

The Quick Fix To Any Problem

Get in the Driver Seat and take control of your life!

**Reduce stress, increase confidence
and discover how to live a happy and fulfilling life**

Mikal Nielsen

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Introduction

Are you struggling or feeling stuck with any one - or more - of these:

Stress

Losing weight

Managing time

Creating financial stability

Getting fit

Being a great parent

Having a fulfilling relationship/marriage

Being confident and happy

and, would you be keen to learn a quick fix to everyone of these?

If yes, you're reading the right book – so keep reading!

“There is no quick fix“ we are told, to long-term problems like those mentioned above. As most people tend to agree with that, they get stuck and stay stuck – sometimes forever! But, there is a quick fix to these problems, as you will discover if you read through the entire book.

We live in a world where arriving at the destination has become more important than the journey of getting there. It's like making the numbers on the tombstone more important than the ‘-‘.

The dash represents the life we lived, and the numbers are just two single events of birth and death.

What you are about to discover through this book, is how to make the dash worth being around for and worth talking about at the end of it, by learning how to deal with problems quickly.

In this journey I will show you why the struggles you have in your life are there, what role they are playing, and where you need to focus to solve them – **now**.

No psychobabble!

No fancy language!

No therapy or counselling!

And no need to remember what happened when you were two!

Just easy common sense language for teenagers, pensioners and everyone in between.

As Albert Einstein said:

“If you can't explain it simply, you don't understand it well enough.“

I believe I understand this well enough. 30 years of experience has preceded the creation of this book and the simple principle of the Quick Fix, so that **you** too can have the benefits of this **now**, without having to go through that whole process I went through.

I want you to have this Quick Fix to help you deal with any problem in your life **now**, because I want for you to have more peace and happiness, and ultimately, I want to see a world in peace and happiness.

The principles in this book I have taught to my clients for 20 years and I have seen them work over and over again. It is now time for me to share these principles in this little book so that you too can get the benefits of this proven way of living a more fulfilling life.

How do I know this will work for you? Two reasons!

One, it has changed my life from a shy, no confidence person, to a person who speaks confidently in front of audiences of all kinds and sizes, and a person who has appeared on national TV, national radio, national newspapers and magazines, and several local papers and radio stations.

In the book, I will share with you THE most extraordinary experience of my life, which looking back, was my first and clearest experience of the Quick Fix. This happened in my late 20's, nearly 30 years ago. It changed my life and has inspired me right up until today, including writing this book.

Two, I have seen my clients apply the principles in this book over and over and over again and gained a whole new view of themselves, their lives and what they can achieve.

This is a part of a letter I received from Karen after completing a programme with me, where I taught her how to use the principles that I'm now sharing with you in this book:

“Wow, at the start of Mikal’s mentoring programme, I was a very depressed person who felt like I was chasing my tail around and around and getting nowhere. I was wasting money on purchasing things I didn’t need to make myself happy and was frustrated with life to a point that I wondered if life was worth living. I felt I wanted to be at the top of an empire and then I would feel fulfilled and happy. Boy was I wrong.

With Mikal’s support, I have learned to trust in myself. I can now understand why I am like I am and now work with it, not fight against it and feel embarrassed. I know how to deal with my emotions and have new life tools to cope with the ups and downs. Although I have very few of these now. Life is Bliss.”

And here a part of an email I received from Grant after having helped him quit his job and go into his own business full-time, making more money in the first year than he had made for the previous several years combined:

“PS: I thought I should let you know that I have just put a \$1,000 Christmas bonus into your bank account today. It’s nothing when compared to the priceless help you have given me. Thanks so much.”

I promise you, that if you read through this whole book and apply the Quick Fix you will experience less stress and struggle, achieve more fulfilling results and be able to deal with long-term (and short-term) problems – **quickly**.

Start to apply the Quick Fix right now by continuing to read this book! Why wait? Want to stay **stuck** with your problems? Or, are you ready to make a significant positive change in your life?

Make a clear decision, based on your gut feeling, and either put this book down and **completely** forget about it – or turn the page to the next chapter and get started on a whole new way of looking at life that can change you forever.

Either way – I wish you all the very best in your life, because I know you deserve that.

Warm regards

Mikal Nielsen

Warning: Do not jump straight to the section titled “The Quick Fix“, as it won't work. You need the full story. It's like a novel: Even though the climax at the end is important, it's the story of getting there that makes it worthwhile. Same for movies, climbing mountains, and I guess that's true for sex too! Sorry, I'm getting sidetracked here. See you inside the book

Disclaimer:

Don't treat anything in this book as the truth. Find out for yourself.

Chapter One

The Value - Part 1

Who is this book for

I believe – for your benefit – that it is important we get clear on who this book is for.

The short, yet accurate answer is: **You!** Why? Because you picked up the book and you are reading it right now. That means that something about it drew you to it, and therefore it must be the right book for you.

I also believe – for your benefit – that it is important we get clear on who this book is not for.

The short, yet accurate answer is: **You!**

Yes, I know, that sounds totally absurd, but stay with me. I will explain, as it is critical in order for you to understand the Quick Fix and how to get un-stuck. My explanation won't be

a few lines in this chapter, but an ongoing theme throughout the book to ultimately get to the place and space where you can successfully apply the Quick Fix.

But I will start that journey right here. This book is for you and it is not for you, both are true! It's a paradox, which we will need to solve together as we walk through this book.

As you may have already noticed, there is a whole section in this book titled 'The Paradox'. There you will find the definition of what a paradox is, why it is a core theme of Lao Tzu's famous writing of the 'Tao Te Ching' more than 2500 years ago, and ultimately why this is profoundly important and intimately connected to the Quick Fix.

Let's move on and look at why you should read this whole book and in the order of the chapters.

Why should I read it

You should read this book if any one or more of these statements describe you at this moment in time:

- You feel stuck in **any** area of life, whether in your relationship, work, business, health, parenting, confidence, on the golf course or anywhere else
- You feel there is more to life than what you are experiencing, but don't know where to start or where go next

- You want to be more of who you truly are, and at the same time, be able to support others to do the same
- You want to experience more freedom, including not worrying what others think about you
- You believe there's no quick fix to long-term problems
- You want to learn a super-quick way to solve problems
- You're curious to explore a different way of looking at life and living in a more fulfilled way
- You have done lots of personal growth work and maybe meditation, and you're looking for the next step on your journey of life

Yes, I know! That's quite an extensive list that would pretty much cover everybody.

So let's look at the other side of the coin: Why you shouldn't read it. If any one of these are true, don't read the book, because you most likely won't benefit from it, and I certainly don't want to waste your time:

- You have a closed mind and are not willing to explore any other way of doing life
- You want all your problems gone – now – but are not willing to make any effort on your part
- Everything bad in your life is the fault of someone or something else, and you are not responsible for any of it

- You are not willing to read the **whole book** and do the **work needed** to learn the Quick Fix, including implementing it into your life

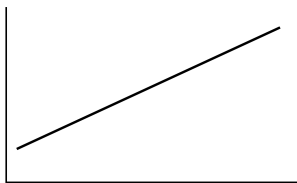
If any of these are true for you, save yourself the time and effort. Give the book to a friend!

Let me assure you that the Quick Fix works – guaranteed! The success rate depends on your openness and willingness to explore, question and practice the principles in this book.

To make it clearer why you should read this book, and at the same time why I have written it, I will give you an example that I use in all my seminars and presentations.

If you were to draw a graph, covering the last 30 years showing the amount and availability of weight-loss programs, diets, health coaches, gyms, exercise systems and equipment, what would that graph look like?

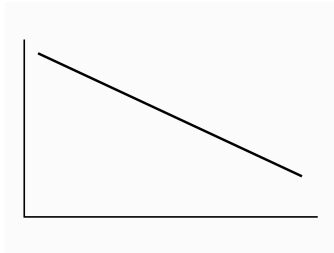
This is the answer I **always** get:



Don't worry about the exact steepness or curve of that line, the key is, it's an upward trend.

The next question I ask: Draw a graph, over the same period of time, of the number of healthy, fit and slim people.

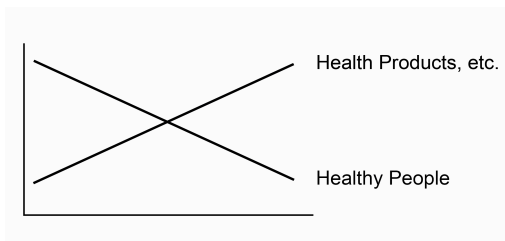
This is the answer I **always** get:



Again, don't worry about the exact steepness. Just know that over the last 30 years or so, people on average have become more overweight and the general health of the population is declining.

And, for the first time in hundreds of years, our life expectancy is starting to go down in several western cultures.

Now, let's put both those two graphs together:



By the way, the graph would look very similar for a multitude of other areas, including time management systems versus number of relaxed, focused and highly effective people. Or, stress management systems versus number of stress-free people. Or, moneymaking schemes and how to be wealthy versus number of wealthy people. Or, how to live in a fulfilling relationship/marriage versus number of successful relationships.

All of these and more would come up with a similar image as the graph above.

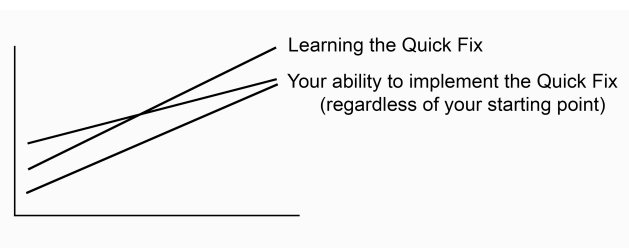
From a purely logical point of view, this doesn't make any sense at all. We have more knowledge, more books, more techniques, more teachers and coaches to improve any of the areas mentioned above, yet in reality, we are going backwards in all of them.

By the time you have worked yourself through this book – and I will talk more about that in the next chapter on how to read this book – you will fully understand **why** the graphs looks that way and **why** people are not achieving the weight and health they want, the financial freedom they want, a stress free life or an intimate relationship that is worth sustaining forever.

To complete this chapter, let me make it super clear that the Quick Fix could easily fall into the category of the above examples and be yet another one of those tools that won't make any sustainable difference in your life.

Don't worry! I have solved that problem for you. Because I know **exactly** why those graphs look the way they do and why they are likely to stay that way. That is, unless you take the time and effort to understand it.

Good news! A major part of this book is dedicated to answering this, so by the time you get to implement the Quick Fix you will understand the pitfalls and I will have given you the tools to reverse the downward graph to an upwards one like this:



In order for this to be so, it is very important that you use this book in the right way, which leads us straight into the next chapter: How should I read it.

How should I read it

The way this book is written is as a journey. Liken it to a traditional quest, where the hero to be finds her or himself at a place of a strong desire. There is a challenge in front of them, whether it's getting to the treasure chest, rescuing the princess, finding the right man, or save the world.

The starting point is so far removed from what needs to be accomplished, that it almost looks impossible. “How do I get there?”, “What do I need to do next?”, “Will I have what it takes?”, “Am I good enough to succeed?”, “Do I deserve the prize at the end?” and so on.

With a mixture of fear, courage, doubt and determination, the budding hero sets out on the quest of fighting both external and internal demons and dragons. Although the quest appears to be about getting to the goal at the end, in reality it is about the journey of getting there, without which there wouldn't be a quest, or a novel, or a movie - or life!

This book is like that. Although the Quick Fix is the treasure chest, you have to go through the Quest of getting there, because it is in the Quest itself that you will pick up the keys, combinations, maps and clues to find and unlock the Quick Fix.

I have created this journey in the order I believe to be the most effective from my experiences in my own personal life and as a life and business coach. That doesn't mean it will be 100% perfect for everyone reading this book, but it is a good place to begin.

I therefore ask you to read the book in the order I have written it as each chapter leads to the next in the journey. Depending on what kind of person you are and how much previous understanding you may have of what I am talking about, you may read this book in a day or over several weeks. Either is fine!

Another way of emphasizing the importance of reading the book step by step is to relate it to the way I actually work with my clients to get to the Quick Fix. A common experience for a

new client at the beginning of the coaching journey, is confusion. They will often say “You make my head spin”, to which I smile and say “Great!”. It means that their mind is being challenged and they will experience the benefit further on in the program, **if** they are willing to stay with the journey.

It is the same for you and this book. The Quest we are going on is tested and proven. This is what Denise wrote to me at the end of going through this journey with me:

“Mikal, through his wonderful insight and ability to crack open the ‘do not disturb sign’, has given me a wonderful gift to see beyond what has always been and into a future I never knew existed. His clarification, communication and feedback as my mentor has truly awakened and inspired me to take steps I didn’t think I could.”

This quote illustrates the unique benefits available if you stick with it.

Just make sure you read it cover to cover the first time around. This will give you a really good overview of how all the different pieces of the puzzle to the Quick Fix fit together and what specific areas and tools you need to explore further.

And, the good news is, that even after the first reading through you will already be able to apply the Quick Fix. To master the Quick Fix, like mastering anything, it comes down to practice. But not practice for the sake of practice. It has to be the right practice.

This is where you come back to this book after the initial read through, and this time you **study** the book. This will significantly enhance your ability to successfully apply the Quick Fix in more and more situations in your life, and with more and more challenging problems. You **will** become the master of getting **unstuck** – quickly.

And not only that. You will increasingly be able to fulfill a part of your core life purpose, which is to make a positive difference in your own life and in other people's lives. You will be able to share your knowledge and experiences of the Quick Fix. And not only that, people will start asking you how you achieve what you achieve in your life and you will be able to confidently tell them and support them in doing the same.

In sharing this with you, you now know why I do what I do in my life and why I would even write this book.

My **drive** in life is **growth**.

My **passion** in life is **supporting others** to grow.

To recap, read cover to cover in your first reading, then come back and either read it cover to cover again and again, or pick specific parts or chapters to go more into depth with. This book really is about life, not just about learning a Quick Fix to your problems.

And one very last thing for this chapter. If you are finding the book hard to read at times, it is not because I'm using some high tech fancy or sophisticated language. It is because what I'm saying is challenging your mind.

That is good news. Don't read on when that happens, but stop and ponder what you read. Re-read it, over and over. Leave it for a day or two and then read it again before moving on.

It could of course also be because English is not my first language and that I'm writing with a Danish accent – but you will get used to that along the way.

Let's move on to another important question that you may have at this point in time: Is this going to be difficult? To find out, please continue!

Is it going to be easy or difficult

Is it going to be easy or difficult to learn the Quick Fix? The answer is yes.

If you have gone straight to this chapter you need to go back to the chapter "Who is this book for" as that will make my answer easier to understand. If you are reading this book the way I suggest, which is chapter by chapter and in the order they are written, you would already have the knowledge that this journey is about meeting and 'solving' the paradoxes that life is made up of.

Using and applying the Quick Fix is staggeringly easy, as you will experience when you get there. And on the other hand the journey itself and the learning of the Quick Fix is most likely going to be difficult for you.

Here is a classical example of this from my own life just over the last few months. Two months ago my 16-year-old son bought two Rubik's cubes while we were on holiday and we immediately started to try and solve them. It didn't take long before we realized that this was not going to happen in a hurry and we decided to look up how to do it.

Learning to solve the cube was difficult. It took a long time and a lot of practice figuring out when to do what and remembering it all in the right order. Now, a couple of months later, it is very easy for me to make the Rubik's cube, and I can do it in less than two minutes every time.

I have now taken this a step further and am using the Rubik's cube in my corporate presentations, by solving the cube in front of the audience while talking about the principle of something being complicated and easy at the same time.

The journey you are embarking on by going through this book, is going to be a bit like the Rubik's cube. Once you have put all the pieces together in the right order the Rubik's cube is easy and it will be so too with the Quick Fix.

Implementing and using the Quick Fix is easy once you get there - guaranteed! And as I have said earlier, don't skip through the book, at least not in the first reading. You can do that when you read the book over and over again to master the different stages and aspects. That will eventually put the Quick Fix together so that you can apply it instantly in any situation where you want to solve a problem.

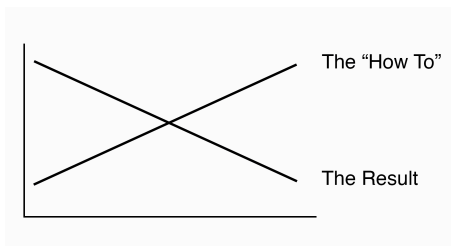
As I'm sure you have picked up by now, this book and the journey you are embarking on, is unusual. It **has** to be! I will dedicate the next chapter to explore that and why it is super-important to fully understand **why** weight-loss programs, time management systems, etc don't work for most people most of the time.

Let us explore this a bit further.

What's different here

The key difference here is: This is not a "How To" book.

Let's quickly redraw the graph from the chapter before, but change the words:



We have increasingly more "How To" on pretty much **anything** you want to learn or any problems you want to solve. Particularly with the internet and mobile devices, you can access this almost anywhere at almost any time, and often for free.

Yet our problems as human beings continue to increase in either number or intensity, or both! Suicide rates are going up. Use of antidepressants is skyrocketing. Obesity and poor health are increasing, with cancer, heart attacks and strokes rampant. Stress levels are going through the roof. In other words: The “Results” are completely out of proportion to the “How To” we have available.

A major part of this book is dedicated to help you fully understand **why** this is so, but in a simple, common sense language that is easy to understand. So back to the start of this chapter. The Quick Fix in this book is not a “How To” solve your problems, even though I could easily give that to you in a 2-page book. However, I know that it won't work. It will just become more of the “How To” to add to everything else you already know on how to solve your problems and live a fulfilling life.

The key difference here is, that rather than increasing your knowledge (the “How To”), this book is an **experience**.

Why is this important? It's important because an experience you will remember without having to remember to remember it! You may want to reread that last sentence a few times to make sure you fully get it.

On the other hand, knowledge (the “How To”) you have to remember to remember when you need it, and when the pressure is on, you are most likely to forget it. If this doesn't fully make sense at this moment in time, don't worry. I will cover this in greater detail and you will fully understand it by the end of the book.

This is why it is so important, and even though I have already said it a number of times, I will say it again: You must read this book cover to cover and in the order it is written, and the Quest will unfold. What you learned – or rather experienced – in this chapter is critically important to the value you will get from the rest of the journey.

So before leaving this Part 1 of the book titled “The Value”, I want to finish with a story from personal experience, that completely changed my life and put me on a whole new journey that I never would have thought possible. My first two, and to date, most clear experiences of the Quick Fix.

Master your Mind – Master your Life

But before sharing that story with you, I will throw this super-short chapter in here to help you understand the importance of my story.

As you work your way through the book, you will see that the heading for this chapter will reappear in every part of the book. There is of course a reason for that, but I won't tell you right now as that will spoil the fun and ruin the Quest.

When I'm talking to an audience, this is the simple and short phrase I use to describe the importance of mastering your mind: “If I was only allowed to give one answer to the question

‘What is the most important ingredient to success?’, my answer would be ‘Learn to master your mind’”, and then I would tell the story I'm about to tell you.

However, because I have more time here, I will do it the other way around. So here is my story, that when told in front of an audience, you can hear a pin drop, whether I'm talking to a group of business executives or a high school class on a Friday afternoon.

The Quick Fix - A Personal Story

The year is 1986. I'm 29 years old and I'm standing right in front of a frightening obstacle, shaking with fear. I am profoundly shy and have spent my childhood, teenage years and young adult life with little or no confidence, worrying what others think about me, and in total fear of embarrassment.

Up until two years prior, that was the truth of it, but in 1984 at the age of 27, I got the ‘wake up’ call. Until that point I was completely living inside my own head and there really wasn't a world outside of that.

Luckily, I had a colleague at the computer company where I worked as a software developer, who could see that I needed a kick up my bum. He convinced me to attend a weekend course called Communication Workshop, created by Werner Erhard.

It was in English and most of what was said I didn't understand, and it was quite a frightening experience for me. I left that weekend feeling that it had been a waste of time and money, as I didn't feel any different or better off. **Boy was I wrong!**

It was my first ever experience of the Quick Fix that this whole book is about, but I didn't have a clue about that on Sunday evening after the course. Nor did I have a clue on Monday. Or Tuesday.

Over those two days, several of my friends and colleagues asked “What happened to you?”. I had no idea what they were talking about or why they asked, so my answer was a shrug of my shoulders and “Nothing!”.

Then Wednesday came. Wow! It was like waking up from a nightmare and realizing all was good. In an instant (talk about *Quick Fix*) I realized my life had just changed – completely and profoundly. People talk about 180° life changing turns, but that was not the case for me. I surely would have noticed that straight away as 180° would have made me face the opposite way and the ‘scenery’ would have looked different.

The way I look at it, and the reason it took me three days to realize, is that it had been a 360° change. I was still facing the same way, looking at the same ‘scenery’, but **I** was not the same. A total transformation had taken place and I didn't even notice – and that is precisely why it was so powerful and life-changing.

Although I was still shy and still lacking in confidence, I now had a completely different outlook on life. As Zig Ziglar says: “Your input determines your outlook, which determines your outcome”. Because of the input – that weekend course – my outlook had changed dramatically (even though I didn't know that at the time), and with the changed outlook, the outcome (my actions) changed, and that was what the people around me noticed.

From that Wednesday onwards, I didn't stop talking about this massive change in my life that had taken place super-quickly. I talked about it to anyone who would listen and also to those who wouldn't listen. I still hadn't learnt to tell the difference so I just kept talking. Looking back, I can see that it helped me get clear on what had happened to me and where I was going with this new Me.

I lost a few friends over the coming year, the ones who couldn't handle the ‘saved’ human being who now knew everything about life and who believed everyone should do the same weekend course. Yes I know, those kinds of people who think they know everything are really a pain in the ass – and so was I. I of course wasn't ‘saved’ even though it felt like it, and at one level you could also argue that I was ‘saved’. It took me over a year to learn that lesson and that's where my passion for coaching others were born.

Let's fast forward about two years from completing that weekend course. Although still shy and still lacking in confidence, I continuously find myself seeking out opportunities to grow further, learn more, be more. I'm hooked on the journey of growth.

It is now 1986, where this story started at the beginning of this chapter. I'm about to experience the most profound proof of the Quick Fix that I have ever experienced in my life to date. Without that experience, this book wouldn't be written and I wouldn't be living in New Zealand on the opposite side of the planet to where I was born and grew up – Denmark. Nor would I be making a living out of my passion.

It is close to midnight on Saturday night. I am at yet another growth course, but this one is radically different. I had joined a men's group after doing a men's course – yes, I was exploring everything! One of the other men just had something about him that I wanted.

He was super-confident with no sign of the shyness that had nested in my life for so long. And, as he happened to be the facilitator of this weekend course, I had to participate – even though it really pushed my ‘scary’ button. His name is Nimmi Holstein, and I am eternally grateful to him for being who he was and doing what he did.

During the evening we had been building a massive fire and burned it down to a heap of red hot embers. The heat was staggering throughout this process, and the idea of me and 30 others walking barefooted on that, terrified every inch of my body. As Nimmi would say “This is really not about walking on fire, but because of the fire, you will be listening very carefully to what I say and fully participate“. And boy am I listening and participating!

It is midnight and the coals have been spread into a carpet of red, with some logs still burning along the sides. I later learned that the heat in the coals is close to 1000°Celsius (1800°Fahrenheit). The only thing I know at this moment in time is: It's hot – seriously hot.

We stand in a circle around the carpet of coals and are to step out in front of the coals one at a time when we feel ready. Feel ready! You've got to be kidding! I start doubting I will **ever** be ready as others step out of the circle, walk the carpet of coals and casually wander back to the circle.

I can't believe my eyes (I can feel the emotion welling up in me right now writing about it).

All sorts of thoughts go through my head, including focusing on what I've learned in the course during the day. I realize that this is my chance to create a breakthrough in how I view myself, in my self-confidence, and in doing what I **need** to do in my life to move forward.

Eventually, with the opposite pulls of fear and possibility, I simply can't bear it any longer and I find myself leaving the circle, heading straight for the fire. The voice in my head is screaming "NO! NO! What are you doing!", but my body just keeps walking. A totally weird, yet extremely powerful experience.

I'm now standing a foot in front of the carpet of red glowing coals. The inner voice that had just screamed "NO!", has somewhat calmed down a bit and just says "No way!" And leaves it at that.

The heat is unbearable (I later discover that the hairs in my legs had curled up and some are singed from the heat). The voice in my head doesn't need to scream at me, because obviously I'm not going to walk across **that**. Who would be that stupid!

The fact that other people have walked over it, and even that there are other people around, I am oblivious to. Just me, my mind and the heat. After a short while, my consciousness kicks its way through to me and reminds me to do what I have learned in the course, preparing us for this moment in time.

I now focus on just being here – as in reality I **am** here, with all of my fear, shaking. I don't know how much time passes while I stand there. All sense of time has vanished. And then it happens – an experience I'm finding really hard to describe. Not just because I have tears in my eyes while writing this, but because it is such an unbelievable experience.

All, and I mean **ALL**, the heat disappears in an instant. But more importantly, a total shift takes place in my mind and I'm **completely** calm. There is not a shred of doubt in my mind that I can walk on those coals and do so without burning my feet. Talk about Quick Fix! It was more like Instant Fix!

In that moment I could have turned around and walked straight back to the circle – the transformation had taken place without me having to walk the fire. However, since I was there – why not! So I **confidently** stepped onto the coals and casually wandered to the other end, feeling no heat whatsoever and getting no blisters.

The best way I can describe the physical feeling under my feet, is what I would imagine walking on popcorn would be like: soft and crunchy, but not hot.

After the fire-walking that night, the coals got raked into a pile and left like that. The next morning, a few of us went back down to where the fire-walking took place. There was still a part of me that somehow believed that the coals hadn't been hot.

So I went up to the pile of coals from last night and held my hand above it. To my surprise there was still some heat in it, but still convinced it couldn't be that hot, I picked up a piece of black coal. Ouch! I instantly burned my finger, leaving a blister as a reminder that, yes, this **was** hot last night. I burned my finger on a piece of black coal that had stopped burning 12 or so hours earlier. What about the red ones I had walked on!

To quickly finish the story, two key things.

One, it was the most powerful experience I have ever had of having fear, doing it anyway and succeeding. It has been a strong guiding light that has allowed me to achieve what I have in life and made coaching others my passion and business for more than 20 years.

Two, I became so fascinated by this experience that I wanted to learn more. I signed up as an assistant for all Nimmi's fire-walking courses from there on. After a year of that, he must have seen a potential in me, and at the last course before I went traveling, he asked me to facilitate a small part of the course.

No other assistant had been asked that, so I of course felt proud, but talk about reigniting my fear. Standing up in front of a group of people and speaking. "No way!", I heard my inner voice say, and then I heard my outer voice say "Sure, would love to!". Looking back, I can

see that was the beginning for me to learn to listen to **me** and not that voice in my head that more often than not wanted to hold me back, worry about what others would think and remain shy.

To cut a long story short, I became a qualified fire-walking teacher taught by Nimmi and later by the man who is known as the ‘Father of fire-walking’, Tolly Burkan, and I started facilitating fire-walking courses when I arrived in New Zealand in 1993.

With this sharing of my first two – and most powerful – experiences of the Quick Fix, let's continue the Quest and discover the keys and clues you need in order to be able to use the Quick Fix **consciously**. In the next part of the book – Our World – we will explore the world we have created and that we live in, as that is profoundly important to understand why we even need the Quick Fix, and also to understand how it fits into your world.

Chapter Two

Our World - Part 2

Awareness – the Key to the driver seat

The heading for this chapter also happens to be the title of my monthly WebTV show, hosted on Authenticyou.tv

Every time I give a talk or facilitate a seminar, the word AWARENESS goes at the top of the white board (or whatever medium I use). Also, in eight out of ten face-to-face sessions with my long-term clients, it goes at the top of the piece of paper in front of us. I'm starting this part of the book with clarifying this as it is essential to the rest of the journey to the Quick Fix. It is one of the main keys to the Quest we are on.

If I was asked to describe in one word what my work is about, I would answer ‘Awareness’, and if I was asked what I do, I would answer ‘Increase Awareness’. That is all this book is about, because that is all my coaching and teaching is about, and that is all my life is about.

I could have given this chapter a different title, that would be as accurate as a current one: ‘Awareness – the Key to the Quick Fix’. Awareness **is** the key to consciously apply the Quick Fix.

Why is awareness so important? Let's quickly review the chapter ‘What’s different here’ in the first part of the book. The key in that chapter is that the ‘How To’ doesn't work, because if it did, we would all be happy, healthy and wealthy.

I also state that I don't do ‘How To’. Rather, I facilitate **experiences** as they are profoundly more life-changing than knowledge.

Back to this chapter. **Experiences** increase your awareness at a much deeper level than knowledge does.

So what is all this fuss about awareness? It's really simple! Whenever you increase your awareness of anything, it leads to all of these three things:

- ✓ Making better CHOICES
- ✓ Gaining more CONTROL
- ✓ Attracting better or more OPPORTUNITIES

Let me give you a few practical examples. When you increase your awareness of how your mobile phone works, it allows you to make better choices in what you do with it, you will have more control over how you use it, and you will see more opportunities on how you can use it. This would be true for any other gadget or device.

From a business point of view, the more awareness you have of the market, who your customers are and what they want, again, the more it allows you to make better choices. These choices could be about what products you offer and how you deal with your customers. You will gain more control on how to approach the market and customers, and you will more easily see opportunities in the market and with your customers.

Another example, getting more personal, your intimate relationship. The more awareness you have of the feminine/masculine aspect of human beings – and life – the better choices you can make on how you communicate and relate, the more control you have over how you show up in that relationship, and the more opportunities you will discover of how to grow that relationship. This would also be true if you're not currently in a relationship and want to involve yourself in one.

With these three quite different examples, let's get to where this fits in with what I do, this book and the Quick Fix. **It is about increasing your awareness of You.** The deeper your awareness is of you, as above, the deeper it will lead to those same three things:

Your ability to make better **choices** in your life.

Gaining more **control** in leading a fulfilling life.

Attracting the best possible **opportunities** for your life.

As a coach, I love this. Because I don't have to try and figure out what my clients need to have or do. All I have to do is support them in increasing their awareness of themselves to the point where **they** know what's right for them, because at the end of the day, they are the only ones who can know for sure.

As I would often say, “Telling someone what to do is dis-empowering for that person. Coaching/supporting that person in finding out for him or herself is empowering.” And yes, it is so much easier to just tell others what to do than empower them to find out for themselves. In the same way, I could just tell you how to apply the Quick Fix to any problem in your life. It would be a two page book and would save you reading this whole book. But as I have said before, it wouldn't work.

The only way I know for this to work, is by taking you on this journey/quest that we are on right now – together. Why? Because it will hugely increase your awareness of You and therefore open You up for Better Choices, More Control and Better/More Opportunities.

In short: Increased awareness puts you more into the Driver Seat of your life!

The key purpose of this Part 2 - Our World, is to increase your awareness of yourself through increasing your awareness of the world around you – our world.

Then, in Part 4 – Your World – we deepen that awareness by journeying further into your personal world. But let's not get ahead of ourselves here. In the next chapter I will share with you a powerful 'Questioning Quiz' that I often take my audiences through to realize an obvious – yet very hidden – truth.

Looking for the Quick Fix – but!

Most of us are looking for quick fixes to our problems, and as you are reading this book, you most likely are too. That's all good!

The reason we want to solve our problems, is because we want to be happy. It's a natural drive that we are born with and one we will continuously try to fulfill. That's all good!

So why are we not all happy all the time if that's what we want and what we are striving for?

This is a **very** important question to ask. And to proceed on our Quest to the Quick Fix, we **must** find the answer.

To help with this, I will share with you the process I use when talking to audiences. As I share these questions with you, make sure you engage yourself in the process as if you were in the audience.

My first question: “Anyone here who doesn’t want to be happy, healthy and wealthy – according to your own definition of those words?”

Not a hand goes up! Everyone in the room wants to be happy, healthy and wealthy.

“Would that be true for almost everyone outside this room too?” The answer is yes! All humans want happiness, good health and at least reasonable prosperity.

“For how long – as individuals – have we wanted this?”. The typical answer is: Our whole lives!

“For how long have we as human beings been looking for this?”. Always! Forever! As long as we can track back in history!

Ok. Let me summarize and add another element. We, as human beings, have been looking for happiness, health and wealth for as long as we can look back in recorded history. Also, we humans have a track record of eventually finding what we are looking for. Looking for ways to get to the moon and looking for better and faster transportation, infrastructure, technology, etc.

Looking for the end of the earth and discovering that it's round. Looking for how the body works and discovering the organs, how they work and how to repair them. And on and on and on and on.

So here is my final – and million dollar question: “If we have been looking for happiness for thousands and thousands of years, why haven't we found it yet?”

No! Don't read on to get the answer. Stop! Read the question again and seriously look for the answer.

So what's your answer?

If you haven't got it yet, go back to the question.

I will share with you the most common answer I get from my audiences: “Don't know”.

At one level, that is at least a good answer for the simple reason that it is quite likely to be the truth for that person at that moment in time.

However, we have got to find a more accurate – to the point – answer, in order for us to proceed on our Quest for the Quick Fix. Why? Because the reason most people haven't found the Quick Fix to all their problems is **exactly** the same reason that people haven't found the happiness, health and wealth they want.

Are you ready for the answer? Or maybe I should be asking a different question: Are you willing to take the risk of getting disappointed when you hear how simple and obvious the answer is?

Either way – here it is: We are looking in the **wrong place!** If that was your answer too, then that's all good. If not, just sit with it for a few moments before reading on.

It's plain logic – not rocket science, fancy psychology or deep spirituality – just plain common sense. With our track record as a species of mostly finding what we are looking for, we would have found happiness by now if we were looking in the right place. After more than two decades of intensively looking for it myself – including nearly a decade in depression – it eventually became crystal clear to me.

One day, I discovered where happiness (and the Quick Fix) lived and I realized that I had been looking for it everywhere else other than where it was. In that same moment I realized that I wasn't the only one. We, as a human culture, have been looking in the wrong place all along. My next realization was at one level depressing and at another level exciting. People throughout history have been telling us this over and over again and we are still not listening – and neither had I been. Just to name a few: Lao Tzu, Buddha, Jesus, Mother Teresa, Jiddu Krishnamurti, Eckhart Tolle. And I'm sure you could add a bunch of names to that list too.

That was the time in my life that my focus changed completely and my long-term depression disappeared. It was also the time when my coaching changed dramatically to what it is today and has been for a decade or so: **Show** people where to look for happiness by showing them where it is not, so they can discover the truth for themselves.

This leads back to what I have already said twice in this book, and will say now again for the third time: I can give you the Quick Fix in a two page book – but it won't work. You have to go through the Quest as you need to make the discovery for yourself in order for it to work.

This chapter has added another clue to the journey towards the Quick Fix. Let's move on to the next one. This is one of those very common analogies that sounds very plausible at first, but in reality is total nonsense: “Is the glass half full or half empty.”

Is the glass half full or half empty

When I first heard that question it fascinated me, and I enjoyed answering it, an answer that took me about two minutes. When I later discovered that facilitators, coaches, counselors and therapists were using this as a way of determining peoples personalities and if people were focusing negatively – glass half empty – or positively – glass half full – I was shocked. Not only is that complete nonsense, it is dangerous, and yet another example of looking for solutions to our problems and happiness in the **wrong** place.

As this part of the book is about understanding (increasing awareness) of Our World, this is a classical example of what we have created and how we look at life: Good or bad, right or wrong, up or down, positive or negative. This is completely contradictory to the way life itself works and therefore will add to the cover-up of true happiness and the Quick Fix.

A while ago, I came across the author of 'The Far Side', Gary Larson's, version of 'Is the glass half full or half empty', and couldn't stop laughing. Here is his take on it:

“The world is divided into four basic personality types:

The glass is half full!

The glass is half empty!

Half full .. No! Wait! Half empty .. What was the question?

Hey! I ordered a cheese burger!”

My interpretation of that in short: Half full. Half empty. Don't know. Whatever.

And all of them can be the truth, depending on the situation. Here is another take on it: If I'm in the process of filling the glass up, it is half full and if I'm in the process of emptying it it's half empty. And so on!

The two points I want to make clear here are: One, that if you are using this way of looking as a way of finding happiness and the Quick Fix, you are looking in the wrong place. Two, it is a clear example of our world we currently live in where everything needs to be divided into right/wrong, good/bad, positive/negative. The problem with this is, that it is contradictory to the way life itself works and therefore find true happiness that way.

Moving on, increasing our awareness of Our World, let's look at another classical example of our conditioning of where happiness is – another clear example of looking in the wrong place.

The need to get somewhere

We are being conditioned by a multitude of avenues to believe that ‘getting somewhere’, whether that's another holiday, a new car, another job, a smarter phone, more money, another wife/husband, more confidence, your own business, more parties, and so on, will ultimately lead to your happiness.

Duh! If that was the case, we would already all be happy. It just doesn't work that way. The craziest thing is, whenever I talk with people about this face-to-face or in front of an audience, everyone agrees with me.

We know this already! Yet we don't **live** it. We get sucked right back into it, partly because it has become the norm and everyone else is doing it, and partly because there is a core part of us that wants to (we will look much closer at that later on in this Quest). For now, it is about understanding (increasing awareness) of Our World.

It is not a conspiracy by some super wealthy people trying to control us and make us ‘slaves’ who are totally money dependent. There may be some people making use of this for their own personal benefit, but that is not the **cause** of the problem, just the effect of it. That is why trying to regulate or get rid of those people won't work either.

We **must** find the source of this madness in order to solve it. The cool thing is, when you do discover that, you have also discovered the Quick Fix and this whole notion of needing to get somewhere to be happy will become obsolete.

You may recall me sharing in the Introduction a letter I received from Karen. In that letter she wrote “*I felt I wanted to be at the top of an empire and then I would feel fulfilled and happy.*”

When she came to me for coaching, she truly believed that if she could get somewhere ‘*to the top of an empire*’, she would be happy. I didn't try and convince her that it wouldn't work, but took her through the Quest, until she clearly saw for herself, that the happiness she wanted wouldn't be ‘*at the top of an empire*’. That's why she could add these words: “*Boy was I wrong*”.

Through the Quest I'd taken her on, she discovered where to go looking for the happiness she deserved. And the wonderful and magic thing is, now over a year later, she is on her way to the top of an empire.

However, you must understand that she is not on her way because it is going to make her happy: she found happiness **first**, and then went for the empire! Not only is it easier and more enjoyable to do it that way, but the real bonus is, that the journey has now become more important than arriving at the destination.

That dash ‘—’ became the most important part. Why is that important and why does it work profoundly better that way? Because that's the way life itself works, and the more we align ourselves with that, the more fulfilling it gets.

I want to finish this Part 2 of the book – Our World – by repeating one of the chapters from Part 1: ‘Master your Mind’, but taking it to the next level of understanding.

Master your Mind – The loss

In the last ‘Master your Mind’ chapter, I claimed, although in a slightly different way, that the one key to success in anything is the level to which you are able to master your mind. The reason most people don't achieve anywhere near the success they want throughout all areas of their life, is plainly: We have lost, and are continuously losing, our natural ability to use the power of the mind.

For most people it is not a part of their upbringing to be encouraged to use this amazing natural ability we have. Nor is it a part of most of our education systems around the world, or a part of our societies and our way of life.

The inability to access the power of the mind is a massive loss. The good news is, it's not lost forever.

And even better news, it's right here, right now! It is available to you this very moment – instantly!

Why? Because it is a natural part of who you are, from birth – even prior to birth – and it is with you for the rest of your life. In fact, there is absolutely no way it can become lost.

So here we go again, we have another paradox. We have lost the power of the mind and it is impossible to lose the power of the mind. I guess that's my clue to lead on to what I have promised earlier, some chapters on what a paradox is, but more importantly, how important and relevant it is to life itself and our Quest to the Quick Fix.

This will all be revealed in the next part of the book – The Paradox. Then in Part 4 – Your World, we will use those insights to discover where the mind is and where to focus to access it at will.

Chapter Three

The Paradox - Part 3

What 's a paradox

Let's start with looking up the definition in the dictionary, as that at least would satisfy the part of us that wants to know these things. In Part 4 of the book – Your World – we will explore further what that part of you is and where it is, but for this part of our Quest, we don't need to know.

A paradox: A statement or proposition that seems self-contradictory or absurd but in reality expresses a possible truth.

There are a number of different interpretations of what a paradox is and how to use it. I'm not here to argue any of that. I will show you how I use it in this book and the importance of it to the Quest we are on.

As I see it, life itself is full of paradoxes, things that our logical brain can't comprehend, where we say "I can't get my head around that".

One obvious example of this is: What came first, the chicken or the egg? We can argue either way, but the reality is that we don't know for sure. And quite possibly the answer could be neither. Another example: What is on the other side of the end of the universe? Our brain doesn't seem wired to comprehend infinity, something that doesn't have an end. Yet, where does the universe end?

Life is extremely simple and yet profoundly complex. A paradox! There is an obvious contradiction here, yet both are true, all depending on your viewpoint, and the fact that either side could be argued.

Paradoxes are powerful as tools for growth. That is why the people we may refer to as masters, have been using paradoxes and other similar forms in their teaching. Jesus, for example, taught through parables.

Jiddu Krishnamurti would often say "It doesn't take time to end suffering". Looking at the huge amount of suffering in the world, of course it is going to take time – lots of time – to end suffering. That's true! On the other hand, the ending of suffering doesn't take any time at all, it is instant. That's true too! This is a beautiful paradox that we must solve if we want to end suffering on this planet.

Another master using paradoxes as a means of revealing the deeper meaning of life to us is Lao Tzu. In his work 'Tao Te Ching', he does this through 81 verses, which are riddled with paradoxes. His writing has been described to create 'Intentional contradictions', which is exactly what a paradox is.

If you are interested in learning more about the 'Tao Te Ching', I can strongly recommend Wayne Dyer's book 'Change your thoughts, change your life'. In this book, Wayne Dyer goes through all of the 81 verses and then shares his findings, after having done all the hard work of researching it for us for a whole year. According to him, the 'Tao Te Ching' is "A book of wisdom that has been translated more than any volume in the world, except the Bible".

So why am I using paradoxes in this book? It is definitely not because I'm pretending to be a master at any level of enlightenment compared to those mentioned above, but because I have had massive insights myself through that way of learning. I can now see why those masters taught that way and I feel inspired to do the same to the level of which I am capable.

To round off this chapter, here is another paradox:

"The golden rule is, that there is no golden rules" George Bernard Shaw

And here is one of my own: "In order for you to grow it is critically important that you understand yourself, which is utterly impossible".

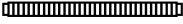
And with that, lets look at a paradox specifically related to the Quick Fix.

The Coin

An analogy that I like using is that of the coin. As the saying goes “There are two sides to the coin”. Whenever you have one side of the coin there will have to be another side, or the opposite side. That's true!

The way we normally use that theory is by saying that whatever we have on one side, we will have the opposite on the other side. For example if we have sadness on one side we will have happiness on the other. If we have good on one side there will be bad on the other side. Or the more practical examples would be up and down, dark and light, in and out, and so on.

It can be illustrated like this:

Confidence
At peace
Happy
Good
Positive

Negative
Bad
Sad
Stressed
Lack of-
Confidence

This is a very clear reflection of the world we live in, where everything needs to be labeled and put in boxes.

At one level we need labels in order to function together as a society, and at another level, labels get in the way of us truly connecting with each other, with ourselves and with that which is beyond. Another paradox! Both sides of the coin are true, yet we can't experience what we truly want as long as the coin is there. Again, this paradox must be seen for what it is, or as I have put it earlier – it must be solved.

Let's have a closer look at the coin example. We can't have happiness without instantly having the opposite. You can't describe or experience something being dark without also knowing light. If light didn't exist and it was dark all the time, you wouldn't experience dark as dark, as you wouldn't have light to compare it with. It would just be dark, but you wouldn't know.

Dark and light go together, born out of the same place, yet they are opposites. Same with good - bad, confidence - lack of confidence, stressed - at peace, and so on. So here is the reality: If you want happiness, along with that comes unhappiness, as one cannot be experienced without the other. If you want peace of mind, you will also get worry in the same package.

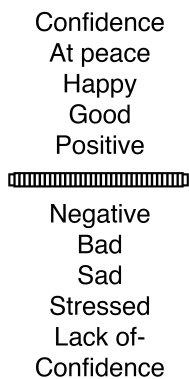
Let's remind ourselves of what we went through in the chapter 'Looking for the Quick Fix – but can't find it'. What was the final answer to why we haven't found happiness yet, even though we have been looking for it forever?

We have been looking in the wrong place!

This coin analogy has hopefully added another piece of proof that we are looking in the wrong place, simply because happiness arrives along with lack of happiness – however we label that. **True happiness** – which is really what we are looking for – lives somewhere else. Once you find that, you have also found the Quick Fix.

Before leaving the coin, I want to relate it a bit further to what this part of the book is about – the paradox.

Here is the drawing again:



Have a close look at everything there and think about what the most important part of it is to you. What part of it do you believe will be the most beneficial part to focus on?

If you are like most people you would answer: The positive side, because it will make me feel better. A few would answer: The negative side as it will allow me to work through that so I can experience more of the positive. Of course, both are valid answers. However, very few come up with the answer I want to hear and that I believe is the most powerful answer: The coin!

The coin is where you need to focus your attention if you want to solve the dilemma of duality. Until we do that, we will continue to have wars, abuse, depression and every other problem you can think of.

On one hand we need the coin in order to be able to function as a society and communicate with each other, and on the other hand we can't have a world in peace as long as the coin is there.

You got it – a paradox in full swing!

So here is the question I always end up posing to my clients at the end of the coin discussion:

“What would happen if I took away the coin?”

Please don't rush into it. Just sit – or walk – with that question for a while, and you may gather another clue on our Quest towards the Quick Fix.

To illustrate the importance of looking in a different place to get a different result, I will share another life-changing story from my own life.

Different approach – another life-changing story

There is a saying that goes “Insanity is to keep doing the same thing and expecting a different outcome”.

Like in the coin analogy from the last chapter, if we keep looking for the positive, we will not get what we really want, because as I said earlier on, we have been looking for that for thousands of years and still haven't found it.

I trust that by now it is becoming clear to you that we must start looking either in a different place or in a different way. And that is certainly the case if you want to find the Quick Fix to all of your problems.

I want to share a personal story with you that is a reflection of this. Back in the early days of my new mission of personal growth, I knew I had to do something dramatically different in order for me to grow faster.

Along with the weekend course and the fire-walking journey I talked about earlier, I did a whole bunch of other courses, both in Denmark, around Europe and in USA. But it was time for a different approach. I was ready for my next course, but it had to be something radically different.

So I designed the next course myself and assigned myself as the facilitator. I also happened to be the participant – the only participant.

It turned out to be a truly life changing experience – big time. I'm not saying that to show how good I am at running and creating courses, because any course that is two and a half years long will have to bring significant results. This is what took place.

I was in my early 30's and just divorced after a six month marriage. No wife, no children and somewhat bored with my job, so nothing was holding me down. Hmmm! Although I had already traveled to several countries in the Western World I hadn't been to any countries that were radically different to my own.

I then had an AHA moment: If I'm going to be able to see more clearly who I am, I have to stop being around people like myself and immerse myself in cultures that are completely different and unknown to me. In that instant my new growth 'course' was created. Talk about Quick Fix!

I had never done the 'backpacking thing' or traveled on my own, so the 'course' fell into place in an instant: Travel the world on my own with a backpack.

Minimum time: One year. Going back home after less than one year – not an option. Rough travel outline and time frame: One year Africa. One year Asia. One year South America.

I quit my job and was offered an amazing opportunity to travel to five countries in the Middle East, some of which were closed to foreigners. It was a three week assignment as a roadshow manager and became the prelude to my traveling ‘course’ – the appetizer. It was an amazing experience, for which I received a financial bonus that along with my savings allowed me to travel for three years without having to work.

Further to that, I was given a backpack from my coworkers as a goodbye present. A small backpack in comparison to what other travelers were using, a concern in the beginning, but turned out to be a blessing.

I bought a one-way ticket to Cairo – North Africa, and the ‘course’ had started. Actually, I'm going to change the word ‘course’ to ‘quest’ from here on, as that's really what it was about. It was a quest to find Me.

I knew there was something I was not getting about life and myself, so I set out to find that, without really having a clue how to go about it or what it would look like. Looking back, I can see that this became one of the most important clues to the quest we are on in this book – the Quest for the Quick Fix.

But I'm getting ahead of myself here. I won't be giving you a traveling journal or detailed description of my travels – that would be a book on its own – but rather share with you the essence of it, the parts that contributed to the quest I was on.

After buying my one-way flight out of Denmark, I did what turned out to be quite an important part of the process of finding myself.

I sat down with **all** my physical belongings and picked them up one by one saying “Do I really **need** this?”. If the answer was no, it got thrown out or given away. It was a tough process, yet very freeing, and whatever was left, I went through again in the same way three weeks later. What was left was pretty minimal and got stored in a small space in a friend's basement.

To speed things up here, let me throw in another paradox relating to that last paragraph about the quest I was on to find myself: ‘You must find yourself to become truly free, but you never got lost’.

Luckily, I didn't know that at the time, otherwise I might not have headed out on what turned out to be a major adventure, where I learned more about life itself, human beings and myself than I had learned in any course I had participated in so far.

To get the most out of my trip, I had set out some ground rules to make sure I could complete this mission:

- Can't terminate the trip within the first 12 months
- Daily average budget: US\$15 - including **everything**
- Stay off the beaten travelers' path wherever possible
- Eat the local food

- Travel the way the locals travel
- Travel primarily on my own

I wasn't in Africa to experience the animal life or the amazing nature like most travelers, I was there to experience **life** in Africa, through African people. I wanted to meet and learn about their cultures, their way of life, their religions, their ups and downs.

Africa doesn't look that big on the map, but when you're traveling the way the locals are, it's huge. No airplane rides!

Experiencing Africa the way I wanted turned out to be impossible in 12 months. It took me 20 months traveling through 30 countries covering all parts of that continent, experiencing huge varieties of cultures, ways of life, belief systems, and so on. I did about 20000 km of traveling in Africa, 2000 of those on foot.

I traveled on top of trucks going through potholes several times larger than the truck itself, and station wagon taxis with three times more people in them than is legal in my country, and in buses that would instantly be removed from the road by the authorities in the world I came from.

Yet, I hardly ever saw an accident on the road and never experienced one myself, even though there were no signs or flashing lights if there were any damage to the roads.

I hardly ever felt unsafe and only had one little thing stolen from my backpack in Morocco in all of my 20 months in Africa.

I had many conversations with locals in local cafés, playing chess, backgammon and so on, and sometimes got invited to stay with people in their homes. This was the most humbling and most difficult part (maybe apart from dealing with officials).

Being invited to eat with families that had very little, often with only a small amount of meat for the whole family, and I would always be asked to go first and have the meat. Even writing this now – 25 years later – brings tears to my eyes. Their generosity and curiosity was staggering. Yet the poverty they were living in was appalling.

This was one of the biggest lessons from my time in Africa along with this fact: three of the ten poorest countries in the world at the time – Ghana, Malawi and Uganda – were the three countries (out of a total of about 45 countries I had been to in the world) where I experienced the most happy people. And with another 10 countries added to my travel list since then, I still haven't found any other country where I have experienced more happiness than in those three in Africa.

Being eight months 'behind' my rough schedule, I made my way to Asia, starting in India. After three months of traveling India and Nepal, everything changed. I was so tired. My body was wearing down with the endless diarrheas, dust, heat, dust, dirt and more dust. My eyes were suffering as well and there was a strong pull to change my approach.

Of course, I could go home as I had clearly fulfilled my first rule of minimum 12 months traveling, with nearly 24 months on the road now. But I hadn't fulfilled my quest. Even though I didn't know what that would look like, I knew I wasn't there.

I had heard about a very peaceful, clean, cheap and non-tourist-inundated island in Thailand, off the beaten track. I decided to skip my travel plans through Bangladesh and Burma, and go straight for that island in Thailand.

It was heaven compared to what I had experienced over the last two years. It was my traveling retreat. I spent three months there and became good friends with the lovely young family who ran the small place, which had a bunch of small one-room bamboo bungalows and petroleum lamps for light. The common area and restaurant was right by the sea, and the food was amazing and still within my low budget.

Most of the time I spent in a hammock that I had strung up on the tiny porch of my hut, from which I could look out over the ocean. This is where I first experienced meditation – without even knowing it.

And this is where I had two major insights, one that gave me a great tool for learning that I have used many times since – and still use – and one that solved the paradox I posed earlier in this chapter.

The first insight:

Don't try and learn what you want to learn when you're immersed in the process. Be fully in the process, then step out and reflect. Two years of intense traveling where I 'found myself', but didn't know it, and then three months reflecting and becoming conscious of it, taught me this one.

This has played a major role in me becoming a life coach and me being able to write this book to support others in discovering more about life and themselves.

The second insight:

No matter where I went – I came along. In other words, there was no way I could escape Me! I realized that there had been a part of me that thought if I left everything familiar behind and traveled to faraway places with foreign people, I somehow would be a different person and be more free.

Logically I thought that made good sense. Reality however, was profoundly different. It worked the exact opposite way, which I hadn't seen while I was traveling, but now reflecting back – from my hammock in Thailand – it became very clear. The more unfamiliar your environment is, the more different parts of your unconscious You show up. I had in effect experienced a lot more of who I was, and I had become a more conscious person.

This is where a new realization came about. The task of finding myself might not be a one-off event to tick off the list. It may be an ongoing journey of life.

This insight, along with the other one – it doesn't matter where I go, I come along – made it strikingly clear that this particular round the world trip was over. I had learned what I came for. This specific quest was over and I was ready for the next step in my life journey. It was now time for a holiday!

I couldn't think of a better place to have one than where I was, so I stayed in my hammock for another few weeks as my body was still in recovery mode.

This was also the time when my focus moved to the concept of going home. However, this whole notion of 'home' had shifted for me. Yet another shift that I hadn't noticed while I was traveling, but now in reflection mode, I realized that home was no longer Denmark. There is an old saying: "Home is where I hang my hat", and when I arrived back to Denmark, it became very clear to me – and still is today – that home is wherever I am.

Concluding this chapter in the book, let us remember that my travel story illustrates the importance of looking for answers and solutions in a different place in order to get different results.

Had I not embarked on that quest, not only would I not have experienced the transformation I did, I also wouldn't be able to write this, nor would I be in New Zealand writing it. But that story is probably for another book.

So let's get back to rounding off this part of the book – The Paradox – by having a quick look at the Quick Fix and the paradox within it.

Quick Fix vs. No Quick Fix

“Solving all your problems will take a long time in no time at all.”

Yes, another paradox with two contradictory statements, yet they are both true. Remember the saying by Jiddu Krishnamurti a few chapters ago? Here it is again: “It doesn't take time to end suffering”.

So how can we apply a quick fix to problems like being overweight, lacking in confidence, relationship struggles, poverty, wars and so on, which are all problems that fall into the category of ‘There’s no quick fix’?

With everything you have experienced from the Quest we are on, you may have gathered enough clues along the way to be able to solve this paradox.

If not, let's move on to the last chapter of this part of the book, a chapter that you are already familiar with from the two previous parts: Master your Mind, but with the paradox element to it.

Master your Mind – the Paradox

The key to real success in your life – in any area of your life – is to master your mind. This is also the key to successfully applying the Quick Fix. Yet, the mind is masterful by nature and can't be mastered. This is a paradox that you need to solve.

In the next part of the book – Your World – this will become clearer as we will explore where and what the mind is, and who it is that needs to master it.

Chapter Four

Your World - Part 4

Awareness - the Key to the Driver Seat

As promised in the chapter with the exact same title as this one, back in Part 2 of the book – Our World – we are going to take the journey of growing your awareness to a more personal level – Your World.

In Part 2 I explained in detail why awareness is critically important to me and to our Quest. The focus in Part 2 was to increase your awareness of You through exploring the world we live in and how that shapes who we are.

In this part, it is about increasing your awareness of You through exploring You.

Let's super briefly remind ourselves of the three reasons and benefits that come with increased awareness. The ability to:

- make better **choices**
- have more **control**
- attract more/better **opportunities**

One way of putting this into one short sentence would be: 'Increased awareness puts you more into the driver seat of your life'.

A bit later, I will show you specifically what I mean by 'driver seat', but before that, I'm going to take you on a sub-quest into what is by far my biggest and most favorite reference point in all my work.

If I had to pick the most important chapter in this book, it would be this one coming. Settle in and be prepared to learn exactly how you function as a human being in simple, common sense, everyday language.

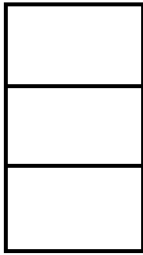
Being a human being - made easy

In this chapter I will take you through a short journey of discovering why weight-loss programs, time management systems, and how to get rich methods don't work for most people most of the time.

We are going to have a close look at how you function as a human being, without getting into the language of philosophy, psychology, science or religion.

I'm going to draw this for you as we go along, as I like pictures and I believe it makes it easier to understand.

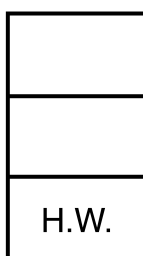
This is a computer:



Yes I know, drawing really wasn't my thing at school, so just use your imagination!

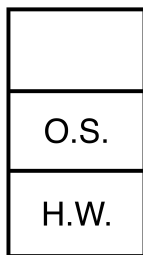
A computer has three core parts to it – yes, we are keeping it simple here!

The first part:



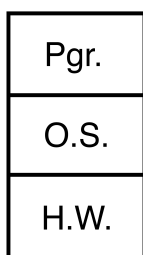
Hardware (H.W.). This is everything physical, like the chips, wires, screen, keyboard, etc., including electrical signals moving around.

The second part:



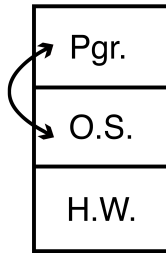
The Operating System (O.S). The most known operating systems at time of writing would be Windows, Android and Apple OS.

The third part:



Programs (Pgr.). These are also known as software and applications.

Installing a new program:



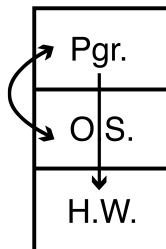
When installing a new program, the Pgr. and the O.S. will have a chat inside the computer to get to know each other. Which of the two do you think will make the decision whether this new program is going to be able to run on this computer?

Here is the answer I get 95% of the time: The O.S.

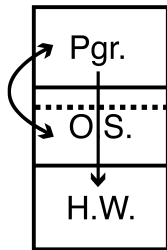
And the correct answer is: The O.S.

So the chances that you got the right answer are pretty good!

The O.S. is the go-between that allows a program to access the various parts of the H.W. We could draw it like this:



One last thing to understand here, which is really important. We can divide the O.S. up into two parts, a very small one and a large one like this:



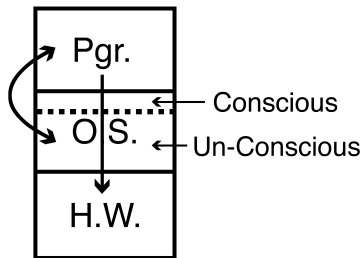
The small part above the dotted line is the part of the O.S. that you are conscious of. This is the part of the O.S. that you know about, the part that interacts with you. It is basically what allows you to use the computer, including opening and closing programs, creating folders, choosing your background image for your screen, and so on.

The biggest part of the O.S. (below the dotted line) you are unconscious of. This would be true for more than 99% of computer users. There is a very small group of people to whom this part is not unconscious, which essentially are those people who created the O.S. For the journey we are on here while using this analogy, I'm going to ignore that small group of people.

What I mean by saying that you are unconscious of the biggest part of the O.S., is that you most likely don't know how your programs save your files on the hard disc. Similarly when you move your mouse (or finger) causing the arrow on the screen move, my guess is that you don't know exactly how that happens. It is unconscious to you.

And that is all good – because you don't need to know in order for you to successfully use the computer.

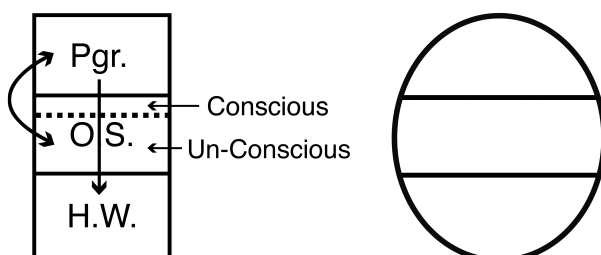
That puts our final touch to the computer side of things:



Now we have come to the interesting side: You function the same way. Yes I know, we don't look anything like a computer and physically we couldn't look any more different. Yet the way we operate is essentially all the same.

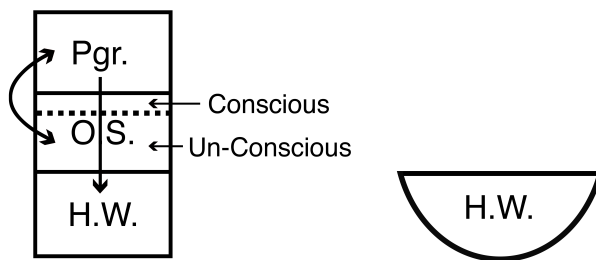
And as I like simple, I will keep it that way. I have also learned over the years of studying life and human beings, that it is vastly simpler than we make it.

With that in mind, let's create this Computer-Human analogy. Like the computer, we are also made up of three core parts:



The first part is Hardware (H.W.). Again, to make this super easy to understand, what I refer to here as the H.W. is **everything** that you arrive into this world with at birth.

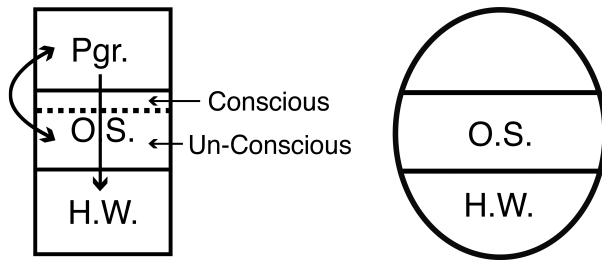
If I were to use this drawing as it would look when you were born, it would look like this:



Your O.S. and Programs are empty at birth. This means – in this analogy – your H.W. includes your physical body, your DNA, your hormones, all of the electrical wiring – including the functionality of your brain, plus everything else that may not be considered physical like your soul.

Also, if you believe you arrive into this life with some memory – like carryover from past lives – that too is in the H.W. part of this drawing. In simple terms: **Everything** you arrive into this life with.

Then, from the moment you were born, your mental Operating System (O.S.) starts being built:



The core content of your O.S. are your Beliefs and Values. At birth you don't have any beliefs about money, religion, politics, or **anything** else. Nor do you have any beliefs about yourself, whether you are useful or useless, a success or failure, kind or mean, or any other beliefs. Nor do you have any values of how you should behave.

All of this starts to develop from birth and onwards. The catch here is, that as a baby you have no logical or intellectual choice of what you end up believing in.

If your parents are Christians, you will grow up with those beliefs and they will be part of your O.S. whether you want them to or not. Of course you can challenge that later in life, but as a baby, you don't have that conscious option.

If you grow up in a family with very positive beliefs about money, you will 'inherit' those beliefs and making money will be easy for you. If you, on the other hand, grow up in a family/environment where the core belief around money is a 'lack of' or otherwise negative, you will 'inherit' that and making lots of money later in life will be difficult.

If you grow up with parents that are arguing and are unhappy together, you will grow up with the beliefs that marriages/relationships are uncomfortable and/or hard work, and you are

likely to experience the same thing in your own relationships later in life. If your parents are having an amazing relationship, your beliefs about relationships will reflect that and you are likely to manifest that in your adult life.

And on and on it goes with virtually everything in life.

I'm not saying, that if you had a tough start you stand no chance of a happy life. All I'm pointing out is how we learn our first set of beliefs and values and how our O.S. develops.

This is an ongoing process for your whole life, including the Quest we are on in this book. Please also understand that there is nothing right or wrong about this, nor is it positive or negative, it simply is the way it is: our O.S. will be a clear reflection of the O.S. we are surrounded by during the very early years of our lives.

To say this in computer language: our parents/caregivers are downloading their O.S. to ours and that is in general what we call 'growing up'.

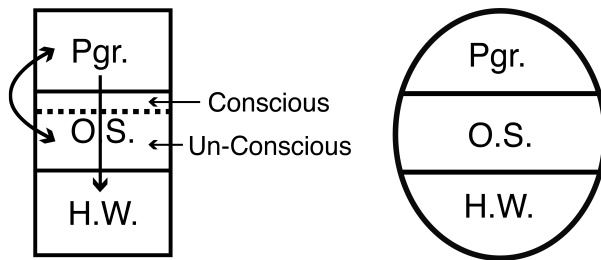
As you can probably see by now, this explains why we continue, generation after generation after generation to have wars, abuse, hate and disrespect, and continue to create a world of ongoing suffering.

This should also help you understand what I talked about a lot in the previous chapter: happiness seems to be eluding us.

Do we stand any chance of solving this cycle if our O.S. is being programmed for us, and we are then later downloading our O.S. to our children?

Let me assure you, that if this wasn't a question at some level for you, you wouldn't be reading this book. Let me also assure you, that everything you need to learn to break the cycle is in this book! The Quick Fix **will** break that cycle.

Before getting carried away though, we must complete our analogy as it is an important clue on our Quest. The last core part of us are the Programs (Pgr.):



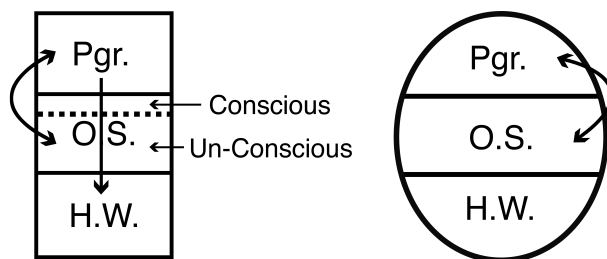
At birth you have no Programs as there is **nothing** you can do consciously. All your body functions are automatic and when you are hungry and start crying, even that is automatic.

Over the first few months of your life you start to develop Programs such as how to roll over, crawl and later walk. These three Programs you can activate by choice from then on, and it is highly likely that you still have access to all those today.

Another Program that you learn early on in life is how to speak. Then you learn to read and write, to do math, and everything else at school. These are all Programs.

Then you may 'install' a program on how to become a nurse, accountant, builder and any profession you can think of. In other words, the Programs are **all** the skills you learn in life from birth to death.

When you want to 'install' a new Program on your H.W., the Program and the O.S. have a chat:



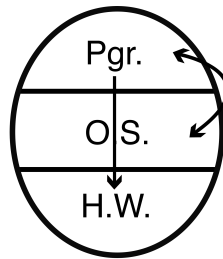
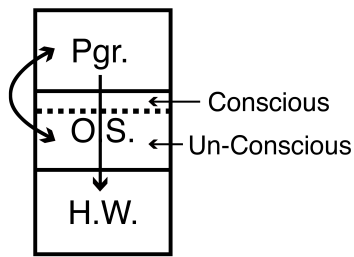
Which one do you think is going to make the decision as to whether this new Program is going to work?

Here is the answer I get 95% of the time: The O.S.

Here's the correct answer: The O.S.

This means that you are quite likely to have picked the correct answer!

So again, we function the same way as the computer: the Program has to go through the O.S. to reach the H.W.



There you have – in super simple terms – why weight-loss programs (and a huge amount of other programs) don't work. Mostly, it is not because there is anything wrong with the Program, but the O.S. is 'out of date'.

What version of your personal O.S. are you running? When did you last update it?

I will use the weight-loss scenario here to illustrate this, but you can easily replace that with any Program that you have struggled running in your life, like time management, stress management, get rich, be super confident, get fit, have a fulfilling sex life, the perfect marriage, and on and on and on.

Here's the deal: If you are overweight (or stressed, poor, unhappy, etc.), it's because you want to be!

I can almost hear you protesting passionately that that is definitely not the case.

Let me assure you that I'm telling the truth. I can also assure you that I'm lying. Yes you got it – the paradox is back! But we are getting much closer to 'solving' it.

The fact is that your H.W. doesn't want to be overweight! Another fact is, that your H.W. knows **exactly** what it needs to be healthy, wealthy and happy. In other words, it is profoundly intelligent and would **never** make itself overweight (or stressed, or unhappy, etc).

So here is the million dollar super-tough question: If the H.W. doesn't want to be overweight, and the Program that allows you to put food in your mouth can't run if it is not being called upon to run, what part of you (in our analogy here) is accountable for you being overweight (stressed, unhappy, etc.)?

Yes! You got it! The **O.S.!**

That's why weight-loss programs don't work. Because the O.S. is not interested! If it was, you would lose that extra weight very quickly and easily, simply because the H.W. already knows how to do that, and you wouldn't even need a weight-loss Program.

I know the multibillion dollar health and fitness industry is going to ridicule me for saying this, but I can live with that.

Equally, this goes for all the other industries that provide Programs for creating more health, wealth and happiness. Go back and check the facts in the chapter “Why should I read it” at the very beginning of this book. If all the Programs really truly worked – consistently and sustainably – we would all be happy, healthy and wealthy.

Now, not only do you know they don't work, but far more importantly, you know **why**. Is that the fault of the Programs or those creating the Programs? Well, I'm going to abstain from answering that. The reason for that I will explain further in the chapter "The Finger".

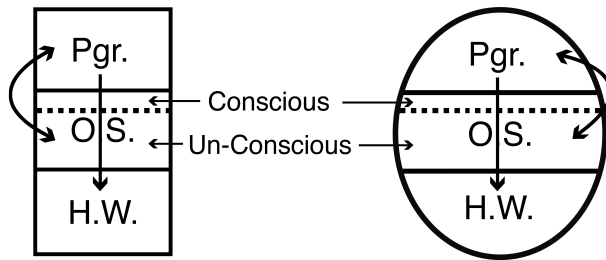
Reality is, that all you need to know to solve any problem you have, is within you, and that the main obstacle standing in your way of solving anything you're struggling with in your life, is your O.S.

In Lao Tzu's words: "*At the center of your being you have the answer; you know who you are and you know what you want.*" What he is referring to as '*the center of your being*' is what I'm referring to as the H.W.

I trust that you are picking up some clues to the Quick Fix here! And by the way, this book is not another Program on how to solve your problems. It's a guide to discover more of who you truly are, mentally, emotionally and spiritually, not another diet or training program that tells you what to do.

Ok! Time to get back to our drawing. You have probably noticed that there is still something missing: The dotted line! And that is by far the most important line on that whole drawing.

Here we go:



Let's face it, if this was obvious and easy, everyone would know and this book wouldn't be needed at all.

And no, I didn't just read about this yesterday and decide to put it into this book. It took me many years, through my own experiences, combined with books and courses, to learn the material I'm guiding you through in this book.

It also took me another several years before I could articulate this in the simple form through this computer-human analogy. And I know, from countless times of presenting this to individuals and groups, that most people can understand the basics of this in the 20 minutes it takes to explain and draw.

With that in mind, let's take a closer look at that dotted line. The smallest part of your O.S. – by far – is the part of which you are conscious. This is the part where you can consciously tell me what your Beliefs and Values are about anything in question, whether money, relationships, health, religion, work, men, women, rich people, poor people, white people, black people and so on.

The biggest part of your O.S. however, is unconscious to you. Here I am not talking so much in terms of the quantity of Beliefs and Values, but more in terms of intensity.

And here is a statement of truth for more than 99% of humans, however unpleasant it may be: Most of your everyday life is lived from the part of your O.S. below the dotted line. That is why it is so damn difficult to make the real changes we want in our lives and in the world.

Let's face it, we all want to experience inner peace in our lives, yet we haven't managed to create a world in peace. And that **won't** happen until we humans are able to find or create that peace within ourselves!

Let's finish this chapter with some basic examples of the power of the unconscious part of your O.S.

The first example is the one we have already been through, weight-loss. If you have been struggling with this (or any other problem) over and over and not making much progress – if any – it is not because you consciously don't want to make progress. It is because your unconscious O.S. has a different agenda to yours!

Please think of something that often upsets you. It doesn't matter what or who it is that makes you upset. Nor does it matter if it causes you to get angry, annoyed, frustrated or any other unpleasant feeling. My question: In that very moment when you get upset, did you **consciously decide** to get upset?

The answer is: NO! You simply found yourself feeling upset.

My next question: How fast does it happen? The answer is: Instantly!

At one level this is bad news, because it essentially means that you (the conscious You, whatever that may be) stand no chance of catching your reaction and getting upset, because it takes less than a 10th of a second.

At another level it is good news, because we can stop trying to control our reactions or feel bad about them because – in the moment – we are completely out of control. This may not sound like good news to you, but let me assure you it is very good news and another important clue on our Quest for the Quick Fix.

The plot thickens – can you feel it? I can!

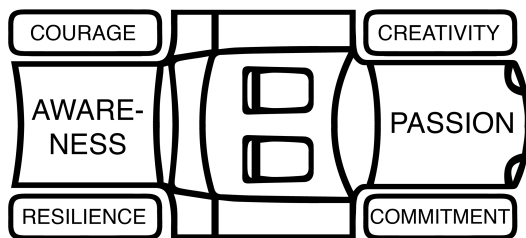
Whether you are feeling excited, worried, frustrated or plainly confused at this moment in our Quest, know that it is absolutely fine. In the coming chapters I will provide further insights and clues for our Quest.

In the next chapter I will fulfill a promise I made earlier to explain what this ‘Driver Seat’ is all about. Here we go!

Driver vs Passenger Seat

I normally do a drawing of a car seen from above with the driver and passenger seat in it, as a way of illustrating this, but I won't do that here for a simple reason.

The driver seat is on different sides depending on what country you live in, so I won't confuse you with that. I'm just going to ask you to imagine this drawing with the driver seat on whatever side it is for you:



I'm lucky in the sense that I'm a Dane who lives in New Zealand so I can easily switch between the left and right side when it comes to driving. And yes, I have at times got into a car to drive off, only to discover that the steering wheel is on the other side. Totally inconvenient, I have to say.

That aside, the vehicle here obviously represents your life – not the car in your garage.

Referring back to our drawing from the previous chapter (the Computer/Human analogy), the car above represents the whole circle with all three parts.

There are a lot of very interesting parts to this ‘vehicle’ that we won't be covering in this book to keep it simpler. I will just focus on what's most important for our Quest: the two seats.

The basic question is: Who or what is in the driver seat and who or what is in the passenger seat?

My invitation to you is to pause reading, even if it is just for a brief moment, and ponder that question.

The thing is, I have already answered that question, but have a go yourself before reading on. Doing this will be more beneficial for the Quest, even if you can't find the answer or come up with the wrong answer.

Before giving you the short and sharp answer, I want to share what I often end up talking to my clients and audiences about, as it may be relevant to you.

If you already know that you are not in the Driver Seat most of the time, then that's all good.

You are on the right track!

On the other hand I will often get people who think – or are convinced – they are in the Driver Seat of their lives. Now, I don't want to be rude here, but reality is, that's highly unlikely. The question is not whether I'm right or wrong. Remember, this is about increasing awareness and gathering clues on our Quest to the Quick Fix.

Let me put it short and simply, if you were in the Driver Seat, you would be in the category of people like Jesus and Buddha. You would be fully enlightened. On the other hand, it is not a black and white thing.

There will be times when you **are** in the Driver Seat, but most likely, you won't know it at the time. To be in the Driver Seat, and know that you are in the Driver Seat, is truly amazing. A feeling I am privileged to experience more and more of as I continue on my own life quest.

So here is the short and accurate answer to the question of who/what is in the Driver Seat:

The O.S.

And You are in the Passenger Seat.

The reason many people believe they are in the Driver Seat is because of the conscious part of their O.S. (above the dotted line).

However, it is still the O.S. and what you do on a daily basis is based on your Beliefs and Values, not on the core intelligent part of you. In other words, the H.W. is in the Passenger Seat.

If we briefly look back at our weight-loss scenario again, we can now take the next step in our Quest and see more clearly why those weight-loss programs don't work most of the time.

It is the H.W. that wants to be slim and fit, and it is the H.W. that is in the Passenger Seat. The O.S. which is fine with being overweight is in the Driver Seat.

That is why it is the way it is: Extremely hard to change the things we don't like about ourselves, whether it is lack of health, too much stress, relationship problems and any other life problems you can think off.

This is a major clue to the Quick Fix!

One more thing here while we are on the car analogy. Most people spend far more time and energy on the 'car' itself, rather than getting the seats sorted out.

In other words, they are focusing on the Pgr. (Programs), rather than where they need to focus if they want to be happy, healthy and wealthy, which is on the O.S. and H.W.

Here is a question I love asking: What would you rather, be in the driver seat of an old rusty car or in the passenger seat of the flash sports car?

The answer normally goes something like this: The flash sports car if it is for a few days, but otherwise the old rusty car.

So the first step to lasting happiness and fulfillment is to get in the Driver Seat and **then** start improving the 'car' – **not** the other way around!

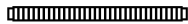
In the next chapter we are going to bring back the 'coin' as we can now start to solve some of the paradoxes from earlier on and get even closer to the Quick Fix.

The Coin - The Ownership

We are coming back to 'The Coin' from earlier on in our Quest, as it is time to solve the 'coin' paradox!

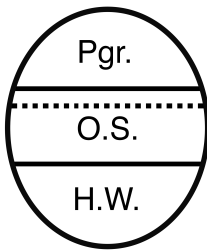
Thanks to the clues we have gathered since then, I can make this chapter short and sharp.

You may recall I gave the answer to where we need to focus our attention if we want to get to the Quick Fix. Here is that drawing again as a reminder:

Confidence
At peace
Happy
Good
Positive

Negative
Bad
Sad
Stressed
Lack of-
Confidence

Remember what the most important part of this drawing is? Yes, the coin!

In order for that to make perfect sense, all you have to do now, is link it to the Computer-Human analogy. Where does the 'coin' live in this drawing?:



Let's get it over and done with quickly: In the O.S., and below the dotted line!

In other words, the concept of right and wrong, good and bad, positive and negative, are concepts belonging to the O.S. The H.W. doesn't need it at all.

Yet the 'coin' is needed in order for us to have this conversation, this Quest and this book.

And there is our paradox back in full form.

On one hand, we have to remove the 'coin' completely to solve the deepest human problems in the world and in our lives, yet we can't even talk about them if we don't have the 'coin'.

Both are true!

Have a look at the drawing above again. I wasn't telling the whole truth before. Sorry about that! Reality is, that there are two coins. One is needed, the other isn't.

The 'coin' that is causing all your problems is the one in your O.S. The other 'coin' that is causing no problems at all is in the Programs (Pgr.).

The problems that we are facing in our lives and in the world are there because we – on the whole – are trying to solve our problems through the Programs when in reality there are no problems there.

This knowledge should also help clarify what we discovered earlier on: The reason we haven't found the happiness, health and wealth we want, is because we are looking in the wrong place.

Putting this together now, this is the closest we have come to the Quick Fix. Actually, you can probably already sense it or even see it clearly.

That however is no reason for skipping the next two chapters, as they will be hugely beneficial in completing our Quest, with no clues left behind.

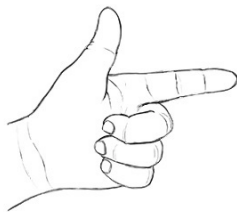
I'm going to give you the finger in the next chapter – another simple and powerful analogy.

The Finger

This is simple and profound. The ‘finger’ analogy, like all the other analogies and drawings in this book, came to me while explaining core principles of how we humans operate. I have saved this one to last, because it's the most obvious clue to the Quick Fix.

Could I have shared this with you at the beginning of the book and saved you all the time and energy reading this far? Yes! Would it have made much sense to you and made it possible for you to apply it to the Quick Fix successfully? No!

So, here's the finger:



The problems we have personally and globally are purely because of that ‘finger’. Take it away and this is what you get:



As we know, this symbol means: All good! No problem!

So what does the pointing finger represent? The way we humans are doing life on this planet at this moment in time, is largely through that finger. We have become a finger pointing culture. Or in other words, we have become a blaming culture.

Our media is pointing fingers constantly. Our politicians are pointing fingers. Our siblings are pointing fingers. Our parents are pointing fingers. Even our religions are pointing fingers.

So knowing what you already know about how our mental O.S. evolves and works, it is obvious to see how we grow up and also become finger pointers. Not because we want to, but because at one level we have no choice.

Further, have you noticed that people who continuously point fingers (the blamers and complainers) are rarely happy people? The two don't go together! Blaming and true happiness are mutually exclusive.

You can't have any problems unless you're blaming or complaining. The moment you remove the finger pointing, all your problems are gone – instantly!

Was that too obvious a clue for our Quick Fix? Sorry if I'm making it too easy for you here. Let us backtrack a little to increase our awareness even further.

There are only two directions the finger can be pointing, and neither are any good for you. Everyone (unless you are fully enlightened – which I'm certainly not) is doing both, but you

will find that most people mainly use one or the other. We either blame ourselves or the world around us for what we perceive to be wrong in our lives.

Pointing the finger at ourselves may sound like this in our head:

- I'm not good enough
- I just can't get it right
- I'm too old
- I'm too young
- I just can't make enough money or hold on to what I've got
- I fail all the time
- What are others going to think about me
- I am a procrastinator
- Life's always going to be hard for me
- And feel free to add your own ones in here!

This typically leads to self-pity and depression, as these people tend to go inwards and blame themselves.

The other finger pointing direction is anywhere **but** ourselves. It may sound like this:

- It's my parent's fault
- It's the weather's fault
- It's the global financial situation's fault

- It's the boss's fault
- It's the employee's fault
- It's my wife's fault
- It's my husband's fault
- It's the government's fault
- It's the religion's fault
- It's the dog's fault
- It's because of my past lives
- It's God's fault
- And on and on and on. Again, feel free to add your own favorites in here!

I've got bad news for you here, which is really good news. Oops – another paradox!

The bad news is, that there is no way you can organize everyone else to your liking. The good news is, knowing this should save you a huge amount of time and energy that you can use to focus on what you **can** do something about: You! Or more specifically: Your O.S.

Before heading into Part 5 of this book – The Quick Fix – we need to finish with our usual chapter on 'Master your Mind' and find out where is that mind I need to master and solve yet another paradox. I will also share with you a practical example of how I demonstrate this to my audiences.

Master your Mind - where is it

In this chapter, we will solve another paradox that was posed earlier on.

I have made two statements about the mind in this book. One is, that success depends on you being able to master your mind. The other is, that the mind is masterful in itself and therefore doesn't need mastering.

This is the paradox I first alluded to back in Part 3 – The Paradox. In order for us to solve this seeming contradiction, we must ask the question: Where is the mind?

What do you think? Have a ponder before reading on!

I will leave you to ponder for a bit longer while I share with you how I demonstrate the power of the mind in my live presentations.

First I tell my fire-walking story that you read earlier on in this book.

Then I ask for a volunteer to come onstage. I specifically ask for a physically super strong person. I'm in my late 50's, have a very slight built body for a male and do not go to the gym or do any exercise that builds muscles.

Most times I will have a young chap volunteer, proud to get up on stage to show their massive muscles from all the gym work they have done. And, the size of the upper arm is

normally 2 to 3 times that of mine. So there is absolutely no question as to who is physically the strongest.

I then put one arm up, bend it slightly and ask the volunteer to grab my upper arm with one hand and my lower arm with the other. Their task is to bend my arm using their two strong arms against my one relatively weak arm.

In the process, I will put every single muscle fiber to work resisting to the point of shaking. And of course, within seconds my arm bends as there is no way I can physically resist their superior strength.

After shaking out my sore arm, I say I want another chance, but this time I'm not going to resist them.

I put my arm up in exactly the same way, but instead of making a fist to create more physical strength, I completely relax my hand and leave it naturally open. I then ask the volunteer to bend my arm again. **He can't!**

While in a state of disbelief or plain surprise, he will often take a stronger stance and try again. In the meantime, I'm chatting away to the audience, and at times I will talk to the volunteer and suggest he put some muscle into it.

Never to date has anyone bent my arm on that second go. When I ask the volunteer to describe what he experienced, it normally goes something like this: "You seemed completely

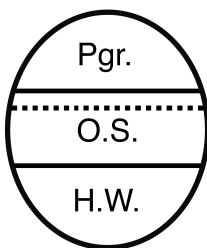
relaxed and your muscles didn't tighten up, yet your arm felt completely solid and wouldn't budge at all.”

I then proceed to explain that this is an example of the power of your mind when we know how to access it consciously. So really, it is not about ‘mastering’ the mind, it is about being able to access it. Well actually, even that is incorrect.

In order for us to get this sorted, we need to come back to the question I posed just before:

Where is the mind? Let me make it really clear, that by mind I don't mean brain. The mind is not that lump between your ears.

So again, I will ask, where is the mind? Where in this drawing do you think it is?:



Yes, it's in the H.W., because you were born with it.

Where in the H.W.?. That's a good question! However, I'm not going to answer that. Why, you may ask? Simple. I haven't got a clue! All I know, and all I need to know, is that it's there and how to access it.

So when I'm on that stage and the volunteer gets ready to bend my arm the second time around, all I 'do' is **nothing**, and there's absolutely no way my arm will bend.

Let me try and illustrate this using our 'coin' analogy. On one side of the coin we have 'resistance'. When I resist the volunteer, he eventually bends my arm because he is stronger.

If I go to the other side of the coin, we have 'non-resistance'. Sometimes, I will actually demonstrate that too. I will put my arm up and allow the volunteer to bend it without me resisting, and of course my arm bends instantly.

Non-resistance and resistance are born out of the same place, and therefore they will essentially create the same result, in this case a bent arm.

Remember the question I posed earlier in the book about the 'coin'? What would happen if we remove the 'coin'? Essentially, that's what I'm 'doing'. Without the 'coin' there is no resistance or non-resistance and therefore my arm can't bend.

So in effect, I'm not mastering my mind. What I'm really doing is 'getting out of the way' and allowing my natural intelligence to operate through me.

In that moment I have effectively removed the O.S. for a short period of time and my Programs can access the H.W. directly. In Star Wars they put it this way: "May the Force be with you".

Now, we can of course label that 'Force' any way we see fit, and it has been given lots and lots of different labels over our human history, but the label is just that – a label and not the 'thing' itself.

Personally I don't care what we call it and I use a number of different labels in different situations. In this moment in time in this book, I call it the Mind.

Mastering the Mind is really about removing that which is in the way (the O.S.) rather than adding another program (Pgr.) on how to master the mind.

The arm example I can successfully teach almost anyone to do in a matter of minutes. The real challenge is then taking that into our everyday lives.

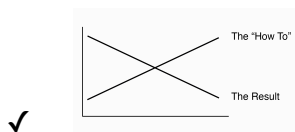
Towards the end of this book, I will share with you some ways of doing that, bit by bit, which eventually will lead to mastery. And then we can justify the term – 'Master your Mind' and we have effectively solved yet another paradox.

Phew! That was an exciting chapter from the writer's point of view. I truly hope that you are experiencing some of this excitement too. "The Force is strong". May the Force be with you too!

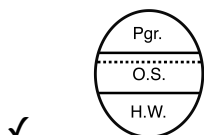
Wow! We have come a long way in our Quest. Well done, whether this is your first read through or second, third, fourth ...

Take a conscious breath ... let go ... and take stock of the clues you have gathered on our journey so far, as we head into Part 5 – The Quick Fix, and tie all this together to take it into our everyday lives.

Here is a reminder of some of the more obvious clues:



- ✓ Life is paradoxical
- ✓ The Firewalking story
- ✓ Awareness - The key to the Driver Seat
- ✓ Looking in the wrong place
- ✓ Glass half full/empty
- ✓ The need to get somewhere
- ✓ The coin
- ✓ The traveling story



- ✓ Driver vs. Passenger Seat
- ✓ The Finger
- ✓ The Mind
- ✓ The unbendable arm

✓ The Force

✓ *Add your own*

Chapter Five

The Quick Fix - Part 5

The Quick Fix

If you have read through this book from the start to here as suggested, you will have gathered enough clues on our Quest in order for you to have a good sense of where to focus regarding the Quick Fix.

If you have gone straight to this chapter – go back and start reading from the beginning, as the Quick Fix won't make any sense.

As I have said a number of times, I can give you the Quick Fix in a two page book, but it won't work – unless you have taken time to come on this journey (Quest) with me.

So let's get it over and done with so we can move on. We have come to the biggest paradox of them all:

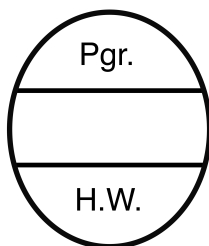
Realizing that there is no Quick Fix, **IS** the Quick Fix!

Then, with that in mind, we can move on and state the Quick Fix like this:

Turn off your O.S. and all your problems are gone – instantly!

Yes, I promised you that it would be simple.

This is how it would look if we use the drawing we are so familiar with already (this is also the way the drawing would look for a fully enlightened person):



Reality is, it is that simple. And, it is **instant**. Talk about Quick Fix!

Applying the Quick Fix is also super simple – however, I haven't mentioned easy anywhere.

That is because it's not easy. If it was, everyone would already be doing it all the time.

However, I promise that I will give you easy to use tools. Most of the rest of the book will be about these tools and inspirations you can use to move towards the **experience** of the Quick Fix, but clearly knowing, that the tools are **not** the Quick Fix.

Before doing that, we need to wrap this up in the most powerful way possible, to support you in being able to apply those easy tools. It is the application side that is the tricky part.

Remember my story early on with the Rubik's cube? It's extremely tricky, yet when you know how to do it, it is really simple and easy. This will be the same with the Quick Fix if you are willing to explore and play with it.

Over the next couple of chapters I want to add some bonus clues in our Quest that will give even more clarity to the Quick Fix and the journey towards more happiness, health and wealth.

The Gift

There is one word I haven't used a lot so far, even though it is on the cover of this book and in the actual title: **Problems**.

To make sure we don't misunderstand each other, let me explain what this means to me. Again, my explanation is not about right or wrong, it is only about clarity so that we understand each other.

Here is my super simple definition of a problem:



And here the problem is gone:



So obviously we are not talking about practical problems like having a problem with the car or a math problem. Here we are talking about mental and emotional problems, all of which live in our O.S., which are the only problems that have the ability to make us unhappy.

To make this really practical, let's use our previous example with weight-loss. If you are overweight, it's not a problem, unless you make it so. If you truly and honestly can say "I am overweight" and then go like this:



you don't have a problem, and if your H.W. agrees that you are overweight, it will drop that extra weight in a very short time with little or no effort on your part.

If on the other hand – and that is the way it almost always is – you say “I’m overweight“ and then add “and I shouldn't be“, then it will look like this:



The ‘thumb’ represents your H.W. The ‘finger’ represents your O.S. As long as the ‘finger’ is there, it is highly unlikely that any weight-loss program will work. You must remove that ‘finger’, which you now know as the Quick Fix.

The Quick Fix when applied, removes the ‘finger’ and the O.S., even if it is just for a brief moment. During that moment, the H.W. and any Programs we have can get straight to work and create staggering results in a very short time.

If the body (the H.W.) wants to get rid of 20kg, that obviously is not going to happen overnight, however the **problem** you have of being overweight can be eradicated in an instant. When that is done, not only will you lose the 20kg, but you will lose them relatively quickly and in a safe way for the body.

My wife Kathy is a great example of this. When we met well over 20 years ago, she was overweight, and it had been an issue for a long time in her life.

Here is her story in her own words:

“When I was 24, I knew I needed to do something. I was fat and an emotional mess.

I had been caught in the binging/dieting cycle for 10 years, initially triggered by a simple comment from a fellow student and cemented by an emotional hole that continually needed to be filled. Every failed diet increased my self-loathing. I was binge eating and binge drinking which was leading me to do stupid things. I am lucky to be here.

Through a chance conversation, traveling was my escape. I left my teaching job, packed my backpack and headed out to meet the world. Your troubles don't get left at home and soon I saw a pattern. When I was traveling I was being fed by the experience and consequently everything was in balance. When I stopped to work I quickly became out of balance, and physically and emotionally things fell apart once again.

In Africa I met a man who was to become my future husband. He was the first person to hear of the private hell I was living in. His loving me as I was, his listening with no judgment and the experiences that traveling continually offered up began the emotional healing that needed to take place to break the ongoing cycle.

By the time we returned to NZ as a couple, the hold was gone. I was physically and emotionally stable.

NO diet had fixed my weight. It was making peace with my inner self which did this.

I am not free. Every day I look in the mirror to see if I have put on weight. It terrifies me but doesn't hold me. I can still overeat but instead of falling into the hole, I see it as my barometer – 'whoops, something is out of balance, what needs to happen?' Binging was my emotional crutch, now it is my emotional barometer and I see it supports me in my continual quest to lead a happy balanced life."

Kathy has remained trim and slim for over 20 years now, not because she 'deleted' her O.S., but because she learned to put it in its proper place: The Passenger Seat.

As you can read in her story, her O.S. keeps popping up and jumping into the Driver Seat, but because she is Aware enough, she can instantly fix that by stepping into the Driver Seat herself and put her O.S. into the Passenger Seat. The Quick Fix in action! And she has never put that excess weight on again.

Let me give another example to clarify this even further. Let's say you are procrastinating (or any other undesirable problem you can think of). If you could simply state: "I'm procrastinating", and leave it at that, it would look like this:



which means there's no problem and the procrastination will simply move through and disappear, and you will get on and do what needs doing. But that's not the way it goes for most of us most of the time.

This is how it goes: We realize we are procrastinating and instantly there is a part of us that believes that it's bad and that we shouldn't procrastinate. That looks like this:



So in a way I now have two problems: One, I'm procrastinating and two, I shouldn't be. Our O.S. will then grab on to the 'finger' part of the problem because that's the only part it is interested in, and now you are caught in the 'finger' and have been removed from the real issue. This is why it keeps coming back over and over and we rarely make much progress with it.

Again, we are focusing in the wrong place! Just remove the 'finger' and there is no problem, and you have effectively applied the Quick Fix.

To show this using another analogy we have worked with, it may become even clearer. The 'coin'. On one side we have 'procrastinating' and on the other side 'being effective'. Remove the 'coin' and both disappear, including the problem.

So, the 'coin' and the 'finger' both live in the O.S. and when you remove them – even if it is temporary, just for a few seconds – you have in effect removed the O.S. and applied the Quick Fix for that period of time.

To show this in a third way: When you are procrastinating, you are in the Passenger Seat and the O.S. is in the Driver Seat. The moment you 'turn off' the O.S., **you** step right into the

Driver Seat. As you are now driving your life, you can **choose** if you want to continue procrastinating or not.

Now why would I call this chapter ‘The Gift’? Because problems are gifts in disguise! They are opportunities for learning and growth, and most importantly they are opportunities for us to practice applying the Quick Fix.

So whenever you notice a problem showing up, instantly do this



then put a smile on your face, and you would effectively have applied the Quick Fix straightaway.

Pat yourself on the back for that and then hang out for the next ‘gift’ to come along!

And guess what, we have again embraced and ‘solved’ a paradox that I would put like this:

“You need problems in order to live a life without problems”.

Before adding another couple of touches to massively increase our Awareness, I want to throw a different kind of chapter in here to make sure we don't lose track of **why** we are on this Quest.

The Effect

I would like to take a short moment to reflect on the effect it will have when you are able to apply the Quick Fix on a daily basis. It will have a major effect on your personal life, but not only that, it will have a major effect on the world at large.

So what are the benefits of kicking our O.S. problems out?

I will share a combination of my own experiences and those of my clients over the last 10 years of consciously working with this and teaching the Quick Fix.

This is the most common feedback I get: “I can't really put a finger on it, but I'm definitely feeling more calm and at peace and many of the things that used to bother me, just don't bother me any longer. I also sleep much better and have more energy”.

The most interesting part of that for me is “I can't really put a finger on it”. I fully understand this, as it is also the reason this is so effective. The reason is, that the Program we are installing here (in the Pgr. area) is not a Program to solve a specific problem, but a Program to solve **all** problems simultaneously.

Or put in another way, we are installing a Program to un-install the O.S.! In the next chapter I will clarify this further as it is really important to understand the Agenda of the O.S. itself.

But for now, let's keep exploring how this is going to benefit you and the world. In short, it will continuously move you towards the happiness, health and wealth your H.W. desires, which will provide you with more joy, love and fulfillment. As simple as that!

What you then **choose** to do with that – as you will be more in the Driver Seat – is entirely up to you. And that is the true meaning of Free Will.

Now, please take a moment to ponder how this will impact on the immediate world around you and then the world at large.

Go on! Please do this, even if it's just for half a minute, before reading on.

Please!!!

Thank you!

What will happen to wars between nations? What will happen to abuse between any two people? When the O.S. is out of the way, these things can't take place.

What this means to me, is that if I want a world in peace and harmony, the focus has to be on the O.S. of us as individuals who make up the world. When we do that, all our racial, cultural, political and religious battles will be over.

I can't think of a cause more important than this for me, hence this book and the work I have been doing for the last 30 years. One O.S. at a time and we will get there. Thank you for still being with me on this Quest!

To increase the success rate of the Quick Fix, the next chapter will cover what the actual agenda of the O.S. is. This is both good and bad news.

The O.S. and its Agenda

The reason it is so difficult for most of us to change the long-term problems we have, is not only because of the content of the O.S., but more importantly, because of the Agenda of the O.S. That's the bad news!

The good news is, the Agenda is always the same for all of us – as long as we still have an O.S.

The first thing to realize is, that the O.S. itself doesn't care whatsoever if what it is doing is good or bad for you (the H.W). The O.S. will happily procrastinate, get angry or put on weight, even though You don't want to. Isn't that creepy – that we have an entity within us that is okay with messing up our lives, the planet and each other?

When I first saw this clearly, that definitely wasn't the happiest day of my life. However, the gift that this problem brought with it, was the solution. And as it turned out, it also became the solution for those who were open to learning this from me.

It became profoundly clear to me, that I had to get to know this O.S. inside out. As they say “Study your enemy before going into battle!” That of course opens up yet another paradox, and there is enough material here for a whole other book.

But for now, I will make it super-short and to the point. Here is the Agenda of the O.S. in one line:

The only Agenda the O.S. has, is to stay true to its beliefs!

However unpleasant this may be, it is an extremely powerful insight to have. It allows us to start to tackle our lives in a far more effective way.

Relating back to what we have covered a couple of times: Increased **awareness** leads to the ability to make **better choices**, have **more control** and attract **better opportunities**.

Your next question may be: So how do I know what is in my O.S.? Easy! Just look at how your life is showing up on a regular basis.

If you are continuously happy, that means your O.S. is primarily happy and therefore will be looking for happiness all the time.

If you continuously find yourself in trouble (overweight, unfit, lack of money, having problems with others, etc.), that means your O.S. is looking for trouble.

Yes, it's that simple! And the great news is, we don't need to know exactly and specifically what is in the O.S., we just need to understand the effect it is having on our lives.

No psychology or therapy needed. Just apply the Quick Fix and in that moment, the O.S. is gone – until it arrives back again when it is next activated.

This is why affirmations, focusing on the positive and practicing gratitude are recommended by a large number of teachers and coaches. This works for people who are able to continuously and consistently do this day in and day out over a long period of time.

For most people it doesn't work, and I believe you can now see why.

The new positive beliefs get stored in the conscious part of the O.S. (above the dotted line).

The old more negative beliefs are **still** stored deep down in the un-conscious part (below the dotted line), and when you are not completely conscious – which is most of the time for most of us – your un-conscious beliefs will take preference over your conscious ones.

I'm not knocking affirmations and positive thinking, I just want to put them in the appropriate place in relation to how we humans function. I worked with affirmations several times over nearly 30 years with no noticeable benefits, but when I could put them in the 'right place' and

do them the ‘right way’, they finally started to work (see the chapter ‘Inspirations - Incoming’ for more info).

I promised to keep this chapter short, so I will wrap it up here with these two extreme scenarios to clarify the statement:

The only Agenda the O.S. has, is to stay true to its beliefs!

Scenario 1: *A person with a core belief of “I’m a success”, which will be a combination of lots and lots of specific beliefs in the O.S. built over time.*

As the O.S. believes it is a success, and its Agenda is to stay true to its beliefs, it will continuously drive you towards more success.

When you have a success, you will say things like “I knew that was coming”, “I was expecting that”, “I was working towards that”, “This always happens to me”, “I knew I could do it”, etc.

When you have a failure, you will say things like “Whoops, that didn't work, let's try something different”, “That was one more way of not doing it right, I'm therefore closer to succeeding”, “Onwards and upwards”, etc.

And every time you succeed, it strengthens your belief that you are a success and you go from success to success. That is the way of the O.S.!

Scenario 2: *A person with a core belief of “I’m a failure”, which will be a combination of lots and lots of specific beliefs in the O.S. built over time.*

As the O.S. believes it is a failure, and its Agenda is to stay true to its beliefs, it will continuously drive you towards failure.

When you fail, you will say things like “See, I knew I couldn't do it”, “I will never make it”, “I just don't have what it takes”, “If I was older, younger, richer, prettier, smarter, etc...”.

When you have a success you may say things like “That was a fluke”, “That will never happen again”, “It was just dumb luck”, “It wasn't really me doing it”, etc.

And every time you fail, it strengthens your belief that you are a failure and you go from failure to failure. That is the way of the O.S.!

In scenario 1, success is played up and failure down.

In scenario 2, failure is played up and success down.

One is an upward spiral and the other is downwards. The rich are getting richer and the poor are getting poorer. It can't be any other way as long as we hold onto our O.S.! And of course, success and failure are opposite sides of the ‘coin’. True happiness comes from removing the ‘coin’ completely!

To finish this Part 5 of the book, I guess I should finish with the usual chapter “Master your Mind”, but ...

Master your Mind – the 'how-to'

... I don't do 'shoulds', so I won't!

Instead of, I will create a whole new part, Part 6, and title it “Master your Mind – The Inspirations”

This will be about putting this book and the Quick Fix into action in your everyday life.

Chapter Six

Master your Mind - Part 6

Applying the Quick Fix

At one level, you don't need this chapter if you have read the book thoroughly and deeply understood it, as that in itself would have put the O.S. in the Passenger Seat.

On the other hand, if you are like me, it didn't quite turn out that way, as the deep-rooted core beliefs really don't want this book, nor the Quick Fix.

Reality is, the O.S. wants to be in the Driver Seat and as it has been there for most of our lives, it is quite determined to stay there. This is commonly known as **resistance**.

So just like the weight-loss program doesn't work because the O.S. isn't interested, the Quick Fix will not work either.

That's why the 'How To' apply the Quick Fix is less than 5% of this book, and most of the rest is about understanding the resistance.

With this awareness, we can make better choices, take more control and attract better opportunities on the next Quest, which is the Quest for getting into the Driver Seat and putting the O.S. in the Passenger Seat or to even kick it right out of the 'car'.

In the next few chapters, I will give you some very powerful, yet simple tools for you to take with you on that Quest, which is likely to be an ongoing Quest for quite some time – maybe even the rest of your life.

But believe me, it is a Quest worth being on!

Mikal's Tools

Having been on my life Quest for over 30 years, I have gathered a vast amount of tools for my toolbox of life. But don't worry, I'm not going to list them here as that will be a waste of both your time and mine.

What I will do is share two tools with you that are a culmination of everything I've learned, put into something simple you can do straight away.

Beyond that, you can then come back to me for more and/or go to other coaches/teachers/inspirators to gather your own tools for your toolbox.

Later in this Part 6 of the book, I will give you some pointers on where you can access those things.

For now, let's get on to those two tools that fit perfectly into our journey here of applying the Quick Fix and shifting that O.S. over to the Passenger Seat.

Awareness – the Key to the Driver Seat

The first chapter in Part 2 of this book had the same title as this one. You may find it really valuable to go back there and re-read that chapter, as that likely will enhance the value you will get from this chapter. It also means I don't have to repeat why Awareness is the essence of everything I do and why it is crucial to our Quest for the Quick Fix.

At this stage of our journey, Awareness becomes one of the key tools for applying the Quick Fix, and it goes hand-in-hand with this second tool that I will cover in the next chapter.

There is one more thing I want you to understand about Awareness before taking the next step.

Awareness is not black and white, it comes in different levels. As we are talking about Awareness of yourself, you can have a low level of Awareness, medium level or high level, or anywhere in between.

The first read through of this book will increase your level of Awareness of how you function as a human being, no matter what level you had before.

The second time you read it, your Awareness will increase again, and so on.

What this means, is that the level of **choices, control and opportunities** will always be at the same level as your Awareness. As your Awareness goes up, you will be able to make even **better choices**, have even **more control** and attract even **better opportunities**.

It's like walking up the mountain – at the bottom there's not much of a view and you can't clearly see what options you have. The further up the mountain you get, the more you find that you can see more and more of life and what is available, including other mountains to climb. But it is only at the top where you will get a full 360° view.

To consciously use Awareness as a tool for our Quest, there are two key ways I suggest for you to use it

1: As a diagnostic tool for learning

2: As an action tool for applying the Quick Fix

1: As a diagnostic tool

The essence here is for you to increasingly become aware whether what I have shared in this book is true. It is a matter of – on a daily basis – just noticing your O.S. in action, in particular in those situations where you find yourself doing things that you don't want to be doing, like over-eating, drinking too much, procrastinating, arguing, getting angry, and so on.

The really cool thing here is, you don't need to **do anything** about it, simply become as acutely aware of it as you can. The key here is gathering real life, real-time experiences of the O.S. being in the Driver Seat. This includes seeing the incredible power it has, and how unbelievably cunning it is at getting its way.

This experience will become critically important in your ongoing Quest in life, and also in being able to apply the Quick Fix in the middle of a problem. The deeper and more intense the problem is, the more Awareness you will need in order for you to apply the Quick Fix in that moment.

A great way to increase your Awareness of you, is to re-read this book, but doing it from the point of view of using Awareness as a tool to **experience** the book rather than understanding it. I have written the book in such a way that it can give you both an intellectual understanding of You, and also an experience of You.

As your tool of Awareness gets sharper and sharper, you will increasingly be able to use it for applying the Quick Fix.

2: As an action tool for applying the Quick Fix

The essence here is to move your Awareness to the H.W. and away from the O.S.

When you connect 100% with your H.W., in that moment, You have stepped into the Driver Seat and the O.S. has gone to the Passenger Seat. And, you have effectively applied the Quick Fix! Your H.W., which is intelligent, will take **action** that serves You, not your O.S.

For the first time in this book, I will add in two terms that you are most likely familiar with, as I believe it will clarify further what kind of intelligence we have in our H.W.: Intuition and Gut Feeling. Two different terms, but they are essentially the same thing.

Our true intuition is always right. How does it know? Because it is born out of that natural intelligence that we are born out of and that lives within us for our entire life. The way to activate it consciously – rather than waiting for it to show up as most people do – is by applying the Quick Fix (turning off the O.S.).

So how do you use Awareness as a tool? Whenever you become aware that your O.S. is in charge (in the middle of the problem), you consciously shift your Awareness to your physical body and only pay attention to the physical feeling the problem brings up.

This takes you out of your mental thought process that is required to have the problem in the first place, and into the physical manifestation of it in your body. And in a matter of seconds, you are in the Driver Seat for now, and the problem (the ‘finger’) is gone.

And for as long as you can remain in the Driver Seat, your H.W. will do the right thing for you, including making you take any actions that will be beneficial to you.

This opens the gate for us to explore the next tool, which is both an Awareness sharpening tool, and a Quick Fix activator.

The Quick Fix Activator

In this chapter, I will share with you my most treasured tool. This tool will allow you to step straight into the Driver Seat within seconds – The Quick Fix! For how long you remain in the Driver Seat will depend on your level of Awareness in that moment.

This tool I started developing about 10 years ago, out of necessity. I had to create something that would create significant results with very little time investment as my core client base was busy business owners.

Also, I was looking for something for myself to again speed up my journey of growth, something that created quick results and that I could use throughout my day, something I didn't have to set aside lots of time for.

Today, my clients often refer to it as Meditation Snacking. Meditation has been hailed as the single most powerful tool for growth, balance and happiness in life and is finding its way into businesses and schools around the world.

However no need to panic. We are not going to get meditation cushions, incense and candles out – unless you really want to.

I have developed a meditation style that requires no props, no quiet space and essentially no time. Yes, you read that right. I could write a whole book about how I developed this, but there's no need for that, as you will see later in this book. Here is the essence of the story in one paragraph.

After 10 years of countless hours of sitting cross-legged on meditation cushions (I even made my own cushions), silent retreats, solo retreats in huts and years of using and teaching meditation in my courses, something shifted.

All these hours invested in this caused a very strong pull that ‘forced’ me to find another way to create the essential benefits of meditation, but with significantly less time investment.

This new process started 10 years ago (after the countless hours I’d spent meditating) when I changed my focus to coach business owners. I quickly discovered that most of them wouldn't even consider spending 10 minutes a day meditating.

Most of the traditional meditation I had been exposed to was talking about a minimum of one hour a day, so the gap was simply too big. I had to find a way of closing that gap.

This is when the phrase from a meditation teacher 10 years earlier came back to me: “You are far better off doing 60 1-minute meditations a day than 1 60-minute meditation”. Long story short, I created what today is referred to by these names:

Modern Meditation – for the Modern World

Meditation snacking

Mindful Minute Method

Two of these have become online programs. I will show you later where you can access these and add them to your life toolbox.

For now, it's time to show you how to use this powerful technique for activating the Quick Fix and getting into the Driver Seat of your life.

The essence of meditation is to be present in the moment, no matter what you are doing at the time. That means, meditation can take place whether you are sitting cross-legged on a cushion or cooking dinner, or **anything** else you are doing during your day.

It also means you can be meditating for 5 seconds, 5 minutes, 50 minutes or anything else. It also means that you can sit on a meditation cushion for 60 minutes and in reality only meditate for the total of one minute and not be present for the other 59 minutes.

With this in mind, all you have to do, is create lots and lots of moments during your day, where you are fully present – fully conscious – and you are in effect meditating. Not only that, you will be in the Driver Seat and your O.S. is out on a break.

There are three key ways to use this:

One, as a tool for increasing Awareness.

Two, as a tool to create more calm, inner peace and focus.

Three, as a tool for solving problems – the Quick Fix.

As this book is about the Quick Fix, I will focus on that third way. For the two others, you can use my Modern Meditation Audio and Webinar Program, and watch my free WebTV Shows (see next chapter for details).

The essence of Modern Meditation is to use everyday situations, and the environment you are in, as opportunities to experience being fully present.

It is having meditation snacks while doing your chores of the day, including when together with others. It doesn't matter for how long you do it each time, even if it is only a few seconds.

As you practice, you will be able to do it for longer and longer. The more you practice this, the more successfully you will be able to use it to apply the Quick Fix.

Here is how it works. When you are experiencing a problem that is upsetting you, in that very moment when you become aware that you are upset, all you have to do is a meditation snack.

This will bring You (the H.W.) into the Driver Seat and the O.S – along with the problem – is gone for as long as you can remain in that meditative state.

While you are in that state, two key things will take place. One, the intensity of the upset will be reduced and you will be in a far better place to deal with that which caused you to get upset.

Two, the H.W. is now in the Driver Seat and as it is intelligent and highly intuitive, it will guide you in what is the right thing to do next.

And that's it. It's that simple. You will find small problems just vanish in the blink of an eye, and with practice, you will be able to tackle bigger and bigger problems in a matter of hours, or minutes or seconds.

The great thing about this is, that it will work with any O.S. based problem you will ever have. Your deep-rooted problems (deep down in your O.S.) will keep surfacing, but over time, you will be able to spot them as soon as they pop up – then apply the Quick Fix – and they are gone again till the next time.

With further practice, you don't even need to apply the Quick Fix, it will apply itself!

Problem solved! But that's not the best part of it. The best part is, that you are now experiencing life at a much deeper level, with more ease, peace and happiness.

As you radiate more and more of that, the people around you start picking up some of that, and the ripples of joy light up the darkness of un-consciousness, and the world becomes a more joyful place, and my mission is accomplished!

Thank you for coming on this Quest with me. Our Quest together is coming to an end.

However, my life Quest hasn't and I trust that yours hasn't either.

To support you further, the next couple of chapters will be full of inspirations for you to continue your life Quest, and to get the most value out of this book. I will share with you some of the most powerful tools I have created for mastering the Quick Fix and how you can get hold of them.

And of course, I hope to see you again at the beginning of this book so we can go on the Quest another time and take it up to another level of Awareness and therefore create even **better choices**, even **more control** and attract even **better opportunities**.

Before completely ending this round of our Quest, I have one last question for you: Has this book been of any benefit to you? There are two reasons I ask that question.

One: When we have learned something new, it is very powerful to stop for a moment and acknowledge what we have learned. This will strengthen and expand that learning and at the same time, we can celebrate the progress. So please take a moment to think about what insights, learning and benefits you have gained from investing your time and energy in going on this Quest with me.

Two: If you have benefitted from this journey, other people will too. You can help others discover this book in a very easy and simple way, that will only take you a few minutes.

Simply write and post a review on Amazon. It doesn't have to be long and complicated, just a sentence or two. And when you are there, you can read other reviews and if you like them, please click 'Yes' to the question at the end of each review that says: 'Was this review helpful to you?'. This will also make the book reach more people.

Thank you in advance for your support in making this world a better place!

And now, on to the Inspirations in the next two chapters to take your journey even further.

Inspirations – Outgoing

In this chapter I will share with you some of the support tools and programs I have developed that are available for you to increase the value of this book and enhance your life journey.

For articles and posts, go to my LinkedIn page [here](#).

For video newsletter and other video, visit my YouTube channel [here](#).

For free guides, quizzes, podcasts and more, visit the Free Resources page on my website [here](#).

For all other information on coaching programs and other services I provide, visit my website [here](#).

Further to these support tools in this chapter, the next chapter includes the key people, programs and books that have inspired me over the years, that may inspire you to check out and learn from.

Inspirations – Incoming

This chapter serves as both a list of people you can check out as a source for inspiration, and at the same time serves as a way for me to acknowledge and give thanks to some of those people who have inspired me.

This is by no means an exclusive list as I wouldn't be able to remember all the books I have read, workshops/seminars I have attended and programs I have listened to. These are the ones that stand out and that I believe are relevant to me being able to create this book. I will aim at

doing it in chronological order, starting in 1984 when I was 27 and did my first personal growth course:

Werner Erhard: I did several courses created by Werner Erhard, including ‘The Communication Workshop’, ‘Forum’, ‘The 6-Day Training’. His courses later became known as ‘Landmark Education’

Werner Erhard: The Hunger Project. I was heavily involved in this project for three years and it was part of the inspiration to travel to Africa

Nimmi Holstein: Firewalking (refer to my story in this book)

Jiddu Krishnamurti: I never met Krishnamurti, but his many books were a major inspiration to me and still are

Wangapeka Study & Retreat Centre: The beginning of my meditation journey, including meeting several meditation teachers

Chris James: Chris, through his voice/singing courses and teacher training, opened a whole new life for me which led to 10 years of teaching voice, singing, sound healing and music, including writing my first book ‘The Heart of Your Voice’

Tony Robbins: Mastery University – including several courses around the world

Tolly Burkan: I had the privilege of spending a full weekend one-on-one with the father of the firewalking movement. Tolly Burkan has also written a number of great books including 'Extreme Spirituality', 'Let it be Easy' and 'Dying to Live'

Eckhart Tolle: The books 'The Power of Now' and 'A New Earth'

Phil Baldey: My business mentor who got me started on coaching businesses and business owners

Roger Hamilton: One month training at his Entrepreneur Institute in Bali. Roger is also the creator of 'Wealth Dynamics', 'Genius Test' and 'Spectrum Test', all systems I use in my coaching. Roger is also the author of 'Your Life Your Legacy' and 'The Millionaire Master Plan'

Deepak Chopra: Several of his books and online meditation programs

Esther Hicks & Abraham: Books and countless online videos

Wayne Dyer: Several of his books, including my favorites: 'Change Your Thought, Change Your Life', 'I can see clearly now' and 'The Power of Intention'

Zig Ziglar: Books and recorded presentation

Jo Richings: My coach at time of writing this book.

And of course, there is a handful of other people without whom I wouldn't be who I am, nor able to write this book. My gratitude goes to:

Mom and dad for bringing me into this world. If you read e-books in heaven: Thank you for having me!

Kathy for being my partner for nearly 25 years and for continuing to believe in me when I don't. I love you!

Sophia, Leon and Anna - my three amazing children who gave me everything from headaches to tons of love and everything in between. Thank you, you have taught me so much!

And to finish, the inspirations that specifically made **this** book possible:

Chandler Bolt: Creator of Self-Publishing School which helped me write and publish this book in less than three months. Chandler is also the author of 'The Productive Person' and 'Book Launch'.

Sophia Menzies: For being the first person to read my draft and give feedback. Also for doing the first round of editing and turn my way too long sentences into something readable. Thank you for being a better writer than me and for being an awesome daughter!

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Ida Fia Sveningsson: For her great cover design. Ida has her own design business called [IF DESIGN](#)

Jo Richings: For creating the website associated with this book. You are amazing Jo!

I also want to give a special thank you to **Little Vintage Espresso** cafe in the Amberley village, North Canterbury, New Zealand. This is where this book was written with the help of their awesome coffee and great service. Thank you for putting up with me for hours on end!

About the Author

Mikal Nielsen was born in Denmark in 1957. He did the standard schooling plus a couple of years of economics and computer studies. His working career started as a banker, but quickly shifted to working with computers.

After 10 years in a variety of computer companies and roles, it was time to explore the world (a story that he shares in this book). This was also his departure from Denmark and a journey that took him to New Zealand where he lives.

Mikal is a life and business coach helping people to get more life out of life and more business out of business. His own journey of conscious growth spans more than three decades, with over two decades as a coach.

Mikal is also a public and keynote speaker and has appeared on national TV, national radio

and national newspapers and magazines in New Zealand.

He is the creator of Sounds Easy Ltd, a business he ran for 10 years, teaching singing, music, meditation, firewalking and personal growth, including writing his first book “The Heart of Your Voice” and recording a meditation CD “The Flower of Your Heart”.

Mikal is the creator of the “Living on Purpose Skype Program”, “Modern Meditation” and co creator of “The Mindful Minute Method”, and he hosts his own WebTV Show “Awareness – the Key to the Driver Seat”.

Mikal lives in a small village by the sea in North Canterbury, New Zealand. He enjoys spending time in the kitchen cooking the family dinners, which even his three teenage children enjoy eating – well, most of the time, and his wife is happy not to have to cook.

Mikal can be contacted at www.mikal.nz