

☞ A Messenger Mini-Book ☞

What Would You *Pass On?*

*A small book about
stepping into your
ideal life*

Matthew Thomas

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Prologue

As I lay in my soft, warm bed, sinking into the depths of my king-size mattress the faint scent of lavender drifts through the open window from the newly born morning air. I feel the heat of the sun on my face. Eyes still closed, I take a deep breath.

It's slow and labored, made worse by the passing of many long years. I know that it won't be long now and I prepare my mind for what my body has already accepted. I am dying and in an attempt to justify this new transition, my mind races back through time recalling all that I have done throughout my life.

What accomplishments did I achieve? What have I learned? How did I spend my time, and what held me back? Did I leave a legacy behind? Did I have an impact on the world; its' people, my friends, family? Did I have an impact on myself? These are the questions that pour through my head.

And the answers?...

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A Universal Perspective

The only limitations in life come from how we choose to perceive our reality; so keep an open and ever-curious mind.

I have imagined death for myself many times, not so much out of fear or even a curiosity about how I would die: I frequent death in my mind because it reminds me of what is truly important about life.

We all have dreams, ambitions and perhaps even a feeling of purpose or destiny. I believe that in each person lies great wisdom and truth in their hearts, as well as an innate knowledge of what actions they need to take to fulfill their true desires.

One person's opinion about life may be profound, but collectively we have a more balanced and universal perspective. I wanted to know what people collectively

believe to be the most important aspects of life; what gets in their way and what action they can take to reach their ideal life. To gain this information, I designed a set of questions that was sent out to people all over the world, and this is what it said:

I want you to imagine a scenario in which you know you are about to die; but before you do you have a chance to sit down with those you love and share the years of wisdom and insight your life has given you. Your time is short so you will be sharing from the following categories what you believe will have the most impact on enriching the lives of those you are leaving behind:

Please take a moment to answer these questions before you continue. It doesn't need to be perfect; just write down whatever comes up, or better yet, go online and answer them in the *Online Environment* (see pg xx for more info about the *Online Environment*)

- 1. What are a few of your most important beliefs and/or qualities about life, ones that you feel have served you or others well?***
- 2. What are some of your biggest fears and/or hurdles (current or conquered)?***
- 3. What do you believe to be the most powerful actions that someone can take in life; actions that will lead to fulfilling ones' dreams and living out whatever their ideal life may be?***

I was pleased to find that many people took part in answering my questions. I received hundreds of responses in a very short time and so I began the process of reading through them. I was looking for a diverse range of different perspectives and as I read them I tracked common themes.

It surprised me to find that just about every response was extremely unique. Instead of finding lots of people repeating phrases that most hear throughout their lives, such as, "Treat others as you would want to be treated." I found that the responses were delightfully unexpected and full of people's inner wisdom.

I would like to share some of their words with you now, but first I will explain the underlying purpose of the questions. The questions are a process of transformation, and each one plays a part in assisting someone with creating powerful change in their life. *Let me show you what the first question is all about.*

Q1. You Must Have Belief

What are a few of your most important beliefs and/or qualities about life, ones that you feel have served you or others well?

A belief is an agreement that you make with yourself that a statement is true, or that something exists.

The first question is about getting us to focus on what we believe is truly important. From the moment we are born, we are learning and absorbing new information all the time. This new information becomes the template and structure for how we live our lives. It is composed of billions if not trillions of beliefs (*such as; I believe the sky is blue, that gravity exists, that I am a good person, or that I can't say no to alcohol*).

Each person's template is unique, and it governs how they behave and interact with their environment and those around them. Beliefs are established through observation, and without beliefs of some kind, interaction of any kind would be impossible. So we need them, but the beliefs we have aren't always made up of perfect logic and reason. For example, one of my strongest beliefs that I acquired as a child is that I had to grow up in order to receive love.

"Why is any of this important?", you might ask. Because if our beliefs decide how we interact and behave in the world around us, then it makes sense that if we want to live happy and fulfilling lives, we need to have beliefs that support us in that desire.

Though we have a very large number of beliefs that direct our behavior in a number of different ways, some are more powerful than others. What makes one belief more powerful than another is your *focus*.

The first question is about discovering the

beliefs that will guide you to living your ideal life, and then making those beliefs your greatest focus. Super-charge them with your attention and they will become the underlying foundation that directs your behavior.

Let's take a look at what some people believe by viewing some of the responses to question one...

“Too many of us are in auto-pilot; we are not alive, we are merely surviving. We allow ourselves to be dragged along and to get caught up in all kinds of situations, simply reacting, rather than to create our own experiences. We need to recognize that everything that happens to us, every single person that we meet is Life giving us an opportunity to grow and become more of who we are: but we can only know this if we live consciously.”

-Eliza, 48, Female, South Africa

“My mother-in-law has been my greatest teacher. She has taught me to not take things personally, and to stand up for

myself. She has taught me to love as God loves, and that there is no one way to God.”

-Greg, 51, Male, CA, USA

“The two most important pieces of advice I've been given are from my father: 'Embrace your choices,' and my grandfather: 'Life goes on.'”

-Rianna, 22, Female, IA, USA

“Be Amused! If we take ourselves and our world too seriously we all suffer in fear and depression. We all 'love' a good laugh, it makes us feel good. When we feel good, we are at our best, and when we are at our best we can overcome all of life's challenges.”

-Carl, 54, Male, OH, USA

“I believe that I am a physically and mentally healthier person when I get my mind off myself and focus on others.”

-Eileen, 65, Female, FL, USA

“I would tell my kids to believe, trust and love themselves no matter what, and I

would remind them that they each have a unique mission on this planet. I would ask them to keep chanting 'Nam-Myoho-Renge-Kyo' (Buddhist chant) so they can be absolutely happy, and so they can reveal the power within themselves to transform any obstacle into something beneficial."

-Tracy, 31, Female, AZ, USA

"All life simply is as it is, and it's all OK no matter what it looks like."

-Lesley, 57, Female, Australia

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Each of these beliefs have the power to change our life in profound and magnificent ways. This is done through continually putting our focus and attention on them until they are not just clever sayings we heard or created, but they become statements that our body and our very essence live by.

It is likely that the people who wrote these truly believe in what they wrote, but it is

also likely that they have many other beliefs in addition to these that counteract and contradict them. In order to reach the tipping point and create powerful change, our focus and energy would have to reside primarily on these beliefs. In this way energy is transferred away from the beliefs that no longer support us and towards the ones that do.

You can choose to believe in whatever you want, but know that you must believe in *something*, and that what you choose to believe in will absolutely transform your life, or keep you right where you are.

Q2. Fear Keeps Us Safe?

What are some of your biggest fears and/or hurdles (current or conquered)?

“Fear is simply your subconscious pointing out where your biggest breakthroughs can be found.”
-John, 45, Male, CA, USA

This question seems rather obvious, but it is absolutely crucial that you answer it if you want to make real changes in your life. The only reason we are not living our ideal lives right NOW, is because of *fear*. Fears are merely another type of belief, but one that comes with a strong emotional charge to it, and they are often under the surface and hard to detect. *Fears can keep us from changing.*

Change is a transfer of energy; it is a transition from one state of being to

another. With every change you must let go of something in order to obtain something else. It is important to ask yourself what you must let go of in order to obtain that which you desire.

Your fear will either be attached to what you must lose, or it will come from what you are gaining. That may sound strange, but we do the same thing we have always done over and over because it is familiar; which means it is safe. Even though getting a new higher-paying job at your favorite company may sound like a dream come true, it is still new territory and unfamiliar ground: There will be new experiences you must face, and new experiences always bring the threat of discomfort.

Here are some of our biggest fears and hurdles in life:

"What I do does not make a difference."

-Kay, 64, Female, WA, USA

"...My biggest fear is that I am frightened of dying with my music (gifts) still inside me, unrealized!"

-Lisa, 38, Female, Australia

"My biggest challenges are financial; I am deeply in debt with no assets, and no employment. What is also challenging is following my beliefs and acting on those beliefs consistently in order to climb back out of poverty."

-Elizabeth, 62, Female, WA, USA

"A year ago, without any warning, my husband of 30 years suddenly died from an aortic aneurysm... I am moving forward, as I know he would have wanted me to. I accept whatever comes to me and know that there is a divine plan and lesson for me to learn. I feel blessed to have had such a great man as my husband for 30 years!"

-Theresa, 56, Female, HI, USA

“My Fears Include: Death, injury, loss of loved ones, missed opportunities, not finding the love of my life, not taking advantage of my youth, not being good enough. Being different.”

-Palmer, Male, OR, USA

"I held my youngest son in my arms and watched him die, that was my biggest fear - losing a child: after that, all other fears paled in comparison and were greatly diminished. Once my greatest fear came to pass and I lived through it, I was no longer afraid to confront things in my life that needed to be confronted, to take risks, or to speak my mind and what's in my heart. Once you survive your own personal hell, what lies on the other side of your greatest fears can be truly liberating."

-Stephanie, 39, Female, ID, USA

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Fears are important: They help us recognize potential threats, and situations that can be dangerous to us in physical, emotional, and psychological ways. Though they fulfill a fundamental role in our survival, fears (*like beliefs*) can be very irrational and are often based on nothing more than assumptions or false judgments.

When fear is our predominant operating program, we end up in a constant battle to remain in control of our environment and the people around us, in order to keep ourselves safe. The problem with “safe” is that you can't grow; *growth comes from stepping out of playing it safe.*

You must shine a bright light on your fears; become aware of them. Awareness dissolves fear so by recognizing that you are afraid you gain the power to take action; and it is in action that we find our footing again, so that we may keep moving forward.

Q3. Transformation

What do you believe to be the most powerful actions that someone can take in life; actions that will lead to fulfilling ones' dreams and living out whatever their ideal life may be?

It is important to be aware of your beliefs, but even more important is how you act on them.

Question 3 is very similar to question 1: It is taking the principles and beliefs of the first question and rewriting them into action statements. That makes this question the most important question of all, because it helps you make the transition from thought to action, and it is in action that you will find powerful transformations unfolding in your life.

This question also helps give us a more generalized view on what action to take.

However, we can only share what we ourselves have learned from our own life experience: Whatever your response may be, it will best be applied to your own life.

Here are some of the most powerful actions that we can take:

"Spend some time doing what you would be doing if all your dreams came true TODAY. Do activities that will help your physical, mental and spiritual well-being. Help someone else reach their goals."

-Svein, 40, Male, NY, USA

"Taking time for yourself, sit in a quiet space daily, listen, breathe often, and choose in favor of what is best for YOU at all times. Question your thoughts and beliefs. If they serve you, keep them; if not, let them go."

-Mary Lynne, 40, Female, CO, USA

"Everyone has a choice to do what they want to do with their lives. Don't be a victim. Don't blame others for the choices that you have made. Take control of your own life. Life is simple: A healthy body = a healthy mind. Balance your time between work, family, and fun! Do everything with Love... Give, and receive. Find a spiritual path that makes you happy!"

-Jade, 30, Female, South Africa

"Be genuine with everyone; try everything once; don't disrespect or devalue anything or anyone, especially yourself. Write down your thoughts and ideas when you have them: you may not understand their significance until a later time and then you can go back and review them when the situation arises. Don't prejudge; allow yourself to be surprised."

-Tammy, 44, Female, NM, USA

"I don't know... maybe maintaining consistent actions that are positive every day and not falling back into negative feelings and thoughts."

-Elizabeth, 62, Female, WA, USA

"The most powerful actions that will bring total joy and glory are loving others as He loves us, serving those in need, forgiveness, faith, and doing our best to follow the example of Christ while he walked this earth."

-Sheri, 51, Female, TX, USA

"Loving themselves unconditionally. It sounds cliché, but that is the number one thing we all strive for. When we love ourselves, we feel happy; we are connected spiritually to our higher power; we see the light in everyone and everything around us; we acknowledge our own light."

-Marie, 42, Female, ME, USA

"Find a lane and go. If you find it's the wrong lane, or the wrong direction, switch lanes or change direction, but GO!"

-Datta, Over 20, Male, CO, USA

"I believe your thoughts become things, however I think that people take that a little to literally and forget about the 'Oh yeah! I need to do something' part. Dreaming about what you want is the first step, and the feeling you get from believing in that dream will drive your determination to do what needs to be done. I think the most important action is the belief itself, because that is where you get the drive."

-Jaylene, 33, Female, Canada

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You Already Know

Life is a matter of personal preference, and only you can decide what that preference is.

I did not write this book to tell people how to live their lives. In truth, I believe we already know exactly what to do, what is important to us, and what gets in our way.

I do however feel that we get sidetracked very easily; caught up in the stories we create that make our problems seem bigger than they really are. We're also good at making up conditions we tell ourselves we have to meet in order to achieve our goals: *conditions that usually don't even really matter and do nothing more than keep us from moving forward.*

Some of us have allowed ourselves to believe that we can't actually have what we want, so we settle for easy-to-achieve pleasures and successes instead. *That is*

not to say that there is anything wrong with seeking pleasure and a feeling of accomplishment, but if you are doing it to avoid facing what you know you need to do next, then you might want to contemplate the reason behind your actions.

I wrote this book to remind people to put their focus back on what they truly know to be important to them. If you know what you want in life, then put your focus on it, and *Keep it there!*

If you get overwhelmed, take small steps. if you seize up with fear, take action and you will overcome it. *You* know exactly what you need to do, and if for some reason you feel that you do not; it is most likely because you don't believe you can actually have what you truly want for yourself.

If you took the time to answer these 3 powerful questions, then you are that much closer to living the life you desire. Whether you get that life depends on where you choose to put your focus and your

attention, every minute of every day.

I hope that you choose to focus on what you love and truly desire in life, because only you can share your message and who you are with the world. Whatever you may choose, know that you will absolutely have an impact.

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Conclusion

If this book has been helpful to you, and you would like to read and experience more, then go to the *Online Environment* that is coupled with this book. You will find expanded content that has been **GIFTED** to you by the author for no additional charge. (*go to pg xx for information on how to get there*)

You will find:

- *Audio and Video Clips*
- *Demographic Information about the survey*
- *My responses to the 3 questions*
- *A categorizing of common themes to the responses*
- *And much more!*

So please, check it out and let us know what your dreams are and how we can support you.

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*and lastly, to the woman from which the original idea of this book was inspired.
Wherever you are, Thank You.*

"Asking ourselves powerful questions can change everything and I believe this mini-book does a great job doing that. The questions it asks can be profound... just be open to the answers you will receive." - **Robert Evans**, founder of The Messenger Network

What Would You Pass On?

*A small book about stepping
into your ideal life*

This book is about every person's quest to find fulfillment in their life. It is about asking some very tough questions, and how facing death can launch you into truly living life.

You will discover what hundreds of people have to say about what is truly important in life, what gets in our way, and what actions will lead to fulfilling our every desire.

Find out how to start living your bliss now.

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Matthew Thomas currently resides in Oregon. He enjoys teaching martial arts and educational techniques; he is passionate about learning anything and everything and studying from all walks of life.

Currently, he is working on his Complete Human program for mind/body wellness.

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