



**The Most
Powerful
People
in the
World.**

Are the rule makers

Tony Egar

Rules And Relationships

BELIEVE IN YOUR RELATIONSHIPS.

This book will help you enjoy a more peaceful life.

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Chapter 1

Today is the first day of October 2016.

I along with my fellow Australians have been watching the American presidential election.

The experts in the media have been telling us that this election is about more than who will be president.

They are pointing to the opportunity the new President will have in appointing the next judge to the Supreme Court.

Apparently a conservative judge died and now the court is evenly balanced between conservatives and liberals.

The new President will be able to influence the future of America through his appointment to the court.

Will America turn left or right?

I am an Australian citizen, it is none of my business.

What I find fascinating is how powerful the Supreme Court is.

In some situations it is more powerful than the President.

Why am I fascinated?

Because the theme of this book is about rules and the effect they have on our lives.

My observation is: the most powerful people in the world are the rule makers.

But let me take the observation a little further.

There is something even more powerful than the rule makers.

Yes, the most powerful thing in the Universe is a rule.

Because rules are rigid and inflexible.

They can be broken but the rule will carry a punishment.

In Australia we have rules for everything.

If you litter you break a rule.

If you smoke a cigarette in a public place you can be fined.

If you speed on the road you break a rule.

Many people in Australia are upset at the moment because our government is going to change the rules of marriage.

Other Australians are happy for the government to change the marriage rules.

If the marriage rules are changed some people will appeal to the High Court of Australia.

Let me ask you a question, who are the most powerful people in your country?

Are the politicians and the judges the most powerful people?

The police and the army have guns, but might is not always right.

In our country the police and the army obey the rules.

If the politicians do not like a certain rule, they just change it.

In Sydney the newspapers have been investigating a family of building developers.

This family got involved in their local council elections.

They got themselves voted onto the council.

Then they set about changing the zoning and building laws.

One rule they changed was how many levels an apartment building could have.

The old rule said you could build up to four levels.

The new rule said you could now build the apartment building up to eight levels.

I saw in the newspaper this morning that this family sold some land for a profit of \$4.5 million.

They doubled the value of that land by changing the building rules in their favour.

I live on a small property just outside of Brisbane city.

At the moment our local council rules do not allow us to divide our land and sell it.

But if I woke up tomorrow and found that the council had changed the rules in my favour.

I would be rich and happy.

Please notice the power of rules.

When they are changed to favour you, you can get rich and you can get happy.

If the rules are changed to oppose you, they have the power to make you depressed.

Chapter 2

Rules have the power to affect our wealth and happiness.

We should find where these rules exist and see whether we can change them.

To change the rules of government you will have to become a politician.

Or try to influence the politicians by starting a protest movement.

Up till now I have been talking about rules that are written down.

What about all the rules that are not written on a piece of paper.

When you are introduced to someone you will normally shake their hand.

If they offer to shake your hand and you refuse, that is very rude.

You have just broken an unwritten rule.

You will now be punished by being told how rude you are.

If you go to New Zealand and you are introduced to a Maori person you may be rubbing noses as a greeting.

A hongi is a traditional Māori greeting in New Zealand.

It is done by pressing one's nose and forehead (at the same time) to another person.

It is used at traditional meetings among Māori people and serves a similar purpose as a formal handshake in modern western culture, and indeed a hongi is often used in conjunction with one.

Different cultures have different rules for the same situation.

Sometimes different families have different rules.

Some families when they socialise think it is a good idea to get drunk and swear.

Other families would be offended by such behaviour.

Imagine if your husband came from a family of loud-mouthed drinkers and you came from a family of well-behaved puritans.

I think there would be a clash of cultures.

The wife might suggest they have a party, meaning a quiet evening with a few friends.

Meanwhile the husband is thinking, “Does she mean a party, or does she mean a PARTY”?

This young couple may have married in youthful enthusiasm and now they are starting to realise they are from completely different backgrounds even though they grew up in the same town.

By now you and I are beginning to understand where rules come from.

Rules come from the human heart.

Imagine you are marooned on a tropical island with twenty people.

Someone has sailed off in a small boat to get help.

In the meantime, everyone settles down to a daily routine.

A couple of days later you find your wallet missing.

You do not know who took it.

You ask everyone to meet together.

At the meeting you explain that your wallet was stolen.

Wouldn't you be shocked if everyone told you that stealing was okay?

All your life, you have been taught that it is wrong to steal.

Now these people are saying it is okay to steal.

You and I know this is not the way it would happen.

We know that most of society believes it is wrong to steal.

Where did that rule come from?

It comes from the human heart.

Most countries have similar rules regards murder, stealing, assault etc.

How did it happen that almost all of humanity agree on the basic rules?

I know there are exceptions, but when I travelled as a young man it was illegal to murder, steal or assault someone.

No matter which country I was in.

Let us go back to the young married couple who are organising a party.

It is going well until the husbands friends strip down to their underpants and run up and down the street upsetting the neighbours.

The wife is horrified, she goes to her room in tears.

Meanwhile the husband thinks his friends behaviour is normal.

This couple have so much in common on the surface.

But buried deep within their hearts are a whole set of unwritten and unspoken rules.

Because the rules disagree the young couple disagree.

Chapter 3

Rules do not appear by themselves, they emanate from the hearts of humans.

Animals do not have rules in the same way we have rules.

Animals have animal rules, but they are not like human rules.

Animals act instinctively.

They kill who they want to kill, steal what they want to steal and they mate as they feel.

I am generalising, the point I want to make is that animals do have rules of behaviour but they do not have a legal system like humans.

We have rules and judges and juries.

We have prisons; we have the right of appeal.

We can claim insanity.

We have lawyers.

This weekend the Formula One Grand Prix was held in Malaysia.

The winner of the car race was an Australian.

Some Australian men were at the race in Malaysia and stripped down to their underpants to celebrate.

A senior Malaysian police official says he would have no hesitation in charging nine Australian men who were detained after stripping down during the country's Formula One Grand Prix.

The Australians have been in custody since Sunday as Malaysian authorities investigate whether the men breached the peace and disrespected the Malaysian flag, which was displayed on their underpants.

Malaysia has strict rules governing public decency.

If those men did the same thing in another country everyone may have laughed including the police.

Changing rules determines whether certain behaviour is legal or illegal.

Poland had protests about abortion over the same weekend.

In Poland the law on abortions is so strict that there were only 1,000 legal terminations last year. And now, the government is considering making it even stricter.

The governing Law and Justice party, is considering a bill that would outlaw all abortions.

Millions of women are furious.

They want the existing law relaxed, or at the very least, untouched.

Let us return once again to the young married couple.

Suppose the wife gets pregnant and then they are told the child will be born disabled.

Maybe this time the badly behaved husband has a Catholic background and he will not agree to an abortion.

The well behaved young wife has a non-religious belief system and has no problems with getting an abortion.

The clash of culture continues in this marriage.

They are probably both surprised by each other's value system.

Like an iceberg most of it is underwater and unseen.

So far we have seen that rules have the power to make you happy or unhappy.

They have the power to create wealth and just as quickly destroy it.

Rules have the power to break a relationship.

Rules can make behaviour legal or illegal.

Today you can smoke marijuana in one State legally and drive over

the border to get arrested in the next State.

Same substance, different place and obviously different people who made a rule that can affect you.

The problem is, most of the time you cannot change the rules because you are not a politician.

In the next chapter we will talk about the things you can change because there is one place where you are the rule maker.

Chapter 4

The one place that you rule over is your home.

If you are living alone then you are truly in charge.

If you are a couple then together you are in charge.

Here are some of the areas where a set of rules may exist in your relationship.

Appearance.

Manners.

Finances.

Health and fitness.

Hygiene.

Holidays.

How to relate to the in-laws.

Acceptable bedroom behaviour.

The topics are endless and as you look at this sample list you will immediately know in which areas you are flexible.

And on some values you will not negotiate.

You may have been married for a long time and together found common ground.

But sooner or later certain topics come up that make one or both of you angry.

No matter how many times you talk it through and come to an agreement.

The explosions continue, they may be more frequent.

A lot of the problem could be a lack of communication.

But try as you might the problem is never permanently fixed, just temporarily repaired.

In our marriage my wife is the key to our success.

Over the years I watched her love pour out in a continuous way.

Her patience with the children was never ending.

Her enjoyment of life captivated me.

Was she a nice person or was there more to her than I realised.

Did she have a secret?

Was it discoverable?

Could I learn how to be like her?

Lorna worked in a chemist shop for most of her career.

She was dealing with sick people, moody people and occasionally some nice people.

Her boss owned the chemist shop and he always insisted the staff live by one important rule.

Can you guess what the rule was?

Yes, you got it right.

Her boss made one rule stand out above all the other rules.

He asked the staff to do this whenever they could.

He allowed for exceptions but they were extremely rare.

So for most of Lorna's career she had to live by this one rule.

This is the rule that all the staff at the chemist shop had to obey.

"The customer is always right".

At every staff meeting he would say, "Remember, the customer is always right".

You will be very familiar with this rule and you may have had the same rule in your workplace.

The difference with Lorna's boss is he would add a little sentence to the rule.

He would say, "The customer is always right".

Then he would pause for a minute and then add these words.

"Even when they are wrong".

Let me put it together for you.

"The customer is always right even when they are wrong".

Now you might be asking," how can a person be right and wrong at the same time?"

I will explain how her boss did this in the next chapter.

Chapter 5

In this chapter I will try and explain how Lorna's boss at the chemist shop expected the staff to apply his rule for customer relations.

Here is the rule.

"The customer is always right even when they are wrong".

Her boss explained to the staff the difference between judging a person on their decision and judging them on their behaviour.

When a member of the public walks into his chemist shop the boss declares that person a "customer" even before they have bought anything.

The boss freely gives this person who has walked into his shop "customer status".

After freely giving this person their "customer status" he then awards them "customer respect".

He does all this on the basis that the person has made a free will decision to enter his chemist shop.

Here is where the boss makes the difference between people deciding to walk into the shop and how they behave once they are in the shop.

The boss treats their decision to enter his shop differently to their behaviour because the money of a rude customer is the same as the money of a well behaved customer.

The boss wants the staff to learn to treat the well behaved customers exactly the same as the badly behaved customers.

Lorna told me that the key to doing this was dependant on having a gracious attitude.

When she had a rude customer she had to be more patient.

When she encountered disrespect she had to be even more respectful.

Lorna discovered that it was possible to treat the customer, as if they were “right” even when they were obviously behaving wrongly.

By focusing on their decision to enter the store... not by focusing on their behaviour once they were in the store.

But only if she settled the matter in her heart.

Thankfully she found most of the customers were well behaved and appreciative.

I watched Lorna enjoy this job for years.

Then my eyes were opened to understand Lorna’s secret.

I realised that Lorna had been keeping a similar rule at home with the family.

This is the rule that Lorna lived by as a loving wife and mother.

“My husband is always right even when he is wrong.”

“My children are always right even when they are wrong”.

Why was I right?

Because I was her husband.

Why were the children right?

Because they were her children.

What Lorna had been able to do at home with the family was amazing.

This attitude came from deep within her heart.

She had given us the “gift of rightness” based on who we were not on how we behaved.

She did not turn a blind eye to our faults.

She just showed more grace.

Because she considered us right, she did not get as upset as she

should have when we let her down.

She did not get angry.

She remained up when most people would have felt let down.

Remember the key to being able to do this is to separate a single decision a person makes.

From all the other decisions they make.

A single decision you make once.

Many decisions accumulate to become our behaviour.

Lorna was able to treat me as if I was always right by believing in our decision to get married.

She always believed it was the right decision.

She always believed I was the right person for her.

We have two adult children and both times Lorna got pregnant when she freely chose to stop birth control.

She has always believed her decision to have children was the right decision.

I have also believed these decisions of marriage and children were the right ones.

But I have not had the grace to walk through life in the same way that Lorna has.

There were other rules that were stopping me from being the best that I could be.

I will tell more of my side of the story in the next chapter.

Chapter 6

The subject of this book is about the power rules have over our lives. We cannot influence the politicians unless we become very involved. But we are the rulers of our own homes.

Inside the four walls of your house you decide the rules, you can decide to have peace.

If you are single it will be a lot easier to do this.

If you are a married couple or a family, more people are involved and this makes peace and harmony a little harder to obtain and then maintain.

I have been describing my wife Lorna's wonderful attitude as a wife and mother.

But I need to tell my side of the story.

My problem is I am a bit of a legalist.

I am often harsh in my attitudes towards people and I sometimes allow that to infiltrate my home and my marriage.

Without Lorna I would have been finished a long time ago.

When my children were teenagers my telephone bill went up and my electricity bill also increased by a large amount.

They both liked hot showers and loved to talk on the house phone.

This was before mobile phones were everywhere.

I decided to make a few new rules to add to all the other rules I had made.

What I noticed when I made a new rule was I was getting upset because no-one was taking me seriously.

To be more accurate I should say that my children did not take my rules seriously.

The phone bill and hot water bill went up even more.
My rule making became ridiculous and one day I knew the children were not children any more, they were young adults.

One day I had a brainwave, why not remove the phone and shower rules.

But don't stop there, why not remove all the house rules?
Yes, all the rules my children had heard me pronounce over the years.

I had decided to declare an amnesty.

Definition of an amnesty is:

A general pardon for offenses, especially political offenses, against a government, often granted before any trial or conviction.

An act of forgiveness for past offenses, especially to a class of persons as a whole.

Forgetting or overlooking of any past offense.

So I called the family together and cheerfully declared.

"I am removing all the rules in this house".

My wife and children did not believe me.

After I spent a few minutes explaining the logic behind the decision, the lights started going on in their sharp minds.

They got happy, they thought it was hilarious.

Their father was turning into a softie.

If you ever do something similar to what I did, do not be surprised if happiness and laughter float around the house for a few days.

I had been their father for a long time, if I was not able to teach my children how to behave properly by then, it was too late anyway.

This was the beginning of my journey from being a rule maker to a rule remover.

If you have the power to make rules then you have the power to

remove them.

My family did not fall apart when I removed the rules.

I will explain why in the next chapter.

Chapter 7

The main reason my family did not descend into chaos was because my children were naturally well behaved.

You can only remove all the rules in your house if your children are not subject to extreme behaviour.

I did come back later and add some general conditions.

One of these conditions was that even though I had removed all the rules.

I had one stipulation; I now called those rules by a different name.

I called them guidelines or recommendations.

The difference I was making between a rule and a guideline was, if you broke a rule you got punished.

If you do not follow a guideline you do not get punished.

You may reap the natural consequences of your decision but a guideline is there to guide you.

Not to correct you or punish you.

I told my children that I would recommend they had quicker showers and phone calls.

If they did not follow my recommendation, that was fine by me.

The family still laugh about my decision to remove all the rules.

When I released the family from my strict rules I released myself from a complex system of rules and regulations that had accumulated over the years.

A lot of the rules did not appear to be rules, but when they were broken I would get angry.

It sounds so petty now.

I did not realise how captive I had become.

I was a control freak and I had to learn to let go.

Lorna and I learnt to watch out for any rules in our relationship that were not healthy.

Some rules are so small they are hard to spot.

You might find that you get upset when your friends are always late for social occasions.

If you are getting upset then there is a chance that a rule has surfaced.

You may not realise that a guideline can change into a rule.

The sign that shows this has happened is that you are getting angry.

You may be seeing their lateness as a sign of disrespect.

Calm down and turn the rule back into a guideline.

When Lorna and I saw the joy that was released into the family home.

By removing all the rules.

We decided to remove all the rules from our marriage.

We turned all the rules into guidelines or requests.

It took time to identify what those rules might have been.

Whenever one of us got irritated or annoyed we would sit down and try to figure out if there was a rule lurking in the background.

Lorna is shy and does not like being the centre of attention.

Often I would forget about her shyness and do something or say something that caused her to become the centre of attention.

She would get upset with me and conflict would surface.

Now when I make this same mistake she does not get upset because she has changed her rule into a request.

A request does not have any punishment.

It is simply someone saying, "Please do not make me the centre of attention".

Next we will talk about my problems.

Chapter 8

One of my problem areas was maintenance around the house.

I am not a handyman and I would rather read a book than mow the lawn.

The jobs around the house would build up and if Lorna reminded me to mow the lawn or trim the hedges I would get irritated.

My rule was, "Do not tell me what to do".

If I thought Lorna was telling me what to do I would get my back up.

Of course I was being lazy, but I did not like her pointing that out.

Now when she mentions that a job around the house needs doing I receive her message as a request not a command.

She was always polite and never commanded me, but I used to react as if, "I was being told what to do".

I was being defensive.

So we sat down and worked our way through the problem.

I asked Lorna to write down a list of all the jobs that needed doing.

Then she would leave the list on my desk and give me the freedom to do the jobs when I wanted.

Once again these are silly little problems but they can cause tension to build up if left unresolved.

I was hearing her request as if it was a demand.

A demand can sound like a rule.

But she was never saying it as a command, I was just hearing it that way because I was actually being lazy.

And did not like my laziness being exposed.

Because we were able to sit down and talk the problem through we were able to expose the rule and turn it into a request.

My main rule was, "Don't tell me what to do".

I had to remove that rule and allow Lorna," to tell me what to do".

She was never really telling me what to do.

I just thought she was!

My wife is not demanding, she has an easy going personality.

Some men do have demanding wives and some wives do have demanding husbands.

Lorna had a demanding husband.

He was demanding that she "not tell him what to do".

So I had to come to the place where I could remove my pet rule.

"Don't tell me what to do" is now replaced by "please tell me what to".

Just say it in the form of a request, pretty please!

Now all Lorna says to me is, "Tony I put a list of jobs on your desk".

When I hear her say this, the real message I get is, "Tony I put a list of jobs on your desk, feel free to do them whenever you get motivated".

She doesn't say, "Feel free to do them whenever".

But I know that is what she means.

Oh the happiness of marriage without rules, it is wonderful.

Here are the two rules that Lorna and I had.

"Do not make me the centre of attention".

"Do not tell me what to do".

We changed those two rules into requests.

This is how we would make those requests.

"Please do not make me the centre of attention, as you know I am shy and I find it hard to cope with too much attention".

“Please feel free to tell me what jobs to do, but I hope you understand if I do not do them straight away”.

There are no threats contained in a request.

There are no demands, no time lines.

True love can ask for something and at the same time not get upset if “no” is the answer.

The way to free yourself is to give everyone around you their freedom.

Maybe you are labouring under your own rules.

Let us talk about that in the next chapter.

Chapter 9

So far we have talked about rules in family and rules in marriage.
What about personal rules?

Most people have rules for themselves and their own lives.
Here are some areas where you may have some personal rules.

You must look a certain way.

You have to be popular.

You have to be successful.

You must be married by a certain age.

Some young people punish themselves if they feel they do not live up to their own rules.

Why would you punish yourself?

There must be a rule you feel you are breaking.

One of the most powerful rules young people have concerns their appearance.

Here is the rule.

“I must be good looking”.

If a person is not good looking they know they have broken this rule.

So what can they do?

First of all they have to find out where this rule is coming from.

Did they learn it from the media?

Did they pick it up from their good looking parents or siblings?

Was it communicated to them by their friends?

Everyone knows that good looks are better than an unflattering appearance.

In some cultures fat is better than thin.

In western culture thin is better than fat.

We are all trapped in our bodies, we cannot get a new body.

There is nothing wrong with the desire to be handsome or beautiful.

But it is wrong to punish yourself for failing to meet certain standards of appearance.

Imagine if you grew up with your family on an isolated farm.

You had farm animals for friends.

Your house had no outside media, no television and no magazines.

Would you be aware that you were good looking or not good looking?

We are usually seeing ourselves through other people's eyes.

And comparing ourselves with how everyone else looks.

There is nothing wrong with doing that, it is normal.

So what can we do?

We have to divide how we see ourselves into two separate parts.

The first part is, "Who we are".

The second part is, "How we look".

You have to learn to like "who you are" even if you do not like "how you look".

Nearly everything in this world can be divided into two parts.

Day and night.

Hot and cold.

Up or down.

Black or white.

Men and women.

You also are made up of two parts.

Your body and your personality.

Your body is "How you look".

Your personality is ""Who you are".

The first thing you need to do, is change all your rules into requests.
Remember if rules are broken you get punished.
If requests are not fulfilled there is no punishment.
There may be disappointment, but there is no punishment.
Let's change a rule about our appearance into a request.

In the past you might have had a thought like this:
"I am not good looking therefore I hate myself".

Now you would change that thought into something like this:
"I am not good looking, therefore I am disappointed, but I still love who I am".

You have changed a rule into a request, yet even though the request was not fulfilled you are not angry with yourself.

But if you leave that rule in place, "I must be good looking or else".
You may go on punishing yourself even though your appearance is not your fault.

Your appearance is inherited from your parents.

Don't blame them either.

Don't blame anyone.

Remember, if a rule has not been broken there is no need to get angry.

Treat it as a request denied.

Plus it is probably the rules that are coming from the people around you that are making you feel bad and sad.

Don't live by their rules.

The trick is to respect, "Who you are" even if you are unhappy with your appearance.

You can adjust your character and personality.

You have complete control over being a better person.

You are the rule maker in your life.

Why not become a rule remover.

Give yourself more grace.

Give, "Who you are" a high value and then teach everyone around you what that value is.

Give yourself a number out of 10.

Determine that you are going to be the best that you can be.

And watch that number climb all the way towards 10 and then beyond.

Adjust your value system to work for you.

Rearrange your values so they encourage you.

You have the power to change your values so that you are not subject to the values and demands of others or the media.

You are the President of your life.

When you walk into the room expect everyone in the room to stand up on the inside as they recognise your great personality and presence.

Chapter 10

We all have thoughts that are hard to control.

Little birds fly into our mind and build nests that are not good for us. One of their favourite materials they use for their nests are accusing or condemning thoughts.

These thoughts can be our own thoughts or they can be a thought that has come into your life from a friend or family member.

If an enemy criticises us or makes an abusive remark it does not have the same impact.

If someone close to us accuses us we find it a lot harder to deal with.

So, we have to find a way to neutralise any accusations that come our way from a person who claims to be concerned for our welfare.

Most countries have a legal system that provides some form of conflict resolution.

What we do not realise is there is another court system that has a daily effect on our lives.

It is called the “Court of Public Opinion”.

But there is a smaller court system called the “Court of Family Opinion”.

Or, the “Court of Friends Opinion”.

We do care what people think and say about us and some comments can last for years.

The person may not even be alive, but their words live on.

Remember a false accusation can be just as powerful as a true accusation.

Therefore we have to find a way to eliminate both.

We have two ways to do this we can qualify ourselves, this is called

defending yourself.

The second thing we can do is to disqualify your accuser.

Here is a famous saying, “He who has not sinned can cast the first stone”.

The principal behind this saying is, a person cannot judge you if they are guilty of the same thing.

The second debate for the American Presidential election has just been held and Mrs Clinton has been defending her husband over his behaviour towards women.

Now Mr Trump is on the defensive because some not very nice remarks he made about women have surfaced.

What I am about to suggest may sound a bit harsh but I am only making the suggestion for the purpose of dismantling what a person has said.

I am not pulling the person down, I am neutralising any negative words they may have spoken against you.

They are not the problem... their words are.

And the closer they are to you increases the power of their words.

First of all I would like to say that the only people who are qualified to give you advice are the people who love you.

Secondly the only people who can give constructive criticism are the people who love you.

You may believe that your friends and family members love you.

And they probably do.

Let's accept that you are surrounded by a community of loving people.

Well, why did their words hurt you so much if they were spoken to you by a loving person?

Love does not hurt!

Love is not vindictive!

Love wants to build you up not pull you down.

Love does not get angry.

True love heals your broken heart, it does not damage you.

The key is in the definition of love.

What type of love are we talking about?

The type of love I want to talk about is:

Unconditional love.

What is unconditional love?

A lot of people love you when you behave, but when you do not behave their love weakens.

That is conditional love.

Unconditional love is there when you behave and is still there when you do not behave.

Unconditional love is very rare; we do not blame people if they struggle to love you when you do bad things.

You and I know how hard it is to love someone when they let you down.

Remember I am building a case against a person's words not against the person.

The reason I have introduced unconditional love into the discussion is to raise the standards. So that most family and friends who may have hurt you by their words.

Do not qualify as people who love you unconditionally.

Therefore, what they have said against you may have been true, but the attitude in which they said it was wrong.

You are now able to appeal to a higher reasoning as you defend yourself in the "Court of Peoples Opinion".

They accuse you of doing this or that, they accuse you of being this type of person or that type of person.

They could be right or wrong.

But it does not matter what they say because they are not saying it out of love.

They may like you or value you but if their opinion of you goes up or down depending on your behaviour then they are not loving you unconditionally.

Now the tables have turned and you have the upper hand.

They are disqualified as unreliable witnesses.

Therefore their testimony is discredited.

Now the little birds do not have anything to build their nests of accusation or condemnation.

If you do have people in your life who love you unconditionally then you're blessed in a big way.

Congratulations.

By the way, if you are the accuser, don't worry we all make mistakes.

Forgive and it will be forgiven you.

Make today a new day.

Unconditional love is hard to learn, begin to practise on yourself.

Stop accusing yourself.

If you loved yourself, you would build yourself up.

Here is another famous saying.

"Love others as you love yourself".

Sometimes loving yourself is not easy.

Can I suggest that you change the word "love" with the word "believe"?

Now we can say, "Believe in others as you believe in yourself".

To believe in yourself is a wonderful thing.

Chapter 11

I will always be grateful that I found a living example of unconditional love in the form of my wife.

If you have not been on the receiving end of this type of love, do not worry.

It may be on the way to your house right now.

When will it arrive...I do not know?

Why not start preparing for its arrival.

Turn your rules into guidelines.

Remove harsh rules and replace them with light hearted suggestions.

Remember to value your personality above your appearance.

Choose to love yourself by believing in yourself.

Vote for yourself as President of your life.

Take charge by making the rules work for you.

Adjust any rules or values that are holding you back.

Do not give others too much influence.

Free yourself from any words that have not been spoken out of unconditional love.

Become an example.

Live by these guidelines.

Love does not hurt!

Love is not vindictive!

Love wants to build you up not pull you down.

Love does not get angry.

True love heals your broken heart, it does not damage you.

The key is in the definition of love.

“LOVE ALWAYS BELIEVES”.

Your behaviour is not who you are.

It is an indication.

Do not believe everything your behaviour is telling you.

Believe in who you are, not in what you do.

You are the President of your life.

You rule.

Whoever changes the rules is the most powerful person.

Can I make a suggestion?

Let love rule your life..!!

Here is the key... for the last time.

“LOVE ALWAYS BELIEVES”.

Thanks for reading.

Written by Tony Egar.

<https://tonyegar.com/>

BONUS SECTION

All you need is one idea and real change can begin to take place.

If you have just read my book called:

“Rules and Relationships”.

Did any idea in the book appeal to you?

Or did your imagination get stirred in some way.

Sometimes a new idea is so small...it can blossom and then get lost in the busyness of life.

I have included this bonus section for anyone who has just had some inspiration.

But you are finding it hard to hold onto that inspiration.

Or a new idea about relationships.

Or a new idea about self-esteem.

Or any new idea.

Please allow these chapters to motivate and encourage you.

Chapter 1

You are the result of an idea.

Hold that thought... for a moment!

How far back can you trace your ancestors?

Even if you did not have a happy conception story with your own parents.

Someone, somewhere up your family tree... did fall in love and did live their lives together in a happy way.

If you could trace your family tree back to this loving couple you would probably find that one of them or both of them had the great idea to get married.

And followed that up with the great idea to have children and therefore continue the family line.

And here you are!

The result of an idea...a great idea.

No one's family tree is perfect.

But that doesn't stop you from dreaming about a perfect world.

You can conceive an idea to make your life better or easier or more fun or more mysterious.

That's what I did when I decided to write this book.

You don't know who I really am. I can be anyone you want me to be.

Let me give you a few clues.

I am extremely intelligent.

Sounds good so far.

I am inspirational.

I have to stop there...I am giving away too many clues.

My point is...you can be anyone you want to be and nothing and no one can stop you.

Once you get pregnant with a new idea or new concept don't let

anyone talk you out of it. Make sure the idea goes full term.
Remember to say to yourself, " I love my new idea."

Yes, ideas need love and nourishment because that creates atmosphere.

The feeling that is in the room will either hinder or help.

That is why you need an idea's coach.

I want to be able to influence the air around you...so you can grow and nurture your idea until it is fully formed.

Finally for this chapter I want to encourage you to think of a name for your new idea even if you don't know what that idea is you can still name it.

For example you can call it, "great" or "sensational" or "mind blowing."

You have the power to name your idea and that is true power indeed!

What a powerful person you are.

Chapter 2

Your old ideas have paved the way for you to be standing on this spot at this point in time.

You have to be thankful for all the things you have discovered as you walk along this road called your "life."

The majority of people will assemble around the old message. They will say, "what is wrong with the old way of doing things?" You don't have to prove there is something wrong with the, "old ways."

But most people will accept that the new way is here to stay and in the end that acceptance will provide you with a platform.

And here you are standing on a platform, an elevated position that only you can occupy because no one else has experienced what you have seen and heard and felt.

Your uniqueness is a strength that you have to take advantage of. Your self-value increases in proportion to your rarity and you surely are a rare creature.

So the way you think is different to every other person who has ever lived. Therefore your ideas will be different.

You will take the same information as someone else and always come to a slightly different conclusion.

I wish I could meet you... because you sound like you would be a very interesting human being.

Ideas are like seeds and they need good soil to grow in.

That is what you are.

A field of nutritious soil.

Prepared and ready for the winds of life to bring in the right seed at the right time.

If you could only step back and take in the view, you would realise

that it has all happened for a reason.

That the part you are playing is crucial.

The invisible realm of new ideas can tear apart at any moment.

Just through the veil is the idea you have been looking for.

You only have to reach out and take hold of the possibilities that are within your grasp.

The hunger to be promoted from the old way of doing things into the new way of doing things is driving you, onto a higher level and into a better place.

You can feel the hunger beginning to burn.

There is a fire deep down inside that cannot be quenched.

We won't allow them to put it out.

Eventually they will come to accept you and your ideas.

The world is waiting, but we can breathe a little easier now.

The time is ripe and the opportunity is near.

You can see the outline of new generation thinking.

It is within reach, it is yours to have, and to hold.

The timid won't get it...but you will.

Chapter 3

A new set of skills is what appears in the period after a new idea blossoms.

You usually need a mentor who has those skills to teach you and encourage you.

Most of our help arrives in human form.

But a tree change or sea change is sometimes enough to get the ball rolling.

If you progress from a desert region to a new environment that is situated near a large body of water, you will slowly be changed by the environment that you have been planted in.

There is a huge difference between a small town and a large city.

It may not be possible to change your physical or relational environment.

So you have to change your thinking.

Obviously this is not easy.

One of the ways you can do this is to get a coach who understands where you want to go and what you want to do.

But they cost money.

You need a coach who is free and who knows your future needs before they arrive.

He or she must have the ability to point you in the right direction.

New ideas are able to do a similar thing.

A new idea always comes from the future, it may contain old information or be built on things you already know, but if it is a new idea then it hasn't existed before in its present form.

It may have been formed because of the past but when it arrives, it arrives from in front of you and not from behind you.

New ideas take you into the future, new ideas move you to places

you haven't been before.

You may feel it is familiar territory.

Just like the thought of tomorrow feels familiar.

But we know that tomorrow is a brand new day.

Like your next new idea.

A new idea can do for you what a coach would do.

It can motivate you, it can encourage you, it can show you a way out of your present set of conditions into a new set of circumstances.

Your energy level increases in proportion to your input of inspiration.

Inspiring thoughts generate a link that acts like a bridge to a new world.

Your new world.

An environment that appreciates what you have to offer.

Where you feel attractive and attracted.

Even if initiating things is not your strong point, appreciating them probably is.

You know quality when you see it.

You are able to place a high value on certain new opportunities.

If you are reading this and silently saying "YES", then you could be in the middle of a transition.

That will provide a changed landscape and a changed world view.

A view where you are front and center.

A place of inclusion, a place that has all your needs catered for.

A place of believing.

Welcome to your new home.

Chapter 4

When the crowds come to hear what you have to say, are you going to tell them what they want to hear or what they need to hear?

You will have important things to explain to them.

They will want to know how you got your inspiration.

You don't have to know more than they know; you just need to be able to put into words the inner hopes and aspirations that swirl around in their conscious and subconscious thoughts.

The ability to stand out in the crowd brings with it the responsibility to stay in touch with the local community in a way that is helpful for both sides.

We can't afford to get too far ahead of the people that are eventually going to support us in the vision.

The bringing to fruition of an idea is often very dependent on our support team. You may not know where that support is coming from at the moment.

You can be alone in your trials and tribulations.

The forces that oppose us can be very strong and very determined.

But can they kill an idea?

I think not!

Once an idea has taken root it normally can only be replaced by a better idea. It has energy; it has a life of its own.

You were responsible for giving it that life and energy.

The wet blanket of peoples opposing thoughts doesn't have the power to put an end to your dream.

We can consider their suggestions in a wise and thoughtful attitude.

Why not?

We are in charge, we have the perception that strong character produces.

We will not be pushed around, this is too important to allow petty differences to fester.

We need to take the high ground, the more esteemed position.

Let those around you see some of your insight.

It is time to share.

But only the things...you are comfortable in sharing.

We have to stay strong, we need to convey stability.

The foundation you have laid is solid, it is not porous, it doesn't leak.

Don't worry if your hearers are wondering why you labour the point.

You know it is important to get it right the first time.

Do you feel you have explained yourself adequately?

Take a moment to run through it again.

The opportunity may not come round for a while.

If you consider it a special moment...then it is!

These things can be fleeting.

Thank goodness you caught it just in time.

Chapter 5

The search for a new idea can be one dimensional for some. They have been trained to expect it to come from a long and arduous effort that is accompanied by sweat and tears and with loud groaning.

No, that is not the only way.

There is a more relaxing process.

One that is heart related.

It is called, "cleaning out your heart."

Who knows how much emotional junk has accumulated...clogging up the free flow of your inspiration.

People come along and tip their rubbish thoughts all over your pristine landscape; a once beautiful view can be polluted with weeds planted by events that happened all the way back to conception.

Come on, let's get onto this before it is too late.

We want freedom to proclaim our latest concept unhindered from the past.

The past acts like a prison, holding us back from our full potential.

The future beckons us with the promise of better days and more peaceful nights.

Sleep time is dream time.

Dreaming while you are awake is called day-dreaming.

Our old teachers thought we were wasting their time.

They didn't realise that a potential genius was sitting in their class.

The art of setting people free is a long lost one.

You and I haven't lost it.

We know how to be free.

We obtain our freedom by giving those around us their freedom by permitting them to be the person that they are.

We stop trying to change them and their ways.

We let them go on their way, whether it is a low road or a high road, we declare it is their road.

It can be painful, but cleaning out old wounds is painful.

We have to keep our eyes on the long term goal.

We have to believe there is a reward waiting for us.

That something good is going to happen.

New ideas are free and anyone can take hold of their future direction by taking on board the excitement that surrounds fresh insight.

We leave the land of, "boring," and set out to discover new horizons.

We are explorers, we are adventure junkies.

Are you bold enough to cast adrift the philosophy that you may have inherited? A system of ideas that was good for the time but is old fashioned.

The term, "retro," means an old idea introduced in a new way.

Genius is a slightly old fashioned term, which is now used as a term of endearment.

Do you mind if I use that term to describe the next massive idea that you are about to come up with?

Chapter 6

You and I know a good idea when it comes along; we are tuned into the quality that emanates from ideas that float above the average.

We understand that oil and water don't mix, unless shaken.

This whole world is built on the laws of physics and one of those laws states that for every action there is an equal and opposite reaction.

Well, to every bad idea being promoted there must be a good idea that keeps the balance.

People around you may vote for someone that you disapprove of.

We have to wait until they come to their senses!

Our candidate is the better choice, we know it and they will wake up one day and come to the same conclusion.

Why does it take so long for people to recognise you and your idea?

It's like flying a kite, you have to run until the wind takes over when you are in launching mode.

Once enough time and energy has created the necessary momentum.

Your idea soars into the blue beyond.

Now everyone can see and appreciate your talent for innovation.

The imitators will be sidelined as you take your rightful place with your peers.

Now that you are tasting success you are also learning how to discern the true intentions of the members of your cheer squad.

Cheer leaders play pivotal roles in short term encouragement, but we still need the sage advice of the seasoned campaigner.

It is your collection of ideas and inspiration that provides motivation for the voter to support you.

Remember...people are voting when they buy your record or purchase your product.

Some of the biggest and most successful companies have found themselves in periods of unpopularity and still survived in good enough shape to be able to make a comeback when the opportunity presented itself.

The praise of the cheerleader and the wise advice of the long term campaigner can be mixed together to make the launch of your career an explosive experience for all involved.

Chapter 7

We need to gain the upper hand in the conversation by shifting our attention onto how we got this great idea.

In the same way we can focus on how this great idea is working for us.

When the tone of the conversation changes from negative to positive, we increase in strength.

The easy way to do this is to remember that “Gold Medal” moment of your inspiration.

In remembering and acknowledging the day that you were promoted onto a better team, a team that consists of you and an inspired idea. You are putting yourself in charge.

That makes you the boss.

Free at last, free to impose your thoughts and not be influenced by others.

This whole conversation is not about when you lost your Gold Medal; it is about when you gained it.

Focus on the victory of that day.

Can you feel the shift?

So you are a winner after all.

Thank goodness..

Chapter 8

It is time to step up to a new level.

We have to shake off any passivity that has attached itself to us.

Like cleaning the barnacles from the bottom of a boat.

Anything that is slowing us down has to go.

We must be ruthless in applying ourselves to the task.

It is our head that is on the chopping block.

They want to lull us into a false sense of security, but we won't be asleep this time.

We can see them coming with their smothering ideas of what they want and how they want it and when they want it.

Well, that is not how it's going to be this time.

We have gone around this mountain long enough; we have been on this trail for years.

And we have learnt some big lessons about the inner workings of our motivation.

We know what turns it on and what turns it off.

They nearly got hold of our secret, but luckily for us even though they had the same information...they didn't know how to process it.

They used the wrong recipes, and when you do that, the results are way off.

They were always adding a pinch of doubt and a couple of drops of their tremendously cynical attitude.

No wonder things don't work out for them; they haven't had the depth of insight that you have been exposed to.

They have lived their lives in the comfort zone.

Meanwhile, we have been working away collecting valuable information and insight.

We have watched and waited, it has been a long and difficult time of

data processing.

Now the results are in and the conclusion is stirring us to believe the next step is possible.

We are not only going to make it this time we are going to do it in style.

And what have we discovered?

We have discovered that there is no parachute in the plane and no life jacket or raft in the boat.

We have been privileged with information that the general population has not seen.

No one has told them that this is not going to end well.

And so they go on their merry way unaware that unless they rise up and resist mediocrity their lives will end up being, “ordinary and average.”

They have even been told that “average” is okay as long as you are safe.

They have been promised security and so they have traded in the possibility for greatness for the certainty of being a plain ordinary “joe”.

Their desire for inspiration has waned, the fire has gone out, and the fight has been put off for another day, a more convenient day.

They have stopped rocking the boat; they have deflated their dream and gone home.

They have packed up their belongings and gone to live in a smaller place.

They have hidden from the storm even though it has passed.

They have been hurt too many times.

Do we blame them?

Of course not!

But that leaves us holding the keys.

The keys of inspiration and creativity.

Now the pressure is on us to rise up and lead the way into a land of fertile ideas.

A land that they dreamed of but could not enter.

But we will go in.

We will help them to understand motivation and how it works.

We know how to keep the fire burning.

You must believe in your ability to create ideas and nurture them to fruition.

Remember to tell them that their next great idea is ready and waiting.

We have to remind them what anticipation feels like and the part it plays in releasing adrenaline.

That's right; a bit of excitement is good for you.

And what could be more exciting than realising you are on the verge of generating a fresh and new idea.

One that will surprise you, because it can come out of nowhere.

Something being produced out of nothing.

That sure is an inspiring thought!

The great news is... that it happens to people all around the world.

And that means it can happen to you.

You have the ability to create something out of nothing.

This is your time.

This is your day.

Don't hesitate, you can do it.

I sense that you are a naturally gifted person.

A special person, someone who discerns the time and seasons.

The ebb and flow of the tide.

The water is lapping at your feet.

Let the rising ocean of ideas that is welling in your imagination free you from everything that is holding you back from your destiny of greatness.

An exciting destiny that belongs to you and you alone.

It is yours.

No permission needed.

Chapter 9

I was asked to step up and lead a group of people.

I said, "Yes, why not?"

Then I suggested they change the name of the organisation.

That idea got me into a lot of trouble; I thought it was a great idea.

New name, new game...right?

Wrong. They voted the idea down.

"Come up with something better," they said.

I suggested they move to a new location.

Good move?

They voted that idea down.

I suggested they get a new leader.

They voted that idea up.

There you are...standing alone with all your ideas of change.

But they are not buying what you are selling.

Okay back to the drawing board.

I know what to do....move to a new town or city.

Hey wait a minute...aren't you changing all the outward stuff?

Listen to this.

Inward change is where it's at!

Because that is where you have total control.

Like a car, all the controls are inside the car.

And why is that?

So that one person and one person only is driving that car.

Not even the person in the back seat.

The driver sits in the driver's seat.

The engineers designed it that way for a simple reason.

It works better with one driver at a time.

We are designed the same way, all the controls are internal.

No one else can get their hands on your steering wheel, accelerator or brakes.

You are the driver and you will control where you go, when you go and how fast you go!

The people on the outside are trying to expand their area of influence.

It is an inbuilt human desire to want to influence others.

And this is where the wrestle happens.

It's their way or the motorway.

They flatter us with their lips but their hearts are far from us.

Finally the curtain falls and we are left alone with our thoughts.

Sounds sad doesn't it?

But sometimes it's the only way to the next level.

As long as they didn't steal your self-belief.

We have to retain our "Mojo".

Our capacity to function.

They may have voted against you.

But by leaving you they helped you.

When I say "*leaving you*", I mean they have emotionally withdrawn their support.

Outwardly they may still be there smiling and cheering, but they have stopped investing.

Their interest has moved on to other topics.

And how have they helped you?

By leaving you emotionally stranded they have handed the keys back.

That's right...without knowing what they have done they have actually voted you back into leadership.

You are now fully in charge of your body, mind and soul.

You don't have to consider the views of others when you begin to formulate your new plan for world domination.

Are you surprised by the turn of events?

Don't be.

You were always going to the next level.

The only question was, "How many would you take with you?"

This time it may be just you or a few.

But next time you will take a crowd with you.

For some of you who are reading this...the crowd is gathering.

If that is happening?

You better get ready to feed them; they are going to be very hungry for your insight and wisdom.

You cannot go through what you have gone through without picking up some really special pearls of wisdom and inspiration!

My vote has gone your way.

I always vote for the inspired one.

Chapter 10

If Christmas was held every week-end it would not be considered special though the children would love it... the adults would be too tired and broke to enjoy it.

Some people retire too early because they think they will enjoy getting up in the morning and sitting around the swimming pool or going to the beach. Most people discover they can only do this for a certain amount of time before they get the urge to get involved in something more purposeful.

I have seen people get bored with life.

The reason they ended up in this position is because they were not receiving any inspiration or if they did receive some inspiration they considered, "that was all they needed" and they moved on and stopped entering in.

If a person has a mindset that thinks the season of inspiration will have... *a beginning and an end*... they will come to the conclusion that the experience is not permanently sustainable and cannot be repeated on a regular basis.

The person who thinks this way will anticipate a future where things will go back to normal.

They believe there will be a "*cut off time*" for being filled and motivated with an inspiring thought.

Being drunk is normal for some, for others it is a rare occurrence.

For some, drinking wine is a regular habit for others it never happens.

Being filled with inspiration... means coming under the influence of fresh ideas.

And that means you can feel it happening to you.

It is unmistakable when you have an encounter with the genius within.

This is my point: you can feel when you have received an inspiring idea because you can sense it in your knowing.

Your emotions may respond in many different and varied ways but you know that you know... what your intuition is picking up!

You do not doubt even though your emotional reaction could be nothing or everything.

The result of all this is; we often get told that we have been rejuvenated just by attending a work function or family get together but we know in our hearts that we are going home empty on the inside.

The function can be full of instruction and entertainment but nothing inspiring has happened to us.

We are told this is normal and one day something or someone will come and fix the problem.

But I want to say that being inspired should be a normal and regular occurrence just like drinking wine for some is a normal and regular occurrence.

Being under the influence of a great idea is something that we need so we can live an exciting life.

Chapter 11

Now I am going to tell you some home truths.

First of all, you can't go back once you have come this far.

You have crossed over into the realm of inspired ideas.

Not everyone can gain entry.

Secondly you belong to a new community.

A selection of fellow humans; who share your likes and dislikes.

Who want to be inspired.

They want what you have got.

Sometimes having a common enemy unites us more than having a mutual friend.

You and your fellow travellers have jumped a fence.

The field you were in was too small.

And now you have woken up in a new place, a view is unfolding before your very eyes.

You never realised that it was this easy and this possible to believe at these levels.

Before now the limits were in sync, the opposition was unified, they wanted to stop you.

If word gets out into the mainstream, who knows what chaos will manifest?

While the uninitiated form long lines and patiently wait for a common result.

Order will remain.

Ordered thinking and planning.

But you are not interested in maintaining the status quo.

You have pursued free and totally unrestricted thinking.

Creative thinking.

Your imagination is able to conceive a virtual world and hold it in

place.

You are able to stay on track for periods of time.

We allow sequences that are long enough to provide results that are experimental... but approaching the edges of reality.

A famous statement says, "All things are possible for those who believe."

Most of the population will qualify that statement.

They will question its application.

They will apply time limits, context limits and relevant limits.

"Is it relevant for our situation?" That is their response.

You and I don't approach it from that direction.

We say, "If we believe, then anything and everything is possible."

When we don't add or take away from exactly what those words are saying.

Then we cross over into a world where everything is possible.

We can visualise time going forwards or backwards, like "Hollywood" can.

When "Hollywood" makes a movie they can create anything in any way they want. It doesn't have to make sense.

It doesn't have to add up.

Creative imaginations do the same.

In your created world of unlimited dreaming, you can live on Mars or you can live under the ocean.

We learn from watching people being creative in the entertainment industry.

We want to go to the next level; where our dream in the invisible realm starts to show up in our daily life.

Yes, having an inspired idea can change your real world not just your fictional world.

At about this point in the discussion the urge to qualify some of the things I am writing comes to the surface.

This is where the key to crossing over comes into play.

The key is..."To resist the urge of conventional wisdom."

And we do that by leaving out any form of justifying our thinking at this stage.

We save that up for later in the process.

At this phase we are concentrating on freeing up our creative juices.

Don't get bogged down in the technical details, they can be worked out later.

If someone says, "How are you going to do that?"

Don't try and argue with them.

They are operating like accountants.

But you are an explorer.

And new worlds are waiting to be discovered.

Your new idea is one way that opens the door out of the impossible into the possible.

Remember...it is all possible.

Chapter 12

We dislike people not believing in us, it is disrespectful.

They become too familiar.

We need the good company of believing...believers.

That is where we will thrive and grow.

What a fertile atmosphere, like a rainforest.

Ideas behave like seeds and people's unwanted suggestions are similar to weeds.

Some weeds look great, they can even sprout flowers.

But weeds use up the nutrients that were meant for the plants that you planted.

If our mind is like a garden then it does matter what other people are saying.

We have to sort our family and friends into those who believe and those who don't.

Once we are aware of who is for us in a believing sense, we can then decide what information to share.

Some of our associates are designed to assist in the journey, some are not.

We don't have to make our views public, but we can share with colleagues who can cope.

And remember they are going to hear special things.

Things that emanate from your ideas.

This is almost sacred ground.

Be aware of the importance of your insight and views, they do have real power.

Believing works like a fire it can light up everyone around you.

Unbelief works like water it really does have the power to put the fire out.

Imagine how things worked in the old days of steam trains.
The train depended on steam and the steam depended on fire.
The fire depended on someone to shovel the coal in fast enough for
the right amount of heat.
The train driver needed a lot of heat; he also needed a man who was
willing to get dirty and willing to keep working no matter what.
Someone had to keep that fire going.

Your ideas work the same, they need energy, they need people who
are going to assist you not resist you.

But watch out, here comes your close confidant.

Yes they love you, but they don't love your idea.

Oh well, we are tempted to confide in them anyway.

No, stop right there.

Tell them something else, tell them about someone else.

Keep the good news to yourself.

Wait for a believing friend or family member.

The right person or people will come along, be patient.

People will sense you are on fire; they will appreciate your wisdom.

Hold it in; you will get to exhale at the right time and in the right
place.

Now is the time to fire yourself up with material that contains the
encouragement that is yours to receive.

It's not easy to accept that people walk around with a veil over their
minds.

But they do, they are asleep at the wheel, not like you.

You are in a strong position because your eyes are open to the
possibilities.

You are not problem orientated.

You are fixer, that's right; you are a giver and not a taker.

You are in credit; you have stirred your imagination into a creative

swirl.

There is light and creativity.

You are glowing like the embers in the center of a fire.

Because all the switches are on and we are not going to let anyone turn them off.

Can I get a “Yes” on that?

Chapter 13

Humans are designed to operate in believing mode.

All around the world people are flocking to motivational seminars and conferences.

Self-help books are best sellers; excited people appear on television and invite us to support their charity that they have created out of personal adversity.

They could be at home curled up in bed, but somewhere, somehow they got motivated.

Ideas are so powerful they can lift people to a level of believing and achieving that is far beyond their normal capacity.

Some of these people claim that their trials and tribulations made them a better person, a bigger person.

These are wild statements.

Once calm people...have become wild people.

Shy people have become extroverted, we can't stop them talking, they won't hand over the microphone.

Behind the scene the same thing happened to them all.

An idea got into them...you could say it was planted in them.

Once an idea takes root it has no limits.

It can grow in an unending and upward spiral that sets you up for unusual accomplishment.

Your self-esteem can get a boost that propels you into an orbit beyond the reach of any negative influences.

You don't have to come down from your lofty position.

You can stay up there because your great new idea has the power to keep you there.

The cost is affordable because it is free, inspiration is your birthright.

You are designed to fly and destined to be free.

Your great new idea is what separates you from walking around with your arms dragging on the ground.

You are not an animal, you are not a machine.

You are an idea producing soul.

This is not soul music, this is your music, the music that comes from ideas hatching in harmony and sequence.

There may be a storm raging in your life at the moment.

Don't let it distract you from your destiny.

Your future is filled with," royal" potential.

I use that term because the ability to produce a creative idea is reserved for those who climb out of the mass of humanity and step up and into the role reserved for the inspired man or woman.

Yes, you are inspired.

Believe it.

Chapter 14

A new idea can't be confined to bed; it doesn't feel down and out.
It just floats through your mind on its journey of greatness.

It is not upset by delays or opposition.

The essence of the idea permeates your thought life.

It slowly gathers support from the inner workings of your emotion.

Your new idea supports you while you are in transition from a doubter to a believer.

From a procrastinator... to a man or woman of action.

New ideas are the spark plugs for your engine of inventiveness.

They kick start any dormant areas of your imagination.

They wake you up from the suffocating facts of life.

The burden of our mistakes slows us down.

But we are empowered by the fresh realisation of today's possibilities.

You cannot change the past but your new idea can cast its shadow of success backwards in a way that colours the past and how we view it.

Your idea can grow so tall and strong, it is limitless.

It has the power to rehabilitate.

Ideas can fill the void, they can occupy a vast area of space.

Imaginative space that up till now was void and empty.

Your very being can hold onto concepts that are global, cross generational and ageless. The power that you have to conceive and perceive through the creative process is yours to enjoy.

The piano player is dependent on his or her physical capacity.

You are not even dependent on your mental capacity.

You have something beyond those limitations.

You have the ability to dream.

To visualise, to step outside of time.

If you wrote your idea down and put it in a time capsule to be opened at a specific date in the future.

Your idea would still have the potential to inspire someone in the decades to come. No matter how long it had been buried and forgotten.

This is the process that is going on inside you now.

Let it carry you into a better place.

A positive place.

Old ideas that we had long ago still have the exact same potential that they always had. They were not a waste of time.

Don't be blind to your potential.

Some people do not have physical sight so they turn their ears into their eyes. They are always on the lookout for an easier way.

The distance between greatness and ordinary living is so slight.

You can almost hear your destiny whispering to you.

"Your decisions have the power, dream it up."

The decision to believe in your idea is a great decision.

Chapter 15

Your area of influence increases in proportion to the originality of your idea.

The more original your idea is, the newer it is.

New ideas are popular; the world is hungry for the next great idea.

The helpers are gathering, they can sense the nature of your plan.

They want to help.

Invisible as they may be, they are real.

The role they play is one of pollination and cross-fertilization.

Think about how many people have played a part in your unique journey.

If that many have been involved it makes sense to allow this thought to open your doors.

The thought that you are not alone is one that you have to decide on.

If you feel alone then that thought may dominate your thinking.

It can help you either way.

You can say to yourself, "I am alone and therefore I have to rise up."

Or you can say, "I am supported and therefore I have to do it for them."

You cannot lose.

Your thought life is there to provide a never-ending source of ideas.

Don't wear yourself out by trying to dominate your thoughts.

Give them the freedom they need.

Creative freedom that is!

Imagine if someone was throwing you dinner plates that were worthless.

But every six or seven plates they included a silver or gold encrusted plate.

You would make sure to catch the valuable plates.

In the meantime it wouldn't matter if the worthless plates fell to the ground and broke.

It's the same with your thoughts.

Most of them may have no value.

But in amongst the ongoing flow of worthless thoughts are the gold plated ones.

Separate them out; let the lower value ones float away while you retain the better ones.

The inspirational thoughts...that have the potential to turn into new ideas.

The ideas...that cause support to come your way.

Then they need to be spoken or written.

You need to hear them and see them.

This process is similar to fishing.

Imagine your mind is like a large lake full of fish [ideas].

And you get the privilege of throwing in a fishing line every day.

Never knowing what tasty morsel might end up on your plate.

Those fish are invisible below the surface of the water.

You know the fish are there even if you haven't caught any.

You still believe they are there.

It's the same with your thoughts.

You may not have had a creative or inspiring thought for months.

Keep believing that they are there...somewhere in your mind or memory.

Your creative potential hasn't decreased.

That is not how we think.

Your creative ability is growing.

Your support crew is assembling whether you can see them or not.

It is time to open the door into a new season.

The budding of new ideas resembles springtime.

Winter exists in the real world, not in our world.

Creative and fresh ideas will always give you a sunny disposition.

Hey happy person, how are you?

Chapter 16

How do you know if your idea is all that you hoped it would be?

You have to take it for a test drive.

How does it behave on a wet road, a bumpy road or a hard road?

When all your dreams are going through a time of testing.

How do they perform?

Normally you would be asked, "How did you perform?"

But this is a new day and we don't ask old questions.

Why not?

Because we will get old answers.

So get the attention off yourself and onto your genius talent.

The talent you have for creating a new world and a new environment is a gift.

You don't know how you got it, but you know it resides within.

You know with all your heart that you are a creative soul.

You have been chosen to create your idea and carry it.

This is your responsibility.

You are probably a bit surprised by this turn of events.

You thought that a hard time meant an introspective time.

A time where you had to give account to the invisible judges...who seem to be around every corner.

They hide behind the furniture of your life.

Ready to pop up at any moment and give their opinion.

That's okay if you asked for it.

But what if you didn't ask?

Just because their contribution is free doesn't mean it won't cost you in the long term.

Sure they are entitled to their opinions.

And we are entitled to our privacy.

We are the ones who will decide what ideas go through to completion.

We are in charge of our ideas and we are the owners of our ideas.

If your advisers are locked up in the old ways, that doesn't mean we can't visit them.

Yes, we visit because we are friendly and appreciative.

But we cannot stay.

The call is too strong, the inspiration is too real.

We have to shut down our untamed emotion and release the beast of reason.

The sirens shout out to us, willing us to return to the old ways.

But with an urgency that is felt...we close our ears to their cry.

To them we seem a bit heartless, but someone has to light the path.

It is a new path, one that we have discovered.

A path that is worth it all.

We are the keepers of ingenious ideas.

We have to guard our hearts and minds.

The attack can be ferocious at times.

We are tempted to give in.

But encouragement has come.

The pressure is easing off.

As the dust clears and you are able to take stock of the situation.

You slowly realise that the attackers wanted you to believe your project was behind schedule.

That is their perspective, not ours.

It depends on how you measure progress.

The attackers wake up every morning and see their work sitting there waiting to be done.

Inspired people do it a little differently.

We wake up knowing that the gift within will do the work for us.

It is a reliable gift, one that sings a creative song.

After a good night's rest it is recharged and ready to go again.
We are not the gift; we may go up and down in our desires and
readiness.

But the gift is cheerful, happy to be there.

The ability to create a new idea is the gift.

Accept it.

Chapter 17

You have an “internal” spring of living ideas flowing effortlessly from your imagination.

It is bubbling up and out of you 24 hrs a day. It is unceasing! Therefore it is reliable and stable. Around you may be absolute turmoil but within you is a completely predictable supply of inspiration and energy.

If the inspiration never fails...you never fail!

The source of success that you have always been looking for is within you.

Wherever you are...success will flow and turn the barren desert into a garden.

You have the ability, to cause every situation to flourish.

In the past your experience may have been the opposite because you had a desert self-image.

Now your mind can be filled with images of a:

Well-watered garden.

A beautiful garden.

Successful garden.

A garden without weeds.

Fruitful and productive garden.

You are able to produce inspirational ideas.

And you have been equipped with a spring of self-belief.

You carry all the ingredients for a flourishing life within you.

Wherever you are planted...a garden appears!

Living under the influence of inspired thinking is now normal.

People will eventually see the change.

They will have to believe in you.

The seeds of self-respect were always planted within you.
Now is their time to germinate.

The end result will be what you have always wanted.
You will be able to say, "I love my new idea."

Congratulations from your New Ideas Coach.
"Well Done."

Thank you for taking the time to read my book.

Tony Egar.

<https://tonyegar.com/>