



STEERING by STARLIGHT

The End

Step 1 on the Path of Your Destiny:
Getting Whatever You Want

IDENTIFYING YOUR WANTS

Some Things I Really Want

Thing 1: _____

Thing 2: _____

Thing 3: _____

Thing 4: _____

Thing 5: _____

How I'll Feel When I Have What I Really Want

When I have Thing 1, the sensation I'll feel is: _____

When I have Thing 2, the sensation I'll feel is: _____

When I have Thing 3, the sensation I'll feel is: _____

When I have Thing 4, the sensation I'll feel is: _____

When I have Thing 5, the sensation I'll feel is: _____

REVIVING YOUR BACKWARDNESS

Three Places I Did Not Fit In

Setting 1: _____

Setting 2: _____

Setting 3: _____

SPEAKING THE CONTRARIAN TRUTH

1. I don't fit in this situation, in this place, with these people, because I am not _____

2. I hate these people because they can't see that I _____

3. If I were in my right environment , with people like me, everyone would realize that I'm _____

4. I'd be so much more comfortable around people who don't _____

5. It's so frustrating that these people expect me _____

6. Compared to everyone here, I'm much more _____

7. This situation is way, way too _____

8. I can't wait to get away from people who _____

9. I want to scream in this situation because _____

10. I'm so angry because no one here wants to let me _____

TELLING YOUR LIFE STORY BACKWARD

Three of the Best Things in my Life

Thing 1: _____

Thing 2: _____

Thing 3: _____

Happy Event That Contributed to Having My Favorite Thing (Proximate Cause)

Prior Happy Event That Allowed the Proximate Cause Event to Occur (Antecedent to the Proximate Cause)

Supposedly "Bad" Event That Eventually Supported My Favorite Thing

THE STORY OF MY FAVORITE THING, STARGAZER VERSION

I was destined to have [list your Favorite Thing] _____

Because of this destiny, something negative happened [write in the
Supposedly "Bad" Event you identified above] _____

Fortunately, this led to [write the Antecedent to the Proximate Cause] _____

And that helped this other thing to happen [note the Proximate Cause] _____

And that, sports fans, is how destiny brought me my Favorite Thing.

WIZARD VERSUS LIZARD: THE BATTLE FOR YOUR BRAIN

MY INNER LIZARD'S TOP TEN TUNES

Oh, no! I don't have enough _____

If I don't watch out, someone will _____

People want to take my _____

I can't be perfectly happy until I get _____

Everybody pressures me to _____

You can't trust _____

People will hurt me unless _____

If I only had _____

Someone's always out to _____

I must hang on to _____

MONEY QUIZ FOR LIZARDS AND OTHER READERS

1. Having “enough” money means I can afford ...
 - a. sufficient food and clothing to stay warm and well fed.
 - b. my own apartment.
 - c. two travel vacations a year
 - d. Jamaica

2. I can stop worrying about running out of cash when I have...
 - a. a mattress full of \$1 bills
 - b. full health insurance.
 - c. a wealthy spouse
 - d. hypnotic control of Bill Gates.

3. The only people who really don't have to think about going broke are ...
 - a. successful gamblers.
 - b. people with steady jobs.
 - c. white-collar executives.
 - d. the dead.

4. My well-being would be threatened if I lost ...
 - a. my ability to work.
 - b. my present job.
 - c. my corner office.
 - d. one of my oil wells.

Identify Personal Shackles:

One person, place, or thing that doesn't serve my destiny is _____

When I let this person, place, or thing fill my conscious mind, my body and mood react in the following ways: _____

Identify a Good Thing:

One person, place, or thing that does serve my destiny is _____

When I let this person, place, or thing fill my conscious mind, my body and mood react in the following ways _____

SHACKLES ON, SHACKLES OFF

1. Think of something you recently did for someone you love. What was it?

Recall doing that thing and notice how your body reacts. Do you feel more "shackles on" or more "shackles off"?

SHACKLES ON

SHACKLES OFF

2. Consider the clothes you are wearing right now (if any). Briefly describe them:

Remember choosing those clothes when you put them on. Do you feel more "shackles on" or "shackles off"?

SHACKLES ON

SHACKLES OFF

3. Choose one thing on your list of "things to do" this very day. Write it here:

When you contemplate doing this thing, is your body's reaction more "shackles on" or "shackles off"?

SHACKLES ON

SHACKLES OFF

4. What's the last task you performed that you would call work? It might be housework, your job, sending out resumes-anything that counts as work for you.

Recall performing the task. Did you feel more "shackles on" or "shackles off"?

SHACKLES ON

SHACKLES OFF

5. Think of a person you interact with every day: _____

Picture interacting with that person again. Notice how your body reacts. "Shackles on" or "shackles off"?

SHACKLES ON

SHACKLES OFF

PRELIMINARY UNSHACKLING PROCESS

Choose one thing in your life that you are doing because you feel shackled and write it here:

Now, go to the magical "end State" you created in the previous chapter. Picture a place where there is nothing to fear and all your dreams have come true.

Once grounded in this absolutely safe imaginary place, think of an alternative course of action you might take (instead of the activity you just wrote down) that would feel like "shackles off." You don't have to do this new thing yet, just think about it. Make a note of it for later:

DIGGING OUT OF THE DUNGEON

DUNGEON DIGOUT, STEP 1: YOUR "TO DO" LIST

Some Things I Have to Do within the Next Week:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

COMMON SHACKLING BELIEFS

I have to do things that make me feel trapped and lifeless, because...

That's just what a good person does.

Parents should always put children first, self second.

It's bad to be a quitter.

I must protect my reputation.

Family traditions must be upheld, even if they're wrong.

I can't think of anything else to do.

Everyone would be mad at me if I broke the rules.

I have to please my customers.

It would kill my parents if I didn't fulfill their expectations.

No one would love me if I lived in a way that made me happy.

I couldn't bear to have less success than my rivals.

PROMPTS THAT CAN HELP YOU SEE THROUGH YOUR THOUGHTS

My Painful Thought: _____

Now investigate your thought in light of the following questions.

- Is your imprisoning thought always true, or are there times when it could be false? (For instance, "Parents should put children first" is false in a depressurizing airplane, since a parent with oxygen can help a child put on a mask, but not vice versa. A parent might also go first when entering a dangerous location or trying something very difficult in order to teach the child. Now think of some on your own.)
- Can you think of a hypothetical situation, no matter how silly, in which the thought of you wrote down above might be obviously untrue? (For example, "I must always keep my promises" might turn out to be untrue if a murdering sociopath tricked you into promising you'd help him with a little project that turned out to involve homicide. If you were born into a family with a blood feud and promised your mom you'd always do what she told you, breaking the promise by mending fences and ending bloodshed might be a noble thing.)
- Can you think of any time you acted as if the thought above weren't true and yet the world didn't end? ("I can't bear to fail," you may say-but the fact is, you've failed in the past, and you bore it. "I can't disappoint my Dad," you fret, but you absolutely can disappoint Dad and probably have in the past, without destroying the universe.)
- Can you think of times you acted as though the thought you wrote down above were true and things still turned out badly? ("I have to do my best or I'll hate myself," you may say. Well, have you ever done your best and still hated yourself? Hmmm. Interesting.)

- Can you think of a historical figure who “broke the rules” defined by your painful thought and achieved a positive result? (“I can’t just go off and do whatever feels right to me!” you exclaim. Yet that’s a pretty good description of the lives lived by folks like Jesus, the Buddha, all great civil rights activist, most great artists, the framers of the American Constitution...)
- Would you force this thought on any other person you cared for? (“I have to stay with my abusive spouse so that my children will be happy,” said one of my clients. When her young-adult daughter’s husband became violent, my client was horrified –even though that was precisely what she’d modeled for her daughter. It never works to inflict on yourself anything you wouldn’t force on someone you love.)

SUMMARY OF METHOD TO ELIMINATE “DIRTY PAIN”

1. Believe (but notice what you believe) Become aware of unhappiness in any form. Rather than avoiding it, notice it and allow it to come into consciousness so that you can address it.
2. Articulate (spot the thoughts behind the pain) Pay attention to the thoughts that fuel that unhappiness-anything you say in your mind that stimulates feelings of helplessness, despair, futile rage, or abstract terror with no action implications, Articulate these thoughts if they’re vague.
3. Recognize (why the thought is not absolutely true) Examine the belief to see if there are any flaws in its logic, using these prompts if necessary. a. Is your imprisoning thought always true, or are there times when it could be false? b. Can you think of a hypothetical situation, no matter how silly, in which the thought might be obviously untrue? c. Can you think of any time you acted as if the thought weren’t true and yet the world didn’t end? d. Can you think of times you acted as though the thought above were true and things still turned out badly? e. Can you think of a historical figure who “broke the rules” defined by your pain thought and achieved a positive result? f. Would you force this thought on any other person you cared for?

4. Detach (from the thought by recognizing possible alternatives) Allow the thought to “wiggle” like a loose tooth as your brain follows the unfamiliar neuron tracks created by logically disproving it. Repeat the process until the thought disappears-in other words, when the suffering it causes is no longer present (often, you won't even notice this happening).

DREAMING YOUR STAR CHART

FORM FOR DREAM ANALYSIS

After writing as much as you remember about a dream in your journal, list each object, person, place, or compelling image in the dream. Then, process each symbol on your list by answering the questions below as they relate to that symbol.

Symbol #1: (For example, Noah's symbols include “the forest” and “the bear.”)

As Symbol #1, write down three adjectives or phrases that describe you. (Noah's examples: “I, the forest, am dark, fertile, and mysterious” or “I, the bear, am strong, curious, and invulnerable to harm.”)

First descriptive word or phrase:

Second descriptive word or phrase:

Third descriptive word or phrase:

As Symbol #1, please answer these questions with whatever comes to mind.

QUESTION: What is your purpose, Symbol #1? (For example, the forest in Noah's dream might answer, "I am here to give shelter and permit life to thrive." The bear might say, "I am meant to find honey and protect my cubs.")

Your purpose as Symbol #1: _____

QUESTION: As Symbol #1, how are you trying to help the dreamer? (For example, the forest might say, "I am trying to give Noah shelter and a place to hide his vulnerability until he is strong enough to act on his own behalf.")

How you, as Symbol #1, are trying to help the person dreaming: _____

As Symbol #1, do you know what aspect of the dreamer's waking life you symbolize? If so, write it here. (For example, Noah's forest represented his life as a whole. The bear symbolized his heart, which became clear when Noah analyzed the symbol of honey and found that it represented love.)

Repeat this process for each symbol in your dream.

NORTH STAR MAPMAKING

Making Your Real Star Chart

To make a star chart that will be in harmony with your best destiny, you'll need all the skills you've learned so far in this book, plus a couple of others we'll discuss in a moment. The process goes like this: Every day, you'll take some dedicated time (in other words, up to 15 minutes spent alone, without interruption) for official mapmaking. Then, to chart out your future by the light of your own North Star, you'll:

1. Enter the state of your awareness that connects you with your core peace.
2. Turn your attention away from the material world and toward the Dreamtime.
3. Do some mental "drawing" of your future.
4. Cast a small, innocuous spell that will cause the things you've just created in your mind's eye to begin appearing in three-dimensional reality.

Your Written Itinerary

Below, you'll find a form in which to write down whatever you dreamed up doing this exercise. Once you've filled it in, you'll have a rough itinerary of the life toward which the stars are steering you. Remember, this itinerary isn't a list of what you think you should do or what you think is possible. It's a description of what you see when you contemplate life from the position of the Stargazer, no matter how improbable that may appear.

The Magical Mapmaker's Itinerary for Your Life

In the spaces below, describe as accurately as possible everything that appeared in your imagination as you soaked yourself in stillness, silence, space, and timelessness.

From my mapmaking perspective, I see myself having _____

From my mapmaking perspective, I see myself being loved by _____

From my mapmaking perspective, I see myself doing _____

From my mapmaking perspective, I see myself experiencing _____

HOW TO FLIP THE COUNTERMAND

GO TO AN ISSUE WHERE YOU FEEL STUCK AND STATE YOUR COUNTERMAND

My Stuck State in a Nutshell

I can't [condition A] _____

because [condition B] _____

Your Countermanding Spell

I see myself [condition A] _____

But [condition B] _____

Your Reality Check

"My mind is choosing not to have [condition A] _____

because it believes [condition B] _____

is a problem. My true self can create [condition A] _____

because it knows [condition B] _____

isn't the problem - my beliefs are."

Discredit the Countermand

First thing I would do if I did not believe condition B: _____

Second thing I would do if I did not believe condition B: _____

Third thing I would do if I didn't believe condition B: _____

WORKING MIRACLES: THE PATHFINDER'S PROGRESS

FINDING YOUR PERFECT PATH THROUGH LIFE

1. Go to your core of peace and stay there, dissolving any thought that tries to dislodge you.
2. Focus on a goal from your star chart.
3. Take the step toward you goal that feels most delicious.
4. Repeat steps 1 to 3 over and over until you're dead.

THE BUTTERFLY EFFECT

Step 1: The Walkthrough

To begin the exercise, do a mental walkthrough of your living space. If you're at home as you read this, walking through the space in real time will work even better. As you observe each area of the space in your mind or with your physical senses, notice your body's reaction to each area. Pay attention to your moods as well. We're looking for the part of your house you like least.

Step 2: The Place of Least Satisfaction

If you love your home, your least favorite spot in it may be an area that's mildly unpleasant, such as a shelf that tends to get a little cluttered. If you're living in a horrible space, think of the nastiest, ickiest, most awful part of it, the place where no one but the plentiful family spiders ever go unless they absolutely have to.

Step 3: The Homemaking Star Chart

Now, for a moment, forget about your own home. Close your eyes and think about some other space, one spot on earth you find absolutely gorgeous. It could be a room you've seen with your own eyes or a house you saw in a movie, someplace on nature. As you did when you made your star charts, find a pictorial image that reminds you of this beautiful place. Print it or cut it out and put it someplace you can see it.

Step 4: The Three Adjectives

Think of three adjectives that describe the beautiful place you've targeted with your star chart. You can write them here if you like.

Adjective 1 _____

Adjective 2 _____

Adjective 3 _____

Step 5: The Hunt

Go out and find some physical object you can bring back to your home—a paint color, a piece of fabric, a knickknack, a pillow, a photograph—that can be described with at least one of the adjectives you chose in Step 4.

Step 6: The Acquisition

Bring that object into your home's area of least satisfaction.

Step 7: The Disposal

For every beautiful or inspiring object you bring into the space of least satisfaction, throw away something less beautiful and inspiring.

Step 8: The Next Step

Repeat the steps above until you love the space you once hated. Then, move on to the next most unpleasant space.

HOW TO CHANGE YOUR ENTIRE LIFE (One Tiny Little Bit at a Time)

1. Mentally or physically “walk through” the part of your life you want to change.
2. Identify your least favorite part of your experience with this area of life.
3. Picture a beautiful life (career, relationship, etc.) you've seen somewhere else.
4. Describe that beautiful life (career, relationship, etc.) with three adjectives.
5. Find a physical change you can bring into that part of your life—a different activity pattern, way of communication, physical object—that can also be described with the three adjectives you've chosen.
6. Bring that thing into the worst area of your life.
7. Discard something you dislike that has been occupying the dismal space.
8. Repeat, working through all inner resistance with your star-steering skills until you are walking the path laid out for you by your own North Star.

LEADING YOUR LIFE

Relationship Leader's North Star Location Questions

1. How would I feel if I knew absolutely that all my emotional needs would be filled forever, with or without the other person in my life?
2. What would I say to the other person if I knew absolutely that all my emotional needs would always be met?
3. What would I do if I needed absolutely nothing from this person?
4. What as-yet unspoken things would I tell this person if I knew he or she could not be hurt in any way by the truth?