

A Practical Spiritual Guide



About How You Got Into This Mess and
How the Heck to Get Out.

By Lisa Esile

So things aren't going
how you'd planned

Maybe you're having one of
those stomach lurching
OMG-are-you-kidding-me
moments ...

Or maybe
you're so in the pooh

you're looking back at one of
those 'OMG moments' thinking
THEY were the good old days.

either way,

if you're adamant about change
there are some things you should
know about your mind

because the truth is

Your MIND doesn't
want to change...

Like at all

Not even a little bit.

Cereal*

*Footnote for cool people:

Remember how it used to be trendy to say Cereal instead of serious? Truth serum - I still say it in my head quite a bit.

You Might think you want to learn things like how to:

- * Feel self assured and calm
- * Let go of past hurts
- * Stop 'knee jerk reacting' like a jerk
- * Not worry when people say mean things to you.
- * Make some **BIG KAHUNA** change

But
YOUR MIND
wants you to stay
exactly
where you are.

And this isn't even some
cheap reverse psychology trick...

It was your Mind
that landed you
in this Mess
in the first place.

Which is why it's helpful to understand
the **true nature** of your mind

Until you know
how your mind REALLY
works you'll continue
to be hood-winked by it

Like most people are.

Your Mind is
fantastic
at some things
and not so good at others.

Which is a heck of a useful thing to know
...

Because Leaving your MIND in charge of what it's
NOT good at will have you curled up in a ball
humming the national anthem in your pajamas.

OR AS A FRIEND TOLD ME ONCE . . .



Left to its own devices **YOUR MIND**
will **CONTROL** and **CONFINE** you all
in the name of **SAFETY** and
SECURITY.

It will **REGIMENT** your life into **CONFORMITY**
and **ISOLATE** you from the rest of yourself.

It has the potential of destroying you -
because it **STARVES** you.

Yikes.

"Starve" you
"destroy" you."

That's heavy dude.

Yep. Your MIND
wants to keep you stuck

holding on to the same beliefs, attitudes and habits
making your stomach swim about

Btw ...

Feeling CRAPPY and UNHAPPY
is a sure sign you've been
HOODWINKED by your mind.

It's also the PERFECT time for learning stuff that'll
make your life better than **ever**.

Woo hooooooooooooo!

So without further ado...

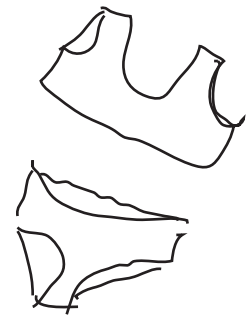
The 7 SECRETS

Your Mind Doesn't Want You to Know

The same 7 SECRETS
that'll allow you to cast aside
unhelpful beliefs like last years
bikini.

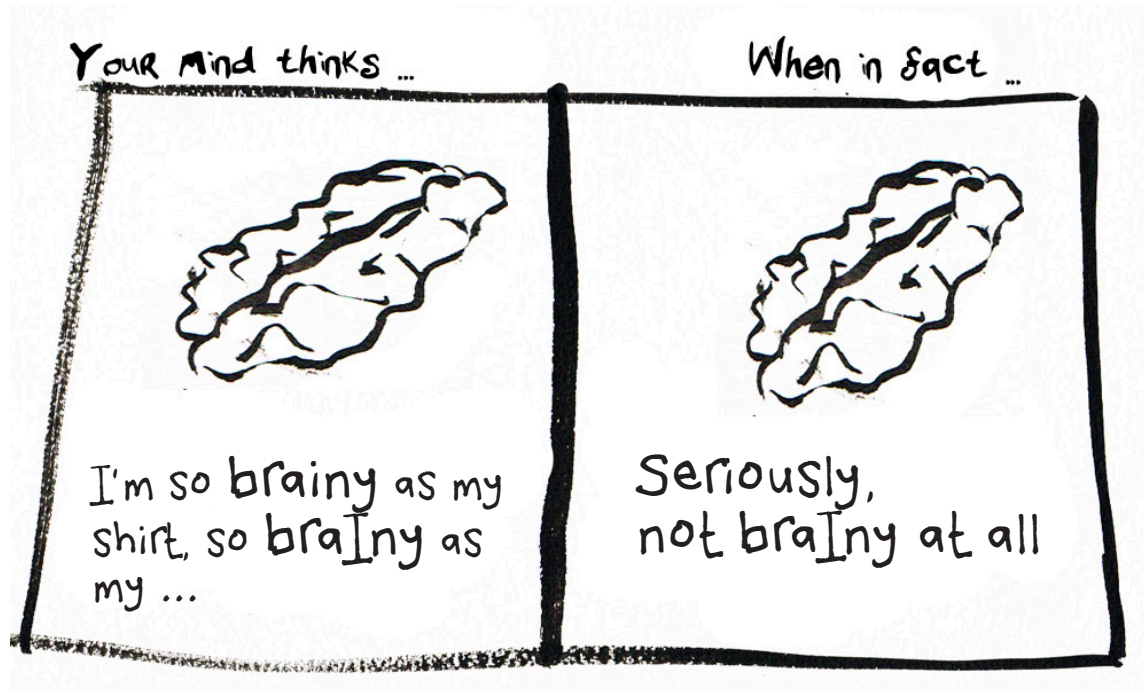
(Or like last years season's tickets
if you're a dude)

Goodbye bikini



Secret Number 1

WISDOM



We live in a world that
reverses the mind

From an early age we're taught:

Listen to your mind
above all else

Academia & logic
are the most valuable thing

You MUST do all you can to
strengthen your mind

We crown our minds



of All Our Decisions

We like, um
totally love the idea
of how brainy we are.

We are the biggest
brain boxes in the world

With our **Opposable thumbs,**

Toilets that **self flush**

and
Telephones that tell you the song on the radio

We're taught
We are our mind.

But the truth is
there are 4 bits of you,
of which the mind
is only one part.

That's right.
ONE part.

Like this:

The **FOUR** parts of you

1. Physical Body
2. HEART
3. MIND
4. **SPIRITUAL** Aspect

And not only that ...

Your mind is the smallest part

Put your MIND

next to your HEART

and SPIRITUAL side

like this.

See what I mean about it being small?

So my mind might be small
but it's one of the smartest bits, right??

Awkward pause

Your mind might have convinced
you it's

Brainy and **Wise**

& knows everything there is
to know about everything

But compared to your heart and spiritual aspect your mind is the LEAST WISE part of you.

Compared to the other bits of you,
your mind is like a young child.

Really?

Yes, really.

Your mind doesn't
THINK,
it **computes.**

Like a computer.

And computers can do amazing things, but
they're not wise...

Your mind judges
everything.

It makes **ASSUMPTIONS**
& over simplifications.

It's constantly **SCANNING** the past,
looking for **PATTERNS** it thinks will help it
PREDICT the future.

But the judgments your mind makes are based on models, which are are themselves flawed.

Which is why, left to its own devices, the mind comes up with irrational fears and phobias.

So if my mind's not wise,
where does my wisdom
come from?

Your wisdom lies within your heart.

It is available to every human being. And the more you use it the more you will learn to trust and incorporate it into your life.

To access your wisdom you must turn down the volume on your mind.

(more on that in a bit.)

Are you sure my mind isn't wise, I mean

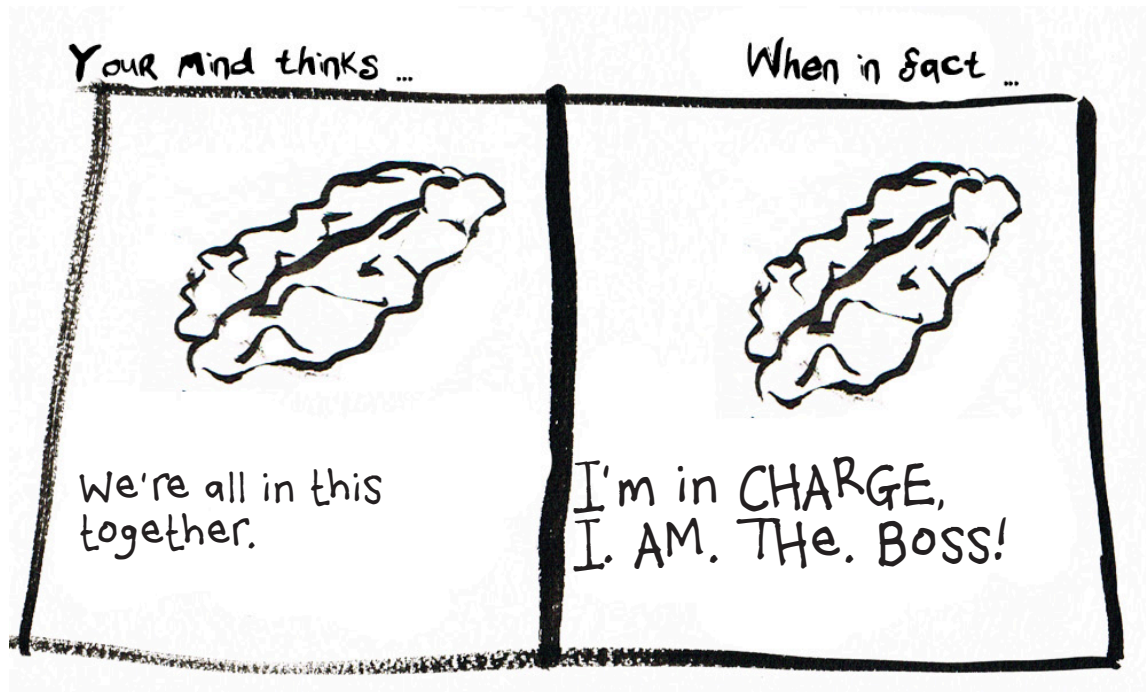
- * Look how good I am at Sudoku!
- * I have a degree in Advanced
Neuro Tree Felling!
- * I can text without looking!

Nope.

Your mind is still just
a computer.

Secret Number 2

CONTROL



The innate tendency of the
mind is to TRY to
CONTROL
Everything!

Which of course it can't. But your mind doesn't
know this.

A FRIEND TOLD ME ONCE

Think of your mind as a
policeman whose job
it is to protect you

Which is why your mind is obsessed with
trying to predict the future - this is how it
thinks it can keep you safe.

HE ALSO SAID ...

"Sometimes your
policeman mind over does it.
Which isn't helpful."

Think power-crazy policeman with issues.

(At the time I was curled up in a ball freaked
out as a result of listening to my crazy mind
too much! So yeah, Roger that Mister!)

All worry or stress is your mind thinking about the future.

And whether you're in the curled-in-a-ball stage like I was

or you're just wandering around feeling dissatisfied, resentful, afraid & unsure of yourself, the cause is the same:

Too much listening to your
fraidy-cat, OVER ANALYZING,
ASSUMPTION MAKING mind.

In the name of control

Your mind **loves** it when you do
the same thing **over and over**
because the outcome is
easy to predict.

Your mind doesn't care whether it's good for you, or not - knowing what's going to happen is the most IMPORTANT thing for the mind.

AS much as you let it,
your mind wants to
control YOU &
EVERYONE else.

Some examples of the TRASH Your Mind Says to TRY to Control You

- * If I get good grades I'll be happy
- * I'll be confident when I lose weight
- * I need to buy a house before I'll get a girlfriend

And to Control Other People like this ...

IF MY SON GOES TO COLLEGE

he'll be respected and loved and life will be good.

BUT IF HE DOESN'T

He'll probably marry some exotic dancer called Dusty and have a lifetime of living in dives, taking drugs and listening to bad music.

Or your environment ...

IF I SIT IN THE BACK ROW WITH MY FEET
CROSSED

I'll be more safe, because one time I didn't
and I had a bad day.

Then there's the

WARDROBE MANAGING GIRLFRIEND

Who won't let their boyfriend wear his Star Wars t-shirt to the pub.

Or

THE SUSPICIOUS BOYFRIEND

Who doesn't like his girlfriend talking to other guys.

The desire to control
others is all about trust
- TRUSTING YOURSELF!

People try to control others because deep down they're concerned about the outcome for themselves. Or at least their mind's concerned.

Like this sweet little poem says ...

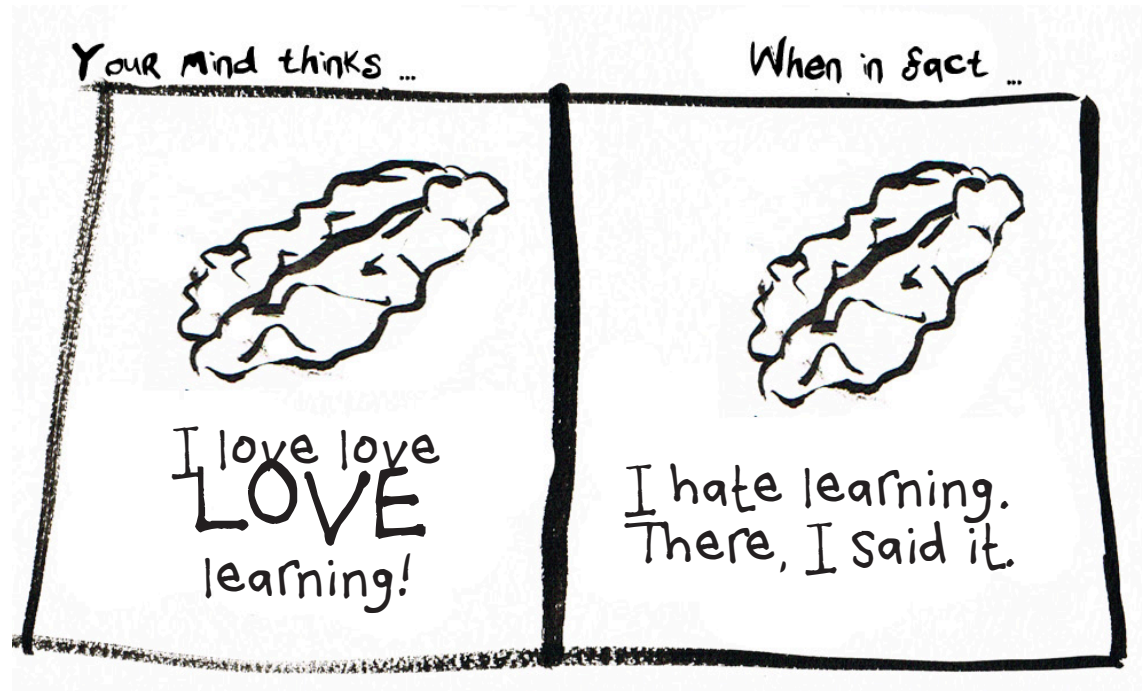
RELEASE the world
and you will both spin
more freely.

Control is an illusion;
Set yourself FREE
and trust

that you will handle
whatever comes your way.
I Love you.

Secret Number 3

LEARNING



Most people think
their MiND
is a hotbed of
learning

when THE REALITY IS ...

Your mind HATES to learn

Because learning involves change, and
change is
unpredictable, which is
TERRIFYING
for the mind.

Your mind will do
EVERYTHING to convince
you **NOT** to change.

It'll tell you things like:

- * I'm too old to change
- * I'm too young to change
 - * But I've always been this way
- * Things aren't that bad how they are
 - * people will laugh at me

Your mind would rather the
same horrible outcome,
than for something to
happen it doesn't know
about.

Your mind wants to hold on to old beliefs and habits.

Your mind doesn't care if they're causing you to feel unhappy, angry, lonely or manifest unhealthy, possibly life threatening behaviour. Why?

Because they're familiar
and **predictable!**

Get the picture??

Your mind wants **PREDICTABILITY!**

Your mind **HATES** surprises!

Your mind **HATES** to learn!

But I love learning, what
about all the study I've
done, all the books I read?

Schoolbook learning
isn't REALLY learning,
not the kind of
learning where you take
on a NEW BELIEF

Which is exactly the type of learning
required for actual change.

This need for predictability
is why people repeat old habits
over and over again
even though they might be
painful.

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is why people repeat old habits
over and over again
even though they might be
painful.

Painful, huh?

For example:

Bills wife Cheryl hits him, tells him he's useless and won't let him go out with his mates - should he leave her?

Bill's Mind says

Are you kidding me? I mean, where would we live, who's going to get the velveteen corner couch and oh my god, and what if I never find another girlfriend like Cheryl says we won't.

Your mind
absolutely
completely
DOES NOT want to
learn

And your mind has this
great little trick
to STOP you learning

Which brings us to
Secret Number 4 ...

Secret Number 4

ANGER

Your mind thinks ...



I'm so mad at you, you poop monster!

When in fact ...



If I weren't so angry
I'd know that YOU didn't
cause my anger, I did.

GRRRRRR!

You know how I said your mind
doesn't want to learn a new
belief

even if it's something that'll
help you feel more calm,
contented and self assured?

Well

One of the primary tools
in your mind's anti-learning
arsenal is

Anger

Anger is the perfect way
for your mind to distract
you from adopting a new
idea

Since you're all focused on how bad
something outside of you is.

The truth is

Feeling so freakin' mad you
can't think straight is a
signpost to some issue of
YOURS.

The tell-tale signs:

The other person is calling me worthless

The other person is SO mean

How dare they say something so offensive

The **Angrier** you feel
the bigger the clue.

It's a law. Like gravity is a law.
Or like 'cheese on toast is delicious,'
is a law.

FOR EXAMPLE

"You're a Loser"

If YOU think you're a loser, you'll feel bad. But if you know you're AWESOME (which you are), you'll be like, ah whatever dude.

"You're fat"

Try telling a skinny person who's always been skinny that they're fat. They'll think nothing of it. Then try telling someone who's always dieting and worrying about their weight. Different story.

Remember, your mind is
TOTALLY CONVINCED it's a
major brain box that knows
everything about everything.

And the closer the truth comes the angrier and
more defensive your mind will get.

LET ME SHOW YOU WHAT I MEAN ..

Mark feels depressed. He ignores it for a while, then goes to a therapist.

He doesn't get why he's feeling this way. He's an upbeat guy, he has PLANS for his life - like start a new business and so on. But he's exhausted. When Mark finishes talking about everything he wants to do, the therapist pauses for a bit and says:

"You know don't you, that you'll never be more than you are right now?"

Which makes Mark REALLY mad and he storms out and never goes back.

Mark thinks the therapist is telling him he's a no-good loser, when what the therapist was trying to show him, was

Mark was **ALREADY** everything, just as he was.

That feeling good wasn't about doing more
- and that he didn't need to try so hard.

Mark has mistakenly concluded
the therapist to be the source of
his anger

Mark's fury prevents him from
hearing the truth and learning the
very thing that will help him feel
good

...

He is already everything.

Which by the way is one of my
most favorite things to know.

I get it. I've had moments like this myself.

Like when I told a woman I'd do anything to get better, and then she said what a ludicrous statement and that I wouldn't do ANYTHING. But then after being wild-eyed angry for two days I realized she was right, I wouldn't do anything (like kill my cat), and if I was really honest, there were plenty of things I knew I should be doing but I was being too lazy to do them.

I was reacting to what I THOUGHT she was saying instead of listening.

WARNING:

Even when you know this law,
your mind can be

really sneaky

at stopping you from
seeing how YOUR anger
is YOUR issue.

I feel like I should underline that whole last page.

Secret Number 5

CALM

Your mind thinks ...



If I could just change
this one thing in my
life ... THEN I'd feel
calm

When in fact ...



What??!! You mean
I'm ALREADY calm!??

Want to know the
truth about
feeling calm?

Are you sure?

I mean **really** sure?

Because your mind probably won't like it

Okay then
You asked for it ...

You are
already
calm!!

And when you don't
feel 'calm' it's because you've
got a bunch of stuff on top of
your 'calm'
distracting you from it.

That stuff is your mind.

See what I mean?

You are already all the
calm good feelings you're
looking for.

The same calm, self assured
feelings you think you'll feel if
something were different in your life.

And before you get all mad at me
for being a Pollyanna, let me explain...

Feeling stressed is a choice

I know that's hard to hear sometimes, and the kind of thing that can make you want to punch the person who said it.

But at the risk of bearing the brunt of one of your **thought punches**, check this out...

Feeling stressed or unhappy
is your
Freaking
out mind

worrying about the future,
making judgments based on
expectations.

Feeling stressed isn't bad

(That would be judging it.)

It's just how you're feeling right now.

But you don't actually HAVE to feel stressed.

Please please please don't go
judging what you feel. It's really
more helpful just to notice how it
is, and let it be.

Get me?

I'm not saying you need to feel more calm. I'm just saying that beneath your mind you are **always** calm.

You are calm.

Your mind might not be.

Just thought you should know.

YOU are calm
peaceful
& contented
& self assured.

YOU love yourself

Even if your mind doesn't always know it.

And anyhow,
I'll show you how to find
Your calm
in a moment

Secret Number 6

TEAMWORK



"Wow you've said some really mean things, I feel like such a failure"

Oh no! You misunderstand
me - the Mind isn't bad.
No way.

In fact, it's GREAT at lots of things, like
doing your homework and remembering not
to touch hot things.

It's also kind of sweet the way it sits up
there

thinking
thinking
thinking
all the time

It's the hardest little worker in the world
I reckon

And since your mind is
good at some things
and LOVES to work ...

Why not get it to do the stuff
it's good at and stop interfering
in what it's bad at

because the truth is ...

Your mind is
a **BAD** decision maker

BUT it's
a Great team player!!

It's really just a matter of
Balance

You want your mind to be
powerful

AND

You want your heart to be
powerful too.

You don't want your MIND
to overpower your heart.

Since your
heart
is where your
wisdom lies.

Want to know what happens when you give your MIND total control ...

- * You never feel calm or relaxed,
- * You're always thinking about the future
- * You're dependant on the OPINIONS OF OTHERS to feel good
- * You can't access the bit of you that knows stuff, so probably you won't be doing the thing your inner self really wants to do
- * You freak out when something happens that's different from the 'master plan.'

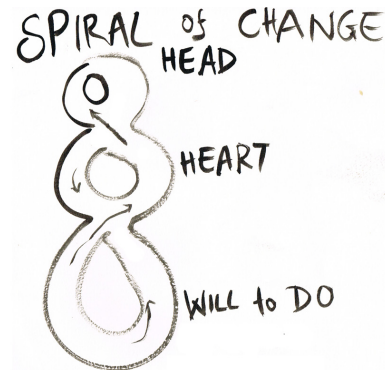
Want to know what happens when you give your HEART total control ...

- * You find it difficult to translate your hearts desire's into useful things, like finished projects
- * You have trouble working collaboratively with others.
- * You forget to feed your dog, change your knickers or pay your phone bill.

Spiral of Change

One of the easiest way to get the heart and mind working together is to think of them in a spiral.

Here's a picture
I drew of it



it works like this ...

First you **think** with your **HEAD**

then you **feel** with your **HEART**

then you **DO** with your will

Then you feel with your **HEART** again,
re-evaluate with your **HEAD**, and so on.



Moving up and down the spiral,
THINKING, FEELING and DOING, is
the MOST PRODUCTIVE way
to do anything.

The wisdom of your heart unlocks your will
and your mind keeps everything on track.

Want to know the easiest way
to access the
wisdom in your
heart?

Whoa, hang on a minute,
this is way too big a piece of news
to just spit out...

In fact
it's so cool
I think I'll take a few pages
to say it

You know,
with a handful of teaser pages
like before, where I say things like

"are you really sure you want to
know?"

nah, just kidding, here it is

The easiest way to
access your wisdom

a.k.a.
'FEEL' with your heart ...

Do
Nothing!!

In fact ...

Doing NOTHING
is one of the most
productive things
you CAN do.

Cereal.

Doing NOTHING
allows the wisdom
of your heart to

bubble-up.

Doing nothing?

Oh yeah, by that I mean

Well, I don't mean
stop breathing
or anything.

Doing nothing just means not
distracting your mind with stuff, like

Reading or writing

Checking FB

Talking to your sister

Playing shoots and ladders.

Walking the dog

Cleaning your room!! (Yay doing nothing).

Meditation is a
kind of doing
nothing.

But you know what?
and this is awesome too ...

Plain old sitting
around staring at a
wall can be just as
effective.

You can **do nothing** for a

SHORT TIME - Like 10 seconds or 5 minutes;

a **MEDIUM TIME** - like 30 minutes or 2 hours;

or a **LONGER TIME** - like a day or a week.

It all depends on the kick you need. But don't underestimate the power of 15 minutes of **NOTHING** sprinkled through your day or week.

I once spent the best part of a year staring at a wall, doing nothing (a.k.a. being silent)

That's the scale of rebalancing I was looking at back then. (I'll tell you more about it sometime.)

And with all that silence a whole lot of wisdom bubbled up (it does with everyone), which mixed with some stuff my wise friend taught me, I wrote down and made into something to help me, which you might find helpful too.

I call them 'LIFE CARDS' You can read about them [here](#).

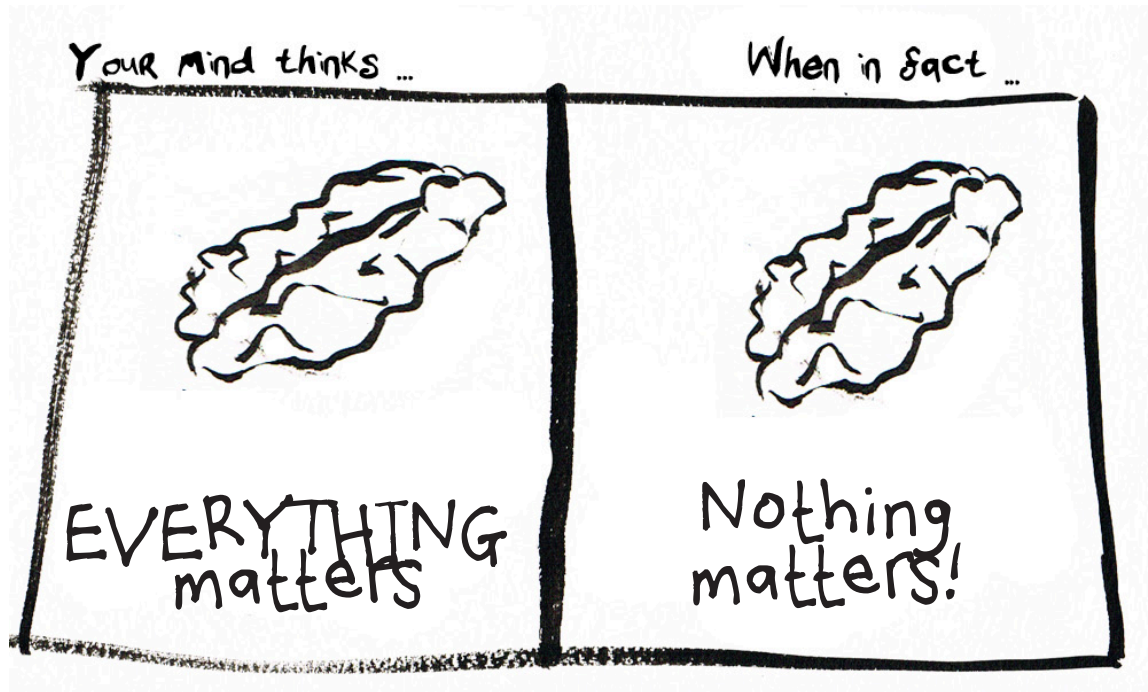
Want to hear the last of
the 7 secrets.

It's a big one.

And one of my favorites...

Secret Number 7

NOTHING MATTERS



Yep. You heard me right.

Nothing matters.

Nothing.

Since life is an illusion.

It doesn't matter if you get a good grade or a bad grade, or go to university or not.

It doesn't matter if you buy a bunch of grapes and leave them in the back of the fridge so they go rotten before you remember to eat them

It doesn't matter if you do a big fart as you get up on stage to receive an award for your project on 'The Effect of Gas Emissions on Ozone Depletion'

It doesn't matter if you feel calm or tense

It doesn't matter if you're a 'negative person'

It
doesn't
freaking
matter.

Sometimes I love the
idea **it doesn't matter**
and I totally get it;
othertimes
it makes my ears pop.

For those ear popping times,
think of it like this

Think of the moment
you die where you get
to see the LIGHT and
LOVE that you are.

That moment is with us
all the time. That
moment knows that
nothing matters.

See. Helps eh.

Let's Recap.

The 7 Secrets Your Mind Doesn't Want You to Know

Wisdom - Your mind isn't wise

Control - Your mind wants to control everything!

Learning - Your mind doesn't want to learn

Anger - Your mind gets annoyed when a long held belief is challenged

Calm - You are already calm

Team Work - Your mind is terrible boss but a great team player

It Doesn't Matter - Nothing matters!

Which brings us nicely to

Now what?
&
How does this help me?

Most of us go through life
surprised when things don't
happen how we'd planned.
This is why our mind freaks
out.

But trust me - the rest of
you isn't freaked out.

In fact, if this freak out
you're having is causing you
to re-think how your mind
works and do things like
read this book

the rest of you is ecstatic
right now!

Because now that you understand the true nature of your mind you're one HUMUNGOUS step closer to feeling good.

Your mind is the key to feeling good. Or at least ignoring your mind, is the key to feeling good.

Your mind has you
believing you are your
thoughts. Except you're
not. No way.

And every small moment you
remember this, you become
the most sane enlightened
person in the world.

Which reminds me,
I need to tell you something

Something **big**

that almost no-one talks about

Here it is ...

We are all wise-genius-calm people.

A friend of mine said to me once she wished she could be one of those 'CALM people'.

I hear you sister - I used to think that too.

But here's the thing. We are all those people... They weren't made like that - probably some hard thing happened to motivate them to learn about themselves - just like you're doing now.

AND just so we're really clear

...

When it comes to learning to
feel good the most important
thing is ...

ACCEPTANCE

And, by that I mean
'acceptance' **now**, not later.

Practice
'digging yourself'
NOW!

This includes those times when ...

You have Negative thoughts

Which are actually perfectly normal and not so scary when you understand them correctly

I wrote an article called
"3 Reason's To Stop Worrying
ABout Your Negative Thoughts."

You can read it [here](#)

Or you feel Confused

Yep, confusion is also not really that bad either, it's part of learning, for starters.

It's a really common thing for the mind to want to try and fix everything, like, right now!!

Especially when you read a book and then you think, oh wow, I need to change and start doing everything the author says. You might think:

I want to be calm all the time like Lisa is.

ha ha ha ha ha ha ha ha ha
ha ha ha ha ha ha ha ha ha
ha ha ha ha ha ha ha ha ha
ha ha ha ha ha ha ha ha ha
ha ha ha ha ha ha ha ha ha
ha ha ha ha ha ha ha ha ha
ha ha ha ha ha ha ha ha ha
 ha ha ha ha ha ha ha ha ha
 ha ha ha ha ha ha ha ha ha
 ha ha ha ha ha ha ha ha ha

that's how funny it is thinking
I'm calm all the time.

Although there is a solid sense of 'ok'-ness within me MOST of the time. And the reason is, I DON'T WORRY if I feel confused, or hurt, or I don't 'get' something, or if I catch myself overthinking.

That's the trick.
Acceptance!!!!

So next time you feel eager to 'sort things out' and 'clear things up', try being content right where you are.

It really is the quickest way forward anyway.



Sit amicably with confusion
and clarity will find you.

Sometimes all that stands
between the two is time

Image and text from *Life Cards*

We're coming to the end of
this little book...

And whether this seems like a lot of
new information,
or it's familiar, but still, nice to
hear ...

If you'd like to carry on the conversation, please join me at **my blog** and **email newsletter**.

See you there!

XX

Lisa

INFO

SHARE WITH A FRIEND

This Ebook is FREE - if you have a friend or family member you think would enjoy it please share it with them! All I ask is you send them [here](#) to download it so they can get the benefit of hearing the full story.

The Lisa Esile Blog

Plenty to read here at www.lisaesile.com

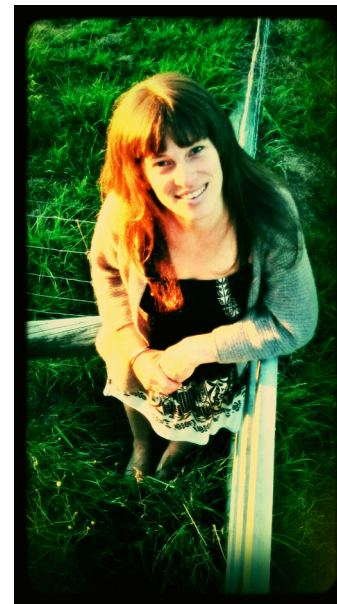
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ABOUT THE AUTHOR

Lisa Esile is a writer and painter of quirky inspirational posters and poems. Lisa teaches people how to feel good no matter what's going on in your life. She thinks one of the best times to learn this kind of 'feel-good' jazz is when you feel like flushing your head down the toilet. Lisa grew up in New Zealand and now lives in Venice with her husband.

Lisa hopes you're feeling slightly more excited about things after reading this little book.



Also by the author



Life Cards: 52 Healing Messages for Inspirational Living.
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With special thanks

To kind friends and colleagues who read my little book in
it's various stages, gave feedback and generally held my
hair back as I wrote 'just one more page.' And to Don,
for teaching me a lot of this stuff in the first place.