time you say something that gives the power to somebody else, you've just robbed yourself of the power to shape your own life. This means you can immediately begin recognizing and changing these "power giveaway" patterns. This will change "who you are" more than anything else you can do – just recognizing where the real power lies, and reclaiming it.

GETTING IT TO STAY:

One of the big problems with self-help materials is how the influence fades within a week or two. The excitement wears off, and soon you've settled back into your old patterns again. Happens over and over. In the past, to counter this fading, you've fed yourself a steady stream of new books, new tapes, new teachers. Trying to keep it fresh in your life. Trouble is, you're only keeping yourself entertained. Not motivated. Entertainment is from outside. Motivation needs to be supplied from the inside.

If you want to get motivated and stay that way, it's going to take more than feel-good emotions. It's going to take some scrapping and scrambling and good old-fashioned stubbornness. Getting your psychological hands dirty. Even getting good and angry, if necessary.

If you want to remodel your house, it takes some rebuilding and some tearing out of the old before you can start building in the new. Wishing won't repaint the bedroom. Same with your life. Sorry, but that's the reality of it.

We've had so many gurus vaguely tell us how we only need to feel the good and it'll just show up. Well, in theory, that's quite true. But has it happened for you yet?

Unfortunately, you and I – and most people – are not blank slates. We're a mish-mash of old history, with existing habits and beliefs that are currently in the process of creating a certain kind of life all around us. We've got our miracle machine already in full swing, and we have some very unfortunate habits already in place. If you want a new life, with nice, comfortable new conditions, you're going to have to take back control of that miracle machine of yours.

Of course, if that all seems like too much work, you could just let it keep running just like it's going now. If you do that, you'll keep on getting exactly what you've been getting. But if you want to change things, you'll have to be

the one to change them. And changing things means ruthlessly uprooting old habits and replacing every thought, every belief that is now filling your life with crap. After all, it's YOUR miracle machine, and you have every right to run it the way you like. You don't have to settle for anything that's less than exactly what you want.

But again I repeat, you'll have to MAKE it happen. You won't just drift into it. And continually reading books for an endless string of one-week "feel good" fixes has never worked, has it? Well, it's okay to stop depending on stuff that doesn't work and do stuff that does produce results.

SELF-CHEERING SECTION:

How does a coach motivate a team before a championship game? First thing he does, he starts working on their attitude way back in training camp, months earlier. He keeps up a steady stream of focused, carefully selected suggestions and instructions, week after week. Everything he says to them is always aimed at just one result. Winning games.

A sales manager does the same with his sales force.

Good teachers teach that way.

Good leaders lead that way.

And if you want to take control of your own miracle generating power, you'll do the same thing. You'll work at it. You'll keep reminders in front of you constantly. Leave nothing to chance.

You'll keep at it all day, every day, to retake control of what's going on in your mind and heart.

They say it takes about 21 days to create a new habit. But that's only the average. And I hope you no longer want to be just average.

I hope you now recognize the true value of your own power, and how desperately you've been wasting it.

You've been using the power of creation itself to produce the life you're living now. Is that good enough? Are you satisfied with what you've been creating? Are you ready to take back your own power? And USE it?

After all, if you don't, you'll live till the end of your days mired in an endless swamp of trash miracles.

Cheers from sunny Japan,
Charles Burke

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