

**4** **Amazingly Powerful**  
**Ways to Be Instantly**  
**Alert and At Peace**

---

**Simply**  
**Serene**

---

**by William Wittmann**



# **SIMPLY SERENE**

**FOUR AMAZINGLY POWERFUL WAYS TO BE INSTANTLY  
ALERT AND AT PEACE**

**BY WILLIAM WITTMANN, M.ED., LMP**

**WILLIAM'S E-MANUALS FOR WHOLEHEARTED LIVING**

**NOTICE: YOU DO NOT HAVE THE RIGHT TO RESELL OR REPRINT OR GIVE THE MATERIAL IN THIS BOOK AWAY.**

Copyright © 2005 by William Wittmann, and Vital Arts, Inc. All rights reserved. Reproduction and distribution in any way, shape, or form is forbidden. No part of this manual shall be reproduced, stored in a retrieval system, or transmitted by any other means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission from the author.

William Wittmann  
4227 E. Madison, 2-C  
Seattle WA 98112

This publication is designed to provide accurate and authoritative information with regard to the subject matter covered. It is sold with the understanding that the author is not engaged in rendering medical or other professional advice. If medical advice or other professional assistance is required, the services of a competent professional should be sought. William Wittmann and Vital Arts, Inc., individually or corporately, do not accept any responsibility for any liabilities resulting from the actions of any parties involved.

## ACKNOWLEDGEMENTS

I used to think that writing a book was a solitary act, and it is, initially. When it comes time to publish, there are lots of people who make the book what it is, worthy of being read, and successful in delivering the information and inspiration to you.

Many people shared their stories of disaster and triumph with me. Their lives illuminate.

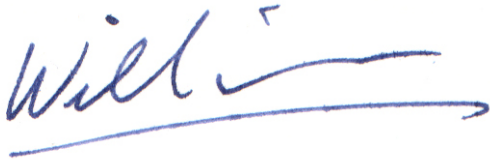
I have had generous assistance from Anne McBride, Lynnette Perkins, Stacia Valley, Shelly McIntyre, Linda Metz, Valerie Wilson, Kathy Rossol, and Ron Koenig. They have faithfully removed the rocks from your path. They have made the words flow.

I thank Laura Childs and Joe Vitale for continual support and coaching.

And I thank my beloved, Suzanne, for everything.

You can be grateful for their contributions. I am.

Thank you.

A handwritten signature in blue ink that reads "William Wittmann". The signature is written in a cursive style with a long horizontal flourish at the end.

## FOREWORD

### FLOWING MONEY

*“Where we flow our money directly reflects what we truly value in life.” – William Wittmann*

I will flow a percentage of the profits from this E-Manual to the Heifer Project and The Trust for Public Land (TPL)

These two organizations work in collaboration and partnership with communities in empowering ways. Handouts can often cripple both the giver and the receiver, but when we work in collaboration with people, everyone’s gifts and strengths are harnessed to make a difference – real, lasting, transformation happens.

What do you get? You get to make the world a better place with your purchase, while exploring what you truly value in your life. You’ll find as you read through the book chapter by chapter, what you truly value. Your clarity will certainly lead you to the life you truly and wholeheartedly love.

## THE HEIFER PROJECT

The Heifer Project focuses on making micro loans to people. They started with the idea of supplying heifers to people, but it has expanded in many wondrous ways. As one of the guiding principles of the program, the Heifer Project trains the recipient of the heifer to take care of the animal and its products. As part of the gift, the recipient then passes the gift on to someone else in the village. That means passing on a breeding pair of animals or a pregnant animal and training the next person. Whole villages transform themselves this way. They have gone from people who needed gifts of food, etc, to people exporting riches to others. It is marvelous.

More: <http://www.heifer.org/index.htm>

## THE TRUST FOR PUBLIC LAND

TPL started by purchasing tracts of special land before the developers grabbed them up. Their focus is to preserve these tracts for future generations to enjoy. You probably know, parks and beautiful places are good for the soul. You may not know there is now scientific research to support this obvious insight. Visionaries in the past set aside every park you and I have ever enjoyed. Now, it's our turn to be the geniuses.

The mission has expanded from saving large rural parcels to developing urban parks in collaboration with those communities. This work is very exciting.

More: <http://www.tpl.org/>

I encourage you to flow your money to places that will help make this a world that works for everyone.

## TABLE OF CONTENTS

**Acknowledgements**

**Foreword – Flowing Money**

**Table of Contents**

**Welcome**

**Wouldn't It Be Amazing If You Could Live a Life You Truly Loved?**

**What Do You Imagine When I Say Serene?**

**The Magic Formula Guarantees You Success in Any Endeavor**

- Carve the Elephant
- The Problem
- Curiosity
- The Magic Formula Question
- How To Work With The Question
- Ask for Anything
- Polish the Question
- A Variation
- My Magical Wife
- So, What Do You Want To Get Out Of This Book?

**How Much Would You Give?**

- Make a Plan
- Share Yourself
- Act As If...

**Play in Order to Win**

- Smiling Eyes

**Why Would You Want To Lose Your Mind?**

**Let's Be Serene Now - The Four Methods of *Simply Serene***

Method I: The Miracle Owl Eyes

- How I Learned Owl Eyes
- How to Deepen the Power of Owl Eyes
- Soft Eyes – Another Name for Owl Eyes
- Cristie's Story
- Summary of the Owl Eye Steps

Method II: When You Learn To Belly Breathe, You Control Your World

- What Happens When You Learn to Breathe Like a Yogi?
- First, Let's Find the Diaphragm
- What Happens When We're Scared
- Have Mastery over Your World with Belly Breathing

- What Liv Valentina Browning Taught Me
- What the Flute Teacher Showed Me
- OK, Let's Use It Now
- Combine Belly Breathing and Owl Eyes

#### Method III: *The Instant, No-Drug, Healthy, Serenity-Inducing Device and How to Use It*

- It's Portable
- Sleep Better
- Here's how to use *The Instant, No-Drug, Healthy, Serenity-Inducing Device*
- OK, I admit it.
- Bad News and Good News
- The Importance of Nose Breathing
- Heads Up
- It Really is Easy
- Advanced Techniques
- How Does It Work?
- Your Last Step, Where the Rubber Meets the Road

#### Method IV: The Hypnotic Genius of Milton Erickson

- Do You Remember Why You Want to Lose Your Mind?
- The Relaxation Process
- The Steps

#### **How Do You Weave a Life Tapestry That Is Simply Serene?**

- Here's One Way to Do It
- Examples
- Do You Want Some More Examples?
- Rhythms Work

#### **Creativity Tips I Guarantee You'll Need**

- Record Your Insights
- Act Now

#### **I Wish You Well in Your Serene Life**

- Ways to Deepen Your Experience
- Let Me Know Your Miracles

#### **Friendly Resources – Where You Can Find Help and Fascinating Things to Explore**

- William's E-Manuals for Wholehearted Living
- Work with Me
- Books by Other Authors
- You Can Reach Me ...

#### **About the Author**

## WELCOME

Congratulations for choosing to improve your life.

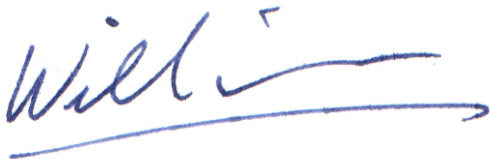
Thank you for choosing to purchase this e-manual and for choosing to work with me. It truly is an honor and a privilege to work with you. Working with people like you is one of the biggest joys in my life.

There are four powerful methods in this book for becoming simply serene. I want my children, family, clients, and every one of my friends to know these methods and to have the abilities you are about to learn.

The ability to be Simply Serene whenever you want, wherever you are is as fundamental to life as teaching a child how to find pure water to drink.

You are about to undertake a wonderful journey. Enjoy it. In a short time, you will enhance your life in ways you can't even predict right now.

May you be blessed in all ways,

A handwritten signature in blue ink that reads "William Wittmann". The signature is written in a cursive style with a long horizontal flourish at the end.

## WOULDN'T IT BE AMAZING IF YOU COULD LIVE A LIFE YOU TRULY LOVED?

- Do you get tense and nervous at the prospect of rush hour?
- Do you jump each time the telephone rings?
- Do deadlines and pressure to perform wake you in the middle of the night worrying obsessively with thoughts that don't allow you to go back to sleep?
- Does a day at the office in the hands of a horrible tyrant leave you exhausted and barking at the children?
- Do you take out your frustrations on the people you love the most?

Sure, they are all like you and like me; otherwise, you wouldn't be here. Stress, self-doubt, anxiety, fear, worry, fretting, depression, the sense of being overwhelmed are common to all of us and they ruin our lives.

*Wouldn't it be amazing if you could live a life you truly loved?*

## REST EQUALS HEALTH

Another benefit you get from being simply serene is rest. When you are serene on a regular basis, you feel more rested. This isn't surprising, is it?

Moreover, as anyone who has observed children knows, rested kids are happy kids, same for big people.

Your body has time to heal itself and make the necessary repairs. You don't get sick as often. You're stronger and more vital.

You are in a word **healthy**.

## YOUR MISSION

When stress has you whimpering or acting like a troll in some fairy tale, ready to rip off heads, you are not at your best. You are the proverbial toddler who needs a nap and some food. Could anything be more obvious?

**I will show you four amazingly powerful methods that will successfully help you to defeat stress, to be fully alert, and to be serene so you can operate at your peak potential.**

That's your mission. By the end of this manual –

- You will know how to be simply serene at any time.
- You will know how to choose between four time-tested, sure-fire methods to get the best personal results in the moment.
- You will know how to defeat stress.
- You will know how to turn off self-doubt, anxiety, fear, worry, fretting, hopelessness, overwhelm, and depression.
- You will know how to pull back from the fight-flight response, thereby allowing you to act from a calm, yet alert state.
- You will be able to operate more powerfully.
- You will steadily move closer to your peak potential using these four methods.

From a peaceful, calm state, you can take the steps to creating the life you truly love.

## A SURPRISE BENEFIT

One of the benefits of being serene may surprise you. When you are still and serene, your creative mind opens up and presents you with the solutions to your problems and helps you to create the life you want. It is wonderful.

You are also more playful. And ...

*Playfulness is the heart of creativity.*

*Playfulness is the power for peak performance.*

Later on, I'll show you how to harness this creative energy.

As you ponder living an amazing life, it is time to really get clear on what you really want with the next chapter, and then apply the Magic Formula to guarantee your success...

## WHAT DO YOU IMAGINE WHEN I SAY SERENE?



Can you imagine you are completely relaxed and yet completely aware? You are breathing slowly and deeply with full attention. The whole world appears different. You feel wonderful. You are mellow, peaceful, content, and conscious.

Some like to think of this as being deeply relaxed while simultaneously being fully awake and alert.

Back in the sixties and early seventies, many young people and some not so young people experimented with mind-altering drugs. The quest to expand the mind was right on target, but the means (illegal drugs) abandoned people to disillusionment and, at worst, ruined lives.

When people use drugs, whether pharmaceutical or illegal, to achieve relaxation or alertness, there are side effects. The **Simply Serene Methods** don't have a "druggy" feeling, but generate real serenity from within.

All humans throughout history have explored consciousness. It is our destiny. We call it many things: Heaven on Earth, Enlightenment, Nirvana, Paradise. It is all the same.

The methods in **Simply Serene** help you to realize Heaven on Earth.

### AN EXERCISE

Take a few uninterrupted quiet minutes and remember a time of being truly serene and having peace of mind. If no memory comes to mind, imagine a time.

As you go through your day and your week in your imagination, what does your life look like when you are serene?

How does your body feel, what sensations do you have when you are serene?

As you imagine yourself being serene what setting are you in?

Now, what do you imagine when I say:

- Awake
- Aware
- Rested
- Happy
- Content
- Creative

Take another minute, build up the scene in your imagination, and now imagine yourself feeling and living your life being awake, aware, rested, happy, content, creative, and serene.

As you faithfully do this exercise, you can see how good your life can be.

Remember your mission – having a life you wholeheartedly love.

Now, on to the **Magic Formula**.

## THE MAGIC FORMULA GUARANTEES YOU SUCCESS IN ANY ENDEAVOR

First, decide what it is you want. Sit still and let it come to you like coaxing a wild animal closer to you. What is it you most want? What is it you are passionate about, that energizes you when you think about it? This isn't an easy question for most people, so give it time.

*Your New Life Is a Work in Progress.*

You can modify it at anytime, and I expect you will modify it constantly as you get closer to the bone.

If it doesn't come, don't wait forever. Get started now with the best idea of what you want.

Since you bought this book, you probably want serenity. That's a good place to start, and we will use serenity for our example.

## CARVE THE ELEPHANT

Let's distinguish what you don't want from what you do want. Most people are much better at knowing what they don't want.

Here are some examples from people who buy this book:

They don't want to be...

- pressured
- harried
- rushed
- angry
- tired
- exhausted

... and neither do you.

*How do you carve an elephant out of a block of granite?  
Cut away everything that doesn't look like an elephant.*

Make a list of what you don't want.

---

---

---

---

---

Good, you've made a list of what you don't want. Now, you need to determine what the opposites of these items are.

As an example, let's take "rushed". What is its opposite?

- calm
- centered
- peaceful
- at ease
- what else...?

All these work for me. So, if we say, "I want to be calm." or "I want to be centered." does that bring you closer to what you truly yearn for?

Both of these are clearly something I want to feel and to be. Don't you? We have successfully carved at least part of the elephant. Just continue this process until the whole elephant emerges.

Now you know that you can use what you don't want as a starting place to uncover what you really want.

Here are two examples from clients:

"I don't want those guys messing with my commissions," Susan complained.

"I don't want to work where I am not being valued," said Joe.

"What do you want instead?" I asked them.

This isn't always obvious to us, but if you ask those close to you, they'll know, or a Life Coach can help you identify it.

After some inquiry Susan uncovered what she wanted. Susan wanted to get the money she has earned within two weeks of the close of the sale. Nice and specific, clear and measurable. (This was also feasible inside her company.)

Joe wanted to be valued. The 75% increase in his salary he recently received was a big help, but not enough. How else might his bosses let him know he's valued? I asked him to be specific.

For most people, a sincere "thank you" goes a long way. That's what he wanted.

Be as specific as you can about **your** wants.

#### **Open To the Possibility**

I discovered an important secret about this strategy: Certainty, or lack of it, is inconsequential. You need only be open and receptive to the possibility, not necessarily completely convinced you can do it. So many of these high earners, when the thought of big money first crossed their minds, never really believed it would actually happen. Author and consultant Karen Page, for instance, decided in college she'd one day make \$100,000. "It was the most outrageous number I could think of. It didn't seem doable," she said. But by age twenty-seven, she was making that much. From **Secrets of Six-Figure Women**

## RESISTANCE

One problem with examining our wants is that we stir up our resistance like stirring up a hive of wasps. All our limiting fears buzz around our mind and try to sting us into submission.

Your mind chatter might say,

- “I can’t ask for that.”
- “I can’t have that.”
- “I don’t have enough training.”
- “Good girls don’t do that.”
- “Suzie’s a much more gifted manager than I am.” Ad nauseam.

Hang on, there’s a solution coming up next ...

## CURIOSITY

One of the most powerful forces in the universe is curiosity. **Your** curiosity.

So when we take the desired intention – Seeing 15-20 wonderful patients per week, being serene, feeling valued, or getting paid what you have earned – and then drop it into the Magic Formula Question the whole universe is engaged in finding out for you. The universe abhors an unanswered question.

By asking questions you bypass your resistance. You’ll see.

## ASK THE MAGIC FORMULA QUESTION

Here’s the form to put your question in:

What would my life be like if \_\_\_\_\_?

Just fill in the blank with what you want. Be sure to fill it in with what you want and not what you don't want. This is tricky. We have gotten very used to working with what we don't want as I have said before.

## WHAT THE GENIE CAN TEACH US

One of my friends reminded me that he got his early training as a child in learning to phrase things just right from listening to stories of genies. So did I, and maybe you did, too, I hope so.

These stories, and there are many variations in all cultures, all say the same thing.

*When you get your three wishes, be careful what you ask for and how you ask because the genie will try to trip you up if he can. You have to outsmart him. You can only succeed if you listen to your heart, not your greed.*

The test to see if the question is really what you want is to imagine drawing a picture of the item you put in the blank.

Here's a WRONG example:

- “What would my life be like if I weren't surrounded by losers?”

This looks good, but if you try to imagine the picture, it would be a picture of a bunch of losers with maybe an X through it like the DO NOT ENTER sign. Instead, you would imagine the picture of what you really want – being surrounded by loving supportive friends and family. Get it?

Some RIGHT examples, for instance:

- “What would my life be like if I had three really wonderful friends?”
- “What would my life be like if I regularly traveled to fascinating places?”

- “What would my life be like if I felt truly valued?”
- “What would my life be like if I felt blissfully serene on my way to work?”

These are all real desires my clients have had and achieved.

Wouldn't you be delighted if you could do this, too?

## ASK FOR ANYTHING

“I can't ask for that,” is the cry of the timid. Be courageous. Others have asked for anything you can imagine. Have heart.

*You can ask for anything.*

Ask big, ask small, ask for what you really want most in your life.

Most people are able to pay attention to only one or two things at a time; more than that and they dilute their intention. I recommend working on no more than two or three at a time. Remember the genie's three wishes – it's the rule all over the globe.

Keep dropping the question into your heart until you get the results you want. This usually happens very quickly.

One day you'll look up and ask, “What would my life be like if I were truly serene?” And you will know, because you will simply be serene.

After you have had success with your first questions, you can design other questions and continue down the path to creating the life you wholeheartedly want to live.

Before we get started with how to work with the **Magic Formula**, let's add the icing to the cake...

## FEELINGS – THE FINISHING TOUCH

To complete the process of building a magical question include an active feeling or descriptive emotional word to the question. Imagine the feelings you would have if you had three really wonderful friends as in our example from above. How would you feel?

For instance:

Happy, Happily, Enjoy, Enjoying, Joy, Joyfully, Celebrating, Proudly, Calmly, SERENELY, Peacefully, Delightedly, Delightfully, Delighted (I like this word.), Enthusiastically, Enthusiastic, Lovingly, Triumph, Triumphantly, Pleasantly, etc.

Words that end in “ly” have a powerful hypnotic effect. Don’t ask me why. I suggest you use them.

Here are our four examples from above? How can we add descriptive emotional feeling words to them to make them more powerful?

- “What would my life be like if I had three really wonderful friends?”
- “What would my life be like if I regularly traveled to fascinating places?”
- “What would my life be like if I felt truly valued?”
- “What would my life be like if I felt blissfully serene on my way to work?”

Pick one that’s close to what you want and ask, “How would I feel if this came to pass?”

**What would my life be like if I regularly and *happily* traveled to fascinating places?**

Easy, yes? Feels better, yes?

The last example: *blissfully serene on the way to work* is already set to go, because the goal for this one is the feeling. This is also true for the one above it, *felt truly valued*. *Felt* implies the feeling, of course.

Here's another example:

**What would my life be like if I *triumphantly and happily* completed my project on March 11<sup>th</sup> 2006?**

Now, refine the magic question.

## **POLISH YOUR WORDS**

I suggest you play with your question until it feels like poetry. Polish it until it feels good to say. You want your body and heart to be pleased with the question.

When I work one-on-one with people, eventually they will speak about something that really works in their life. They usually aren't aware they have done this. I know because their whole body shifts, they sit differently, they smile, they become more animated, and they become radiant.

Whenever this one private client of mine even mentions going to her special place in the Cascade Mountain foothills, her body comes into alignment and her energy flows beautifully. You can see her change and become radiant.

You want to have your question fit you the same way talking about her special place fits my patient. You want to feel changes in your body, and you want to shine just by asking the question.

There are many right ways to phrase the question, use the way that feels the best or looks most appealing or sounds right to you. Polish the question until it is right for YOU.

Recently, I was facing a major transition in my life so I used the Magic Formula to bring about a smooth successful transition. I polished the question for over a month, refining it until I loved it.

Please note: I used it the whole time while I was refining it in all its different stages. Don't wait for perfection; just go with what you have.

Work with the rough pebble, toss it into the clear still pond, and keep polishing the pebble, clarifying question until it shines.

Go for it.

## HOW TO WORK WITH THE QUESTION

Ask the question with full curiosity and sincerity as many times a day as you want. The number of times doesn't matter; your sincerity and intention do count. Sincerely ask the question and drop it into your heart or your belly. Don't *think* about it or go up in your head; just drop it into the belly.

When I am too much up in my head, I use a visualization to drop it into my heart/belly.

Imagine your question as a wonderful, treasured pebble. With a child's wonder, toss the treasure into a clear, still, woodland pool. Watch with the fierce curiosity of a child as the ripples go out. Watch with delight and fascination, watch as the ripples bring back your heart's desire.

Notice, there is no resistance, you're simply watching ripples and being curious.

## A VARIATION

If you are asking for something that really engages your resistance, you can use this variation. This question sidesteps your resistance beautifully:

**“I wonder what my life would be like if \_\_\_\_\_?”**

There is not much difference here, you just added, “I wonder”.

The “I wonder...” distances you just a bit more. It makes it safer for your fearful self to engage in the question.

One of my smart friends pointed out another advantage to this form of the Magic Formula Question. She feels that the “I wonder...” triggers her curiosity even more than the basic question.

*The more curiosity, the more power.*

You engage your resistance the most when you step out of your comfort zone.

For me it would be making enough money to travel anywhere in the world as often as I wanted from the income generated by the sale of my landscape etchings.

That looks impossible from where I am now with my sales.

Here's the question:

“What would my life be like if I earned enough from the sale of my landscape etchings each year to allow me to travel anywhere in the world I wanted as often as I wanted?”

It needs some polish, but get the idea?

For practice how would you polish this? Make up three different versions. Remember there is no right way, just the way that feels the best or looks most appealing or sounds right to YOU.

## **MY MAGICAL WIFE**

Suzanne is so magical that she just has to utter the first words of the question, “I wonder what my life would be like if .....?” And her life resolves into perfection.

She skips all the editing and just uses her powerful intention aimed at the target.

I recommend that you and I stick with polishing the words, but I wanted to let you know how powerful intention is in combination with curiosity.

## SO, WHAT DO YOU WANT TO GET OUT OF THIS BOOK?

When you laid out your money and purchased this book, you had a hope, a dream, or a vision of what you wanted to get. What was that?

Put that dream into the **Magic Formula** now. Yes, you have to write it down.

---

---

Now, let's move on to a different kind of magic – indispensable magic.

## HOW MUCH WOULD YOU GIVE ...?

*How many inner resources one needs to tolerate a life of leisure without fatigue. – Natalie Clifford Barney*

How much would you give to be able to feel not only relaxed but also serene at any time you wanted? How much to feel alert, awake, and serene?

There are people in history that would have given you anything, up to half their kingdom and the hand in marriage of their favorite son or daughter, if you could have granted them such a prize.

How much would you give if I could show you how to produce this result without drugs?

How much would you give if this magic were actually healthy for you?

What if this magic was so powerful your life span as a healthy, happy, and productive person increased?

*The gap between the committed and the indifferent is a Sahara whose faint trails, followed by the mind's eye only, fade out in sand. – Nadine Gordimer*

At the center of **Simply Serene** are four extraordinary methods for simply achieving serenity, but they are of no value unless you test them and learn the skills.

Your first task is to explore them all. Read **Simply Serene** completely. Explore each of the techniques. Rest assured; I'll guide you.

As you move through the book, carefully feeling your way, you'll notice which of the methods work best for you in general and which work best in specific situations.

Work with the four methods for 30 days and your life will change, I guarantee it.

“How much would you give” is often a euphemism for, “How much would you pay?” Nevertheless, I am genuinely interested in what you will give to be able to feel relaxed and serene anytime you wanted?

For example:

- I am willing to give 10 minutes per day.
- I am willing to practice over and over until it works beautifully for me.
- I am willing to act as if this were all possible, even for me.

I want you to be successful and “walk your talk”. Promise yourself to put forth the effort, time, and whatever else it takes for you to harvest the fruits of this endeavor. Now, write down what you are willing to give:

---

---

---

*Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too...*

*Whatever you can do., begin it. Boldness has genius, power and magic in it.*

*Begin it now” – Goethe*

## MAKE A PLAN

*Unless it's in the calendar, it's merely wishful thinking.*

Most people will have to plan a time for when they're going to explore the methods. You'll notice that if you wait until you get around to it, you'll never get around to it. You'll also notice that your life is full of something all the time. You will need to make a plan – IN WRITING.

One of my patients needs to do things in the morning. Are you like her? Is it best to schedule time to apply the material in the morning? Can you see yourself doing this?

Because my friend, Susan, spends so much time in her car, she knows she is best off by carrying the materials around in her car. There are always odd moments she can get a lot accomplished when she is sitting in the car waiting for appointments, etc.

The **Simply Serene** methods and the tools used for **The Instant, No-Drug, Healthy, Serenity-Inducing Device** lend themselves well to be used in the cracks in your schedule.

I use the **Simply Serene** methods at night before going to bed. But in order to break old habits of just popping into bed, I place some kind of reminder on my pillow.

How do you see yourself using the material?

*To say yes, you have to sweat and roll up your sleeves and plunge both hands into life up to the elbows. It's easy to say no, even if it means dying.*

*Jean Anouilh (1910–87), French playwright*

Fact: The methods in **Simply Serene** work wonders.

Fact: The methods will only work wonders if you use them.

Fact: Making a plan and following it will produce the benefits you long for.

Fact: Unless it is in the calendar, your plan is merely wishful thinking.

The first thing to do is to master the methods that call you.

Then see which method fits you best. It's true, you will find all the methods of great value; however, you will notice one method or two draws you more strongly.

Now, jot down some notes for your plan. Be sure to set a time to get your calendar.

---

---

---

## SHARE YOURSELF

*Jose Silva once said a goal should benefit you and at least two other people. When you state a goal that helps many people, you are moving beyond your ego and your limitations. – Joe Vitale*

Certainly, you want these great results for yourself, but who else benefits by your exploration into serenity?

When I am more peaceful, everyone around me benefits. That's true in general, but whom specifically would you like to benefit?

- Your spouse?
- You parents?
- Your children?

- Your friends at work?
- Your oldest friend?
- Who?

Even though I am a card-carrying introvert, I like interacting with people one-on-one. I find it useful for me to share my experience with close friends and my beloved wife, Suzanne. I can think out loud and stimulating ideas occur for the both of us in these committed conversations.

You might even want to consider buying a copy of **Simply Serene** for your loved ones so they can work along with you.

One of my early readers was really inspired by goals that include sharing. I hope it inspires, you too. Share with others. It is good for them and for you.

*Common experience is the gold reserve which confers an exchange value on the currency which words are; without this reserve of shared experiences, all our pronouncements are cheques drawn on insufficient funds.*

*René Daumal (1908–44), French poet, critic.*

## ACT AS IF...

The father of American psychology, William James, uncovered a huge truth way back around 1900. If you act as if you already own a character trait such as courage, you will be more courageous. If you act as if you were confident, you will be more confident. Eventually, you will be courageous. You will be confident.

In modern vernacular we say, “Fake it ‘til you make it.”

In regards to our work together, it is useful to act as if these four methods plus the **Magic Formula** are going to work for you. Not that they work, mind you, but that they work for YOU personally.

The methods are not in question. It is abundantly clear the methods work. They are proven.

If you want to be calm, cool, and collected, then pretend that you are. If you want to be aware, awake, alert, and serene, pretend that you are. And lo and behold, you will be awake, alert, and serene.

*Act as if you were alert and serene.*

By applying these three ideas,

1. Making a plan
2. Sharing yourself
3. Acting as if...

You will be giving yourself the best chance of success, won't you?

And, there's one more thing you can give to ensure your success. Read on...

## PLAY IN ORDER TO WIN

- It's a Fact: The more Playful you are the faster you learn.
- It's a Fact: The more Playful you are the more successful you are.
- It's a Fact: The more Playful you are the more prosperous you are.
- It's a Fact: The more Playful you are the more alert and serene you are.

As you go through each chapter of this book, keep in mind the art of Playfulness. Keep the spirit of Playfulness alive and you will do exceptionally well.

Of course, you purchased this e-manual to address serious problems. You're addressing disease, anxiety, struggle, fatigue, conflict, and burn out. But play is the way to go if you want to learn and master your own life.

This isn't frivolous play necessarily, although even that can be useful, too. What we're talking about is the absorbed engagement of a child.

The Winnie the Pooh books capture this essence of intense engagement and fun very well. When Christopher Robin is off on "an explore", there is joyful anticipation of great adventure. This is the attitude and approach you want to aim for.

You can explore the methods of **Simply Serene** with the same joyful anticipation.

There is a sense of adventure in this work. Can you allow your own sense of adventure to grow stronger as the book reveals its secrets and brings them home to you to transform your life?

## SMILING EYES

Here's one surefire strategy you can use. I learned this trick in Taiji. Keep a twinkle and a smile in your eyes. This is a potent, secret method. Don't tell anyone.

*When you put a smile in your eyes, everything turns golden, and you transform the whole world.*

As a practical matter this means that when you are doing any of the methods from this e-manual, allow a smiling twinkle to come into your eyes, even if they're closed. It changes your perspective, and you redeem the entire world. You bless the whole world.

It's a proven fact, putting a twinkle in your eye generates happiness. The twinkle works even if you aren't happy when you start.

*“Have courage, dear heart”*

Try it. Try it now.

## WHAT HAPPENS IF YOU NOW MIX THE TWO?

You have learned how to act as if and you have learned to play in order to win. Now, what happens when you mix the two?

Magic happens. You become a force of nature.

I have always struggled with the act “as if” suggestions when the success gurus propose it. They always presume that I want what they want. They are over-the-top kinda folks. I am the silent, invisible, happy fellow. In a word I am an introvert.

These success gurus talk about grandiose things like yachts, mansions, trips to luxury resorts, and fancy cars. I just don't care about those things. I want a rock solid reliable Toyota, for instance.

My model is the multimillionaire wearing an aloha shirt and driving his eight year old Camry. I love stories where kings pretend to be common folk like you and me.

I love Bruce Wayne pretending to be a millionaire philanthropist; whereas, in reality he is **BATMAN**.

My suggestion is to mix the “act as if” with something playful, like the superhero, superheroine.

The more playful it is the more powerful it will be.

## HERE'S AN EXAMPLE OF A REAL LIFE SERENE SUPERHERO

By day he was a normal married guy who worked as a clerk in the post office under British rule.

By night, he was one of India's great saints. Really. He was a genuine guru and founder of the lineage of Paramahansa Yoganada. He was the zenith of serene. His wife walked in on him while he was meditating one night to find him sitting, floating in the air four feet off the floor.

\* \* \* \* \*

How do you want to playfully act?

You could be disguised as a clerk in a store or as a CEO of company; whereas in reality you are a simply serene, at peace, alert, and enlightened person.

You could also be disguised as a multimillionaire philanthropist with a house in Antibes in Southern France and one in Maui and one in, where shall we say, the Barbados with a yacht to travel between them; whereas in reality you are an enlightened mother of two.

My playful goal is to be a multimillionaire, road tripping, beach combing, artist, philanthropist who in reality is a wizard who helps people live wholeheartedly.

## WHY WOULD YOU WANT TO LOSE YOUR MIND?

*Like water, we are truest to our nature in repose. – Cyril Connolly*

We want to lose our minds because worry, anger, anxiety, fear, depression, and doubt originate in the mind. They can only originate in your mind.

They come to rest in the mind mostly through the misuse of imagination. We imagine the worst, and like a conjurer, we produce the matching feeling out of a hat.

Ginger gives you a look. You imagine she's mad at you, you feel hurt, and as if on cue, you get defensive. Fred says, "You look good today." You imagine that he really means, "You're fat." You take offense and get grumpy.

Humans are like this. You are like this because you have a competitive mind whose only task is to defend a mental picture of who you think you are. It is not who you are.

The good news is that the methods in **Simply Serene** will turn your mind off, and you will be calm, serene, mellow and at ease. Don't worry – when you need your mind to solve real problems, it will be there clean, rested, and raring to go. It will also be more playful and creative.

*Your worry, self-doubt, anxiety, fear, anger, and overwhelm are all reduced or eliminated using the Simply Serene methods.*

Not bad, eh?

## LET'S BE SERENE NOW THE FOUR METHODS OF SIMPLY SERENE

The four methods of **Simply Serene** are:

Method I – The Miracle of Owl Eyes

Method II – Belly Breathing

Method III – The Instant, No-Drug, Healthy, Serenity-Inducing Device

Method IV – The Ericksonian Relaxation Technique

Any one of these will improve your life immeasurably.

Any of these methods is worth the price of the book many times over.

### WHY ARE THERE FOUR METHODS?

“If each of these methods is so hot, why are there four methods?” you justly ask.

“There are four methods, because, you are different from every other reader,” I forthrightly reply, “And I wanted something that would fit you and each other person well. If you were a private client of mine, we would talk and I would suggest one or two of the methods. You aren’t a private client yet, so I offer all four to you.”

You’re smart enough to be able to find the methods that are best for you. I will help you and tell you how to evaluate them. And if you have questions you can always ask me.

Explore them all and you will find the best one for each situation in your life. Use them all and your life will be transformed. You will be one serene and happy camper on this planet Earth.

I suggest you explore them in the order listed.

Although **The Instant, No-Drug, Healthy, Serenity-Inducing Device** and the **Ericksonian Relaxation Technique** stand strongly on their own and are amazingly potent, you will get more benefit by having mastered the skills of **Owl Eyes** and **Belly Breathing** first. As you read through them all, you'll see how they fit together.

When you master Owl Eyes and Belly Breathing first, the other two become even more useful and deeply heartfelt.

Clearly, the more you keep reading this book, the more you certainly will become more like a young child about to set off on an adventure. Now, continue the adventure as you read the **Miracle of Owl Eyes**.

## METHOD I

### THE MIRACLE OF OWL EYES

Whenever I teach a seminar and include **Owl Eyes**, it is always the component people love the best.

Most people feel like they have stepped into a realm of magic and wonder. That's because they truly have. For them, it is a miracle.

Remember your childhood sense of wonder? **Owl Eyes** is like that only better because you can turn it on anytime, and you can leave it turned on as long as you want.

You have control over your sense of wonder and this magical realm. As a child, it just happened. Now, you have **Owl Eyes**.

**Owl Eyes** is a miracle in my life. Everything is transformed. How will you benefit to step into such a place? Let's see.

As you read the following material slowly, attentively, you will start to notice an optimistic delight come over you as the possibility of stepping into this world becomes real for you.

May you be generously blessed by **Owl Eyes**.

### HOW I LEARNED OWL EYES

Imagine a cold, wet, gray day in Seattle's outback. We're a small group of adolescents and a sprinkling of parents attending a school field trip. We're standing in a circle around a smoky halfhearted fire in a Teepee.

Jon Young, a young man and a master tracker, is talking about the owl. "The eyes of the owl grow so large that they fill the entire eye socket of the owl's skull, and so the owls can't move their eyes in the socket."

This is why they require their necks to rotate so impossibly, and more importantly, why owls are masters of peripheral vision.

We're going to learn how to see with Owl Eyes. "Say, what?"

Jon instructs us to gaze across the circle at the side of the tent or at some easy thing and without moving our eyes, note how high up the tent we can see.

He continues, "Can you see the smoke hole? Now, can you see the fire at our feet? How much of the circle can you see to the right, to the left? Can we see the person standing next to you on each side?"

Jon lets us settle with this for a moment or two, and then inquires sneakily, "How many of you are thinking now? Let's see some hands."

Very few hands went up. Almost all of us had stopped thinking, but not all.

He said, "OK." and soothingly went on with the owl lore, but I was floored. "Holy Moley, no thinking! Fully present! No effort!" I shouted to myself. No-one could hear me, but anyone looking at me would have noticed a huge grin on my face.

"Eureka!" was too small a word for this. I had discovered the philosopher's stone, that which could transform everything to gold.

"Holy Moley!" again. Did Jon know what he had here? Of course he did. Jon is a coyote, and he tricked us into Heaven.

After these nano-second internal exclamations, I caught up with Jon as he went on.

Owl has amazing sight, yes, but what Owl is able to do with his hearing is even more astonishing. He can locate a mouse in the leaf litter on the darkest night without being able to see it; Owl locates it simply through hearing. Owl swoops down and snatches his dinner.

Now, Jon instructs us, "Keep using your owl eyes... now, what can you hear? Listen in front of you, to the sides, and to the back, above and below you ...

“Can you hear the robin over to my right? Can you hear your own breathing? Did you hear that cough? Can you hear the fire? Can you hear the winter wren deep in the woods behind me?”

I am dumbfounded – when you listen this intently while using Owl Eyes, you feel like you can *see* in all directions. You feel like you can see the whole sphere.

Jon, checks in again, “How many of you are thinking still? By this point no one had any thoughts left. People had lots of wonder, of course, but no thoughts. We had, after all, just stepped into the Kingdom of Heaven.

My friend Bud said this about Owl Eyes after I taught him the technique:

***“I get the sense that allowing out there to come into my sensorium and fill my internal now is a most powerful way of expressing our God within.”***

Bud gets a bit philosophically romantic sometimes, but he’s right.

Jon went on with the technique, and you can join him, too, “Use your sense of feeling now. Feel the warmth of the fire... where do you feel the coolness? Is there a breeze? If the sun was out and we were outdoors, we would be able to feel the sun on our bodies. If we were standing in the field outside the teepee, we would be able to feel the rain on our faces.”

***To sit in the shade on a fine day, and look upon verdure is the most perfect refreshment. – Jane Austen***

At this point certainly no one was thinking. We were all still, peaceful, and alert. In two words, we were **Simply Serene**.

I fell in love with Owl Eyes that day. You can teach anybody to feel Presence and rediscover magic in their world by taking them outside and running them through the owl eyes story. Jon also reminded us of the old saying from the sixties:

***Come to your senses and lose your mind.***

## HOW TO DEEPEN THE POWER OF OWL EYES

Children learn by pretending. Be a child and deepen the power of **Owl Eyes** by pretending to be an owl perching on a branch.

If you have ever seen an owl perching, they are something. There is nothing like it. They perch solemn, powerful, knowing everything. It is small wonder they are symbols for wisdom in the Greek tradition. The owl was the symbol of the goddess Athena and Athens itself.

When I pretend to be an owl, the experience of **Owl Eyes** multiplies exponentially.

Pretending also helps you to pattern your brain in more ways than if you simply use your peripheral vision or use the soft eyes, I talk about in the next section. What that means is more neural connections are established. And what that means is you get smarter and have more abilities.

In shamanic traditions, when you pretend to be the owl, you start to take on the blessing of the owl and gain Owl's abilities.

In case you didn't know it, this mindless state free of thoughts is known as enlightenment. To be fully enlightened, all you need to do is sustain the state. Wouldn't it be amazing and wonderful if you could live in this state all the time?

Your job is to play with it now. Go outside right now and practice **Owl Eyes**.

It works indoors, of course, even in a nasty, smoky teepee, but God designed it and us for being outdoors in Her Creation. Go ahead; the book will be waiting for you right here.

## SOFT EYES – ANOTHER NAME FOR OWL EYES

During my early training as a Craniosacral Therapist I was told to stand back five or six feet from the massage table and gaze at the patient who was lying quietly on the table. I was to gaze with soft eyes (Owl Eyes) looking about six inches over the top of the body, then wait to see what area called to me for treatment. Something always does. Nowadays, whole patterns emerge to offer themselves for tending.

I use Owl Eyes now to see beyond the superficial, to see into the heart of the matter, and I use it to deepen my presence.

As I step up to the patient to carry out the plan revealed by the patient's body, I am deeply in the present and tend to remain there throughout the session. With my being deeply rooted in the present, it helps the patient to come into the present as well, and she can make some wonderful shifts and integrate the many layers we address.

Martial artists use the term soft eyes as well. Soft Eyes allows them to see the movement of an attacker, even when it comes from an unexpected direction. When we are deeply in Owl Eyes, we will feel the intention of the attack at the same time our opponent intends it, which is well before the message has arrived at his muscles.

This means that the same time his muscles get the telegraph to punch; our muscles are moving us out of the way and preparing for the counter-punch. You can see where this would be a most useful thing to do.

In your day-to-day world, this translates into being safe in the world of inattentive automobile drivers. You are able to get out of the way as they shift lanes in front of you without looking.

## CRISTIE'S STORY

Cristie is a mortgage broker, who learned Owl Eyes in a class I taught.

She was working for a firm where there was some ugly backstabbing and commission theft going on. You know the kind of place. After she

announced she was leaving for personal reasons, the stabbings and the messing with her commissions increased.

One night after work during the heat of these battles, she stepped out onto her back deck with her beloved by her side, and they both looked out over the view and dropped into a very deep Owl Eyes state of quiet mind, no-mind.

Their troubles melted away and life has been good since. This is the value of a new perspective. It is beyond price.

Just think about it. You can change your forever.

I can't wait to tell you next about **Method II – Belly Breathing**. By the time you have finished reading the section on **Belly Breathing**, you will see how it works so well, with what you just learned in **The Miracle of Owl Eyes**.

## SUMMARY OF THE OWL EYE STEPS

First, go outside. The power lives in nature.

Second, gaze gently at the horizon or as far as you can at eye level. Leaving your eyes still and straight ahead, allow yourself to notice what you can in your side vision to the right and to the left. Now, add up and down. How much can you see above you, and how close to your feet can you see?

Three, add your hearing, listen now. You can hear spherically. So, what can you hear behind you, to the left and to the right as well as straight ahead. To deepen the power of the listening experience, listen beyond the loudest sounds to the softer sounds around the loud ones. Finally, listen to the silence between the sounds.

Four, feel your clothes on your body. Feel your socks. Feel the weather, the sun or lack of on your face, the wind or lack of it, the precipitation or lack of.

If you're standing, feel your weight. Feel your weight transmitted into the ground through your feet. Feel your balance.

If you're sitting, feel your self sitting on the surface. Feel into the surface. If you're leaning up against a bench back or a tree, feel that support.

That's it. Do these steps, and your mind will quiet. You will fill with light. I promise.

## METHOD II

# WHEN YOU LEARN TO BELLY BREATHE, YOU CONTROL YOUR WORLD

## WHAT HAPPENS WHEN YOU LEARN TO BREATHE LIKE A YOGI?

As you probably know, breath control is one of the fastest ways to regain composure and to generate peace of mind.

When we're harried or rushed, we colloquially plead, "Let me catch my breath". Or, as one client said just after completing a pressured software product release deadline, "I've got some breathing room, now"

When you are deeply at peace and relaxed, your breath is naturally slow, even, and deep in the belly. To see the proof of this, watch a healthy child sleep.

Fortunately, your nervous system is wired in such a way that if you mimic this slow, even, deep in the belly breath, the most frantic, chaotic, stressed out states of mind will resolve into calmness and serenity.

Yoga, Taiji (Tai Chi), and Qi Gong (Ch'i Kung) are designed to produce just this benefit. They succeed quite well at helping us to achieve conscious breathing during activity. Taiji is especially good at this, which is why I have been practicing it for close to twenty years now.

The problem with Taiji and Yoga is that it takes years, if not decades, to master. That's OK; it's worth the time. I recommend you learn and practice them. But for our purposes, you want to be **Simply Serene** now.

I'll show you how.

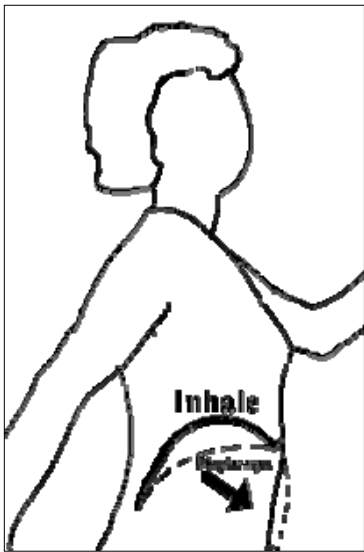
***When You Achieve The Ability To Breathe Like A Yogi, You Will Be Serene Like A Yogi.***

Wouldn't it be amazing if you could learn this breathing in minutes and be serene anytime you wanted? Wouldn't it be even more amazing if it didn't require expensive equipment or a trip to China or Tibet? And wouldn't it be amazing if it was safe and, even, healthy?

Now, before we get into the instructions for Belly Breathing, let's take the tour of the breathing apparatus God gave you.

## **FIRST, LET'S FIND THE DIAPHRAGM**

As a youngster, if someone told you to take a deep breath, you puffed up our chest and pulled in your belly, unless you grew up with yogis or taiji masters. Puffing out our chests happens to be just the opposite of what's most useful.



Look at the illustration on the left. The diaphragm, a very large muscle, is indicated as the black line in the abdomen. The dotted line and the arrow indicate the movement of the diaphragm when we inhale.

The belly moves away from the spine to get out of the way of the descending diaphragm. When the diaphragm descends, it creates space and a vacuum that fills the lungs with air.

Yoga says you take in sixty five percent of your air just with this belly breathing. Thirty percent comes from the expansion of the ribs and the final amount from lifting the top of the rib cage. You can begin to see why belly breathing is so potent when you harness it consciously.

## WHAT HAPPENS WHEN WE'RE SCARED

When you're scared or anxious, your breathing rises up into the chest and upper ribs, and it becomes rapid and shallow. Your belly tightens, and you can't catch your breath. All martial arts teachers train you to drop your breathing into your belly. When you are breathing from your belly, you are fearless. When you're fearless, no one controls you or your state of mind. You are in control of your inner world. You are calm and centered.

This is a classic "wag the dog" strategy. If you are scared, you breathe rapidly and shallowly high up in the body, and then if you deliberately do the opposite – slow your breathing and drop it into the belly – you become the opposite of scared. You become strong, centered, and calm.

## HAVE MASTERY OVER YOUR WORLD WITH BELLY BREATHING

Let's take a second now to do a couple of exercises. You'll get a handle on Belly Breathing, and you'll be more able to be at peace and in control in all aspects of your life. A tall order, I know, but it works. In a few minutes from now, you'll feel it for yourself.

Lie down on your back on a firm bed or on a warm (don't get cold) padded floor. For both of these exercises make sure your belly is unhindered by your clothing and able to expand freely.

Turn off the phone, the TV, and any other distractions for a few minutes. Grab a heavy book or a five-pound weight plate. Have them close to hand within easy reach for Part 2.

Unless you are exercising vigorously, you want to breathe through your nose. Breathing through your mouth will cause you to hyperventilate. Hyperventilation will make you anxious, as it throws your blood gases, carbon dioxide and oxygen, out of balance and throws you into the states we are trying to get you out of.

There is a wonderful piece by breathing expert, Liv Valentina Browning, on the importance of nose breathing on page 60. Read it. I also strongly

recommend that you get Liv Valentina Browning's program and the detailed facts. See **Friendly Resources** in the back of this book.

For all of our work, please,

– BREATH THROUGH YOUR NOSE –

**Part 1.** Place a hand on your belly, and notice... When you inhale, does your hand rise towards the ceiling? When you exhale, does your hand fall back towards the floor? If yes, then you are Belly Breathing. This is how the diaphragm works most efficiently.

If not, this next exercise will get you on track. And even if you are doing the **Belly Breathing** correctly, do the exercise anyhow; it will advance your abilities.

**Part 2.** Place the book or the weight on your belly. Now when you inhale, try to push the book or weight as far up as you can without arching your back, just push your belly out and allow your belly to fill with air. As you exhale, let the book or weight settle back down. Repeat this rising and falling for at least ten breaths. Let it be slow, rhythmical, even, and easy.

What did you notice? How do you feel?

**Part 3.** Finally, return to simple belly breathing with just your hand on your belly and notice again as you inhale and exhale the rising and the falling of the belly.

You are beginning to see the benefits of **Belly Breathing**.

**Part 4.** This exercise helps you to get the idea of Belly Breathing while being vertical. Sit on the edge of a chair, back erect. Place a large book or some other flat object on your lap resting the edge directly next to your belly.

Now as you inhale, push your belly out far enough to knock the book over. Be like a five year old and have fun. Exhale and pull your belly back in.

*Who does not prefer  
to be intoxicated by  
the air he breathes?  
Henry David Thoreau*

## WHAT LIV VALENTINA BROWNING TAUGHT ME

My friend, Liv Valentina Browning is a breathing expert. I refer patients to her work all the time. You can read more about her work in the **Friendly Resource** section at the end of the manual.

She showed me this simple way to feel the belly breathing. Simply grasp your hands or elbows behind your back. This effectively locks down the chest so you can't breathe that way any longer. You will now be breathing using only your diaphragm.

Try it. It's really fun.

## WHAT THE FLUTE TEACHER SHOWED ME

You can only play the flute well with belly breathing. Musicians call it diaphragmatic breathing. My flute teacher friend, Jean, taught her students the following exercise.

Stand up now, bend your knees, bend over, place your hands on your knees, and rest the weight of your upper body on your arms. This position effectively neutralizes the ribs for breathing; all you have left for breathing is the diaphragm.

Inhale, letting your belly expand, then exhale letting the belly release back towards the spine.

## OK, LET'S USE IT NOW

Finally, sit spine erect with your butt at the edge of a firm chair, not a plump couch, or lie down on a firm, but comfortable, surface. How comfortable is comfortable? The goal is to not get distracted by the surface you're sitting or lying on and remain comfortable for at least 20 minutes.

This is what to do when you want to breathe using belly breathing:

- First, fill the belly by pushing the belly out and allow it to fill.
- Then let the chest fill
- Finally let the top of the ribs rise and fill with the breath.
- Release the breath slowly, smoothly
- Then repeat for ten times.

Wonderful...

Can you feel it? Can you imagine being in a stressful meeting and feeling the calm, centered, strength seeping into your entire being as you breathe slowly and easily into the belly?

Play with the Belly Breathing for a while. Go for five minutes or count 50 breathes. Fifty breaths may not equal five minutes, but it doesn't matter. We're just using arbitrary targets that are easy to master and keep track of.

After you have practiced with shorter times, go for twenty minutes of Belly Breathing. What do you notice at the end of 20 minutes? How do you feel?



## WHAT MR. SERENITY CAN TEACH US

Thich Nhat Hanh is one of the most serene people on earth. I admire him greatly. He is a Zen Buddhist monk, so you would expect him to be serene, right?

He was in Vietnam at a time when his country was being bombed back to the Stone Age and brother monks were setting themselves on fire to draw attention to the horrors of the Vietnam War. This was a scary time and tragic time.

He participated in the foot dragging, painfully slow Paris Peace talks as a representative of his county. So, if he can be serene even in those times, he

has something to teach us. I recommend everything he writes, and you can find references in the Friendly Resources.

I suggest you add this little peace/piece from Mr. Serenity to your belly breathing.

## BELLY BREATHING WITH POETRY

*I have arrived, I am home  
In the here, In the now  
I am solid, I am free  
In the ultimate, I dwell  
–Thich Nhat Hanh*

You can memorize this little poem. With each breath – in and out, you can say a line of the poem in your mind. He designed it for mindful breathing.

On the inhale say the first half of the line; on the exhale say the second half. When you have come to the end of the poem, you can repeat it.

Inhale: I have arrived  
Exhale: I am home  
Inhale: In the here  
Exhale, In the now  
Inhale: I am solid  
Exhale: I am free  
Inhale: In the ultimate  
Exhale: I dwell

This also works well with Scripture. A time-honored practice is to pick a line or verse you love. The two most popular are, of course, the Lord's Prayer and the 23<sup>rd</sup> Psalm. You can use them thusly...

Inhale: Our Father  
Exhale: who art  
Inhale: in Heaven  
Exhale: hallowed  
Continue ...

With both the Thich Nhat Hanh poem and scripture, you don't have to use lengthy passages to have a lovely, healing effect. I often just use the first line in the above poem.

## COMBINE BELLY BREATHING AND OWL EYES

How can you combine the Belly Breathing with the Owl Eyes? They work really well together. When you do Owl Eyes, pay attention to your Belly Breathing. It amplifies the power and the ease of getting into the magic state of Presence.

When you're Belly Breathing use Owl Eyes and Owl Ears and notice what you see and hear, while staying attentive to your breathing.

I repeat. This is extraordinarily powerful. You will notice a decrease in frustrations, anxiety, and a sense of overwhelm, and vast improvements in your sense of serenity, calmness, and your sense of joy.

Give yourself at least a day to explore the power of what you have learned thus far. When you're ready, head on into the next chapter, where I will show you how to use the powerful and simple **Instant, No-Drug, Healthy, Serenity-Inducing Device**.

## METHOD III

### THE INSTANT, NO-DRUG, HEALTHY, SERENITY-INDUCING DEVICE AND HOW TO USE IT

I learned this technique from Pavel Tsatsouline, a man who trained elite commandos in the Russian Army. Now, he lives on the beach in Santa Monica and trains U.S. swat teams, elite athletes, and folks like you and me. His technique can have you feeling as calm and serene as a yogi does in a few minutes.

It's Amazing!

\* \* \* \* \*

There is a strategy when making monster films, "Delay showing the monster for as long as possible."

I have done that here with **The Instant, No-Drug, Healthy, Serenity-Inducing Device**. If you just can't stand the suspense, feel free to skip ahead, I won't look, but do come back, I don't want you to miss these benefits.

### IT'S PORTABLE

You can use this technique anywhere, any time. It's highly portable. I use it while lying in bed just before falling asleep to relax beyond my normally deep levels. When I do this before sleep, I notice my morning meditation is deeper. With no effort, I breathe deeply, slowly, and evenly. It arises naturally.

Note: I have been meditating daily for well over 30 years and practicing Taiji for almost 20 years, so it's something for me to notice a distinct improvement. I am pleased and fascinated by this technique.

## SLEEP BETTER

I feel confident that it will help your sleep. It has worked for me and for my clients.

I used to suffer from the night worries. Mostly that's handled for me these days. If you want to handle this junk get my book – **Feeling Good – How to Obliterate Fear, Worry, and Hopelessness and Live Happy, Courageous, and Free** pronto. (See **Friendly Resources** at the end of the book.)

I currently suffer from the “wake up in the middle of the night and can't fall back to sleep pattern” because of over exuberance. I have too many exciting ideas popping. This is a case of too much of a good thing.

I use **The Instant, No-Drug, Healthy, Serenity-Inducing Device**, and I am asleep and happily dreaming in minutes.

As we found in the last chapter, the breathing helps to turn off your mind. A quiet mind is relaxed and ready for sleep. Because of this it is a cure for some kinds of insomnia.

Please read this whole chapter with its tips and cautions before engaging **The Instant, No-Drug, Healthy, Serenity-Inducing Device**.

## HERE'S HOW TO USE THE INSTANT, NO-DRUG, HEALTHY, SERENITY-INDUCING DEVICE.

Follow these easy steps to use the device:

- Get a normal drinking straw.
- Put it in your mouth.
- Plug your nose.
- Using your Belly Breathing, breathe through the straw slowly, rhythmically, and easily.
- When you are done with the straw, consciously close your mouth and return to nose breathing.

**That's it!**

**“But, William, that can’t be it. It’s too simple.”** I reply, “Chocolate chip cookies are simple, sex is simple, and watching the sun rise is simple and look how nice they are.”

The technique is simple. Despite that simplicity, it works beautifully.

## **OK, THERE ARE SOME FINE POINTS; I ADMIT IT.**

### **Mouth Breathing Caveat**

My friend and breathing mentor, Liv Valentina Browning, believes strongly that one should breathe through the mouth as often as one eats through the nose – Never.

Liv encourages people with asthma to skip **The Instant, No-Drug, Healthy, Serenity-Inducing Device** because of the mouth breathing required.

She admits that the restricted airflow of the straw will cause no problems for anyone and not aggravate asthma by causing hyperventilation, which is the main problem with mouth breathing.

Mouth breathing causes hyperventilation. Hyperventilation causes a raft of problems you don’t want, including asthma, sleep apnea, overweight, snoring.

Her concern is that she doesn’t want anything to contribute to a mouth breathing habit.

I, on the other hand, don’t have such a concern. Breathe through the nose for most of your life. Use the straw as outlined and you will be fine.

You can find out more about Liv’s work at <http://vitalarts.net/art/asthma.html>

I recommend her work highly and it makes a great complement to **Simply Serene**.

I asked Liv to write a piece for you for this book. You’ll find it later in this section on page 60 – **The Importance Of Nose Breathing**.

## BAD NEWS AND GOOD NEWS

- Fact: **The Instant, No-Drug, Healthy, Serenity-Inducing Device** works wonders.
- Fact: It only works wonders if you use it.
- Fact: Making a plan to use the device produces the benefits you hunger for. If you don't have a plan and a schedule yet, review the chapter, **How Much Would You Give**. Write down your plan, NOW.
- Fact: People who write out their plans succeed a much higher percentage of the time than people who don't, and you do want to succeed with this, don't you? WRITE A PLAN.

**Before starting with The Instant, No-Drug, Healthy, Serenity-Inducing Device**, let your breath calm down a bit. When I pop into bed at night, I have just come up a flight or two of stairs so I am breathing a little hard. Let the breath settle first, and then use the straw.

**After you have mastered The Instant, No-Drug, Healthy, Serenity-Inducing Device** and you have learned to breathe beautifully, like a yogi or a taiji master, return to breathing through the nose (without the straw) in this same slow rhythmic way. You'll be amazed at the difference.

**If your mind is pulled away into thinking**, or if you want to deepen the serenity, just gently call it back, attend to the breathing, and use this famous Zen expression to remind yourself:

*There's no where to go and no thing to do.*

This is a phrase with deep and layered meanings. But one meaning is – For right now **this is the place to be** and **what you're doing is the thing to do**.

**You will want to use your best Belly Breathing for this work with The Instant, No-Drug, Healthy, Serenity-Inducing Device.**

Remember the exercise with the weight on your belly. The weight created resistance. Breathing through the straw does, too. **Another Benefit of The Instant, No-Drug, Healthy, Serenity-Inducing Device is** – You will be strengthening your breathing muscles as you play with the device. Strong breathing muscles will make you be more energetic and everything in your life will be easier.

In fact, this was how **The Instant, No-Drug, Healthy, Serenity-Inducing Device** was discovered. It wasn't designed to produce serenity; it was first used to build strong breathing muscles for the Russian army's equivalent of the U.S. Navy Seals.

**William, how long should I breathe through the straw? Can you narrow it down?**

It really doesn't matter. Your goal is to be serene; when you feel serene, you have arrived. As a guideline, begin by aiming at just five minutes. You can extend the time later if you want. Another simple approach is to count fifty breaths.

You can stretch it to 20 minutes and get great benefits. It's OK to go longer, but you probably aren't gaining any extra benefits from the breathing itself. You will be gaining from the benefits of no-mind.

An early reader complained, "I am still trying to use **The Instant, No-Drug, Healthy, Serenity-Inducing Device**, but find that I usually fall asleep too fast to get the effects of serenity."

This is a miracle, not a problem. Who wouldn't want deep, peaceful sleep when you're in a crisis? If you're like me you would be praying for rest, wouldn't you?

A confession: last night I fell asleep after my twelfth breath, my dreams were vivid and I woke up rested. **The Instant, No-Drug, Healthy, Serenity-Inducing Device** is very generous. It works pretty much no matter how long you use it.

**How long before I see benefits and my whole life improves?**

You don't ask for much do you? Good. Ask for the moon.

Work with the program for 30 days and you will see a new world.

1. Use **The Instant, No-Drug, Healthy, Serenity-Inducing Device** at least once a day for five minutes or 50 breaths.
2. Sincerely explore when to use it, how often to use it and for how long.

Simple, yes?

**What diameter straw is best?**

I ask my daughters, who go to fast food restaurants, to snag me their straws because they are strong, free, durable, and have a wide opening.

**Swimmers Nose Plug.** To make the technique easier, I recommend you use a **swimmer's nose plug**. You can find them at athletic supply stores and drug stores.

**Don't wait to start the program.** If you don't have one, just pinch your nose closed with your hand. On the other hand, for serious humor try the technique while having a five-year-old hold your nose closed for you while you try to breathe through the straw without laughing.

**Have The Instant, No-Drug, Healthy, Serenity-Inducing Device with you in the car, at home, and at work.** One of my friends spends lots of time out on calls, so the car is a great place for her to have the device. Five minutes here and there do the job.

**With prolonged use, your mouth may dry out.** The cures are simple:

- Stop for a while.
- Take a sip of water.
- Drink water before you start with the device. This helps especially with the next tip.

- Wet the inside of your mouth with your tongue, pausing at the end of an inhalation or exhalation with the straw still in place. I find after a very little practice, this works very well.

**If you need to swallow**, take your nose plug off first. It is most uncomfortable otherwise. This isn't a race; you can stop and restart the process as often as you want.

**If you need to yawn ...** take off the nose plug and really enjoy the yawn. As you will find in my e-manual, **How You Can Slow Down and Live a Rich, Vital, and Happy Life**, yawns have special neurological magic. So we really want to let the magic flow.

## THE IMPORTANCE OF NOSE BREATHING

COPYRIGHT 2004 LIV BROWNING, AUTHOR OF **KICK ASTHMA NATURALLY**

Many chronic conditions could be completely alleviated if people would learn how to breathe properly. Some health practitioners consider a lack of oxygen to the cell the root of all disease. Therefore one needs to increase oxygen to the cells. Ironically, breathing more won't help.

One of the simplest ways to instantly improve your breathing is to become a nose breather again.

Breathing through your nose is important because it warms, filters, and moistens the air before it reaches your lungs. When you breathe through your mouth, the air remains cold, dry, and unfiltered. It passes directly into your lungs, irritating the airways.

In addition, your nostrils control the amount of air you breathe. When you breathe through your mouth, because of its size, you breathe up to three times more air than you require. This may seem backwards as so many people advocate, "take a deep breath", however breathing more than our body's metabolic needs robs us of our ability to use oxygen. We may have oxygen available in our blood stream but our bodies cannot access it.

Our body's capacity to use oxygen is controlled by our pH which for optimum health should be between 7.35 and 7.45 on the pH scale. Our pH is controlled by the level of carbon dioxide in our body.

If we are breathing too much, i.e., through our mouths, our bodies cannot produce enough carbon dioxide to offset the carbon dioxide we're breathing out. We are then functioning with a deficit of carbon dioxide which affects our capacity to use oxygen.

Simply put, when carbon dioxide levels are low, our pH becomes too alkaline and we go into a state called Respiratory Alkalosis. This causes oxygen and hemoglobin to form a tight bond, which prevents oxygen from being released to the tissues (The Bohr Effect). In order to access our oxygen, our bodies have to create an acidic environment so that our cells do not die of oxygen starvation.

By returning to nose breathing, you are regulating the amount of air breathed in but, more importantly, the amount of carbon dioxide lost.

The general rule of thumb is "Breathe through your nose, always." **You should breathe through your mouth as often as you eat through your nose.** It takes conscious effort to breathe through your nose if your mouth is open, therefore, if your mouth is open, you are breathing through it. Go ahead and try opening your mouth and breathing through your nose. It's possible, but it's not easy.

People commonly breathe through their mouths when they are exercising, speaking, laughing, sighing, yawning or coughing. But essentially, you need to train yourself to breathe under control and through your nose at all times.

**The Instant, No-Drug, Healthy, Serenity-Inducing Device** exercise uses mouth breathing. It is important that after you have done the exercises that you consciously return to nose breathing and that you make nose breathing a daily practice.

\* \* \* \* \*

For information on how to buy this great book, read <http://vitalarts.net/art/asthma.html>

Go for it.

## HEADS UP

Some people noticed ironically that panic can be the body's first response to breathing through the straw, just the opposite of the serenity you're seeking.

Your body might not feel like it can get enough air, and it gets scared. If this happens to you, just remind yourself that you can take the straw out and breathe normally any time you feel like it. No one is keeping score.

When mastered, this breathing and belly breathing will correct anxiety and panic attacks.

For most people this experience, even of getting scared, is a fascinating exploration into the mysteries of their nervous systems. It is amazing how well and how fast your body learns to work with the straw.

### **Caution**

If you have a panic disorder, you might choose to avoid this, or you might choose to hang in with the anxiety and let the body acclimate to the breathing.

**The first rule is TAKE CARE OF YOURSELF.**

If you have a question about this, call me at 206.328.2073 or e-mail: [william@vitalarts.net](mailto:william@vitalarts.net)

## IT REALLY IS EASY

Don't worry that you're doing it wrong because it seems too easy. It is just as easy as you think.

The reason it's easy is because your body is a genius. It has intelligence vastly greater than your mind. Your wonderful body will accommodate very quickly to this style of breathing.

It is fascinating to watch how your body learns to breathe slowly, rhythmically, and deep in the belly. Keep breathing through the straw for as long as you want. It's pleasurable and produces more restful benefits than even sleep does. People find bliss.

The method is completely healthy. You cannot do any harm with the technique; in fact, it is good for you. You will just relax more and more deeply. You will become more and more serene. There is no recorded instance of being too peaceful.

## ADVANCED TECHNIQUES

After you have mastered one straw, you can tape another straw to it in a chain and work with two straws. By making it more difficult to breathe, the two straws teach you to slow down even more, thusly deepening the experience. You can then add a third. There is no need to go beyond three, that's plenty. There's no need to go beyond one really, it's just for the fun and joy of experimentation.

A variation on this is to use a narrower tube/straw, and my wife, Suzanne, suggests using a child's curly straw for added fun.

Here is another graduate level technique that I like. This seems fun and challenging to me mainly because it is difficult. The results are astonishing though and worth the effort. This time using only one straw, breathe in and out through it in such a way as to make no sound.

I especially like this silent breathing.

Do you find it more difficult to do a silent inhalation or exhalation?

## HOW DOES IT WORK?

Mechanically, the straw guides and constrains the breath so that the only way to breathe successfully is to breathe like a yogi. What's amazing is that we can learn to do this in an instant.

The tranquility is simply the neurological results of slow deep rhythmical breathing. As you surmised, yogis, Taiji masters, and Taoist masters in China have been doing this for millennia. This breathing is not new.

I leave you to ponder these intriguing questions:

- **How does your body's wisdom figure this all out?**
- **How does your body acquire its genius?**
- **How does The Instant, No-Drug, Healthy, Serenity-Inducing Device turn off your mind?**

One more question,

- **How can you come to trust this body wisdom fully?**

## YOUR LAST STEP, WHERE THE RUBBER MEETS THE ROAD

**The Instant, No-Drug, Healthy, Serenity-Inducing Device** is exceptional. It produces the peace of mind and the serenity you want. However, Nature designed you to breathe through your nose.

When I was but a lad of 22 studying yoga, I read that if you plug up just the nose of a rabbit it will suffocate because it can no longer breathe, even though, like us, it has the apparatus to breathe through its mouth. The problem is a nervous system that just doesn't work well enough without the stimulation of air passing through the nose.

“Woof!” said I.

At that time, I hadn't been able to breathe properly through my nose for years due to the deviated septum I received from playing contact sports. The doctor had suggested we not even bother fixing the nose until I was through breaking it. (I had broken it seven times he figured.)

Reading about the poor rabbits propelled me to the doctor for the needed nose repair.

Listen, "SNIFF SNIFF SNIFF" – you can hear the free flow through my nose now can't you?

Your journey into the real world requires you to transfer your skills with **The Instant, No-Drug, Healthy, Serenity-Inducing Device** into breathing slowly, deeply, quietly through the nose anytime you want.

*Better still, breathe like a yogi all the time.*

As a practice, keep working with **The Instant, No-Drug, Healthy, Serenity-Inducing Device** because it does deliver the goods. I still use it and enjoy continual benefits. It's pleasurable and a fun exploration.

One of the primary values of using the device though is in training you how to breathe like a yogi all the time. Your Belly Breathing becomes more powerful now that you have experienced **The Instant, No-Drug, Healthy, Serenity-Inducing Device**. Please, use this sophisticated breathing, your advanced **Belly Breathing**, wherever you go.

You can use it ...

- When your boss sits you down to grill you.
- When giving a deposition to a team of nasty lawyers.
- When making a presentation for a proposal,
- Use it when you go to the doctor or dentist.
- Use it when you have to confront someone.

Do the breathing while you wait to go in. Do the breathing while you are listening.

- Use it in your sports – e.g. foul shots in basketball or just before the action starts in any sport.
- Use it at church, meditation, or prayer.
- Use it with foreplay.

If you are in a difficult situation, the situation will shift from being adversarial to one where everyone is on the same side, just by your calm breathing. Moreover, inspirations, insights into the problem, and ideas will arise with this breathing that can resolve the whole situation.

You probably know that when people are in conversation or interacting with each other, after a time they go into rapport and they match each other's breathing. When you breathe slowly, everyone in the room will also calm down and match your breathing.

***We all want to be peaceful, really.***

You can probably see now that breathing slowly and deeply becomes a way of life. You can be serene all the time.

## METHOD IV - THE ERICKSONIAN RELAXATION METHOD

### THE HYPNOTIC GENIUS OF MILTON ERICKSON

This is a stellar relaxation technique designed by Milton Erickson, MD. Many credit him as the founder of Solution Centered Therapy. He is one of the seminal figures in effective therapeutic hypnosis.

He understood better than anyone how the mind works.

This method of his is a top-of-the-line tool for helping you to be **Simply Serene**.

With this method you can utilize all that you have learned in the first three methods. It will be really fun for you and most profitable.

## DO YOU REMEMBER WHY YOU WANT TO LOSE YOUR MIND?

A quick review:

Our mind is the only place that worry, doubt, hopelessness, anxiety, fear, anger, hurt, overwhelm, and depression live. If we put the mind to rest, turn it off, then we are peaceful and serene.

This lovely line sums it up:

*Come to your senses and lose your mind.*

If you would like a reminder, review the section found earlier in the book:  
**Why Would You Want to Lose Your Mind.**

*There often seems to be a playfulness to wise people, as if either their equanimity has as its source this playfulness or the playfulness flows from the equanimity; and they can persuade other people who are in a state of agitation to calm down and manage a smile. – Edward Hoagland*

## THE RELAXATION PROCESS

Here's an impressively powerful process that brings you into a state of relaxation. It works well with all kinds of stress.

I especially recommend it to people with insomnia. I liked the technique so much that I gave myself insomnia, just so I could practice it. You may recognize its kinship with the Owl Eyes.

Use all you have learned from your Belly Breathing and **The Instant, No-Drug, Healthy, Serenity-Inducing Device** but don't use the straw for this, just use what you learned.

You can use this anytime you want to settle into an internal calm center. It works sitting in a hospital waiting room, or a kitchen full of kids. Although it's easiest in a quiet place, it really shows its stuff in the hard places and hard times in our lives.

It may be more important to be able to use this in chaos than when things are smooth, but start your practice when things are easy.

The Relaxation Process brings you into the present and shuts off the fretful chattering of the mind.

***Caution: Don't operate heavy or dangerous machinery including driving a car while doing this exercise. Really.***

## THE STEPS

1. Be as relaxed as you can be in the moment and place where you are. Be comfortable and physically well supported. That means sitting in a good chair, or on a meditation cushion, or lying on the floor or in bed. Be comfortable with your temperature – think Goldie Locks – not too warm, not too cool, but just right. Turn off the phones and any other distractions that you can.
2. Belly Breathe.
3. Gaze softly at some restful view or the best approximation you have in your situation. This could be as simple as gazing out the window, a painting on an uncluttered wall, or looking at a pleasing picture postcard you carry around just for this purpose. If you are using this to sleep, close your eyes and skip to Step 5.
4. Name the first five things you see. For example: tree, leaf, bird, car, another tree.
5. Name the first five things you hear. For example: music, car, bird, wind, breath.
6. Name the first five body sensations. Some people aren't clear what these are. Here are some examples: You can notice the weight of your hand. Notice the pressure of your body against the chair, the coolness on the skin from a breeze, the movement of your ribs as you breathe, the movement of your belly as you breathe, the beating of your heart, an itch.

Note: It's OK to repeat the same thing. When I do Step 5 while lying in bed with my sweet wife, the only sound I hear on some nights is her sonorous snoring. Therefore, I count: Snore. Snore. Snore, etc. for all five of my sounds.

Now count down:

- Four things you see.
- Four things you hear.
- Four body sensations.

Continue thusly, three, two, and one.

At the end of your round of counting ‘one’ you can stop the process and enjoy the peacefulness you have garnered or you can start over again at five.

You can’t overdose on peace, calm, and presence. Likewise, you can, as always, stop any time. I often stop at four. It’s enough. Sometimes I go through three rounds of the whole countdown.

It is now yours to explore and apply as you see best. You're smart; I know you'll do great.

I recommend you explore it so that you know what works best for you when the need truly arises.

This is the training for your life. Practice before you need it.

After practicing the relaxation technique, you may be very, very relaxed. If you are doing this to fall asleep, you are already asleep by now so this won’t apply to you.

If you are doing this to relax deeply, then when you are ready to move back into activity, just make small, gentle, slow movements to stir the body, gradually making the movements larger until you are ready to flow back into your day.

Watch a cat waking up from a nap and imitate it.

Congratulations. This concludes the four methods.

Now, how do you weave a personal program that fits you just right?

*A broad margin of leisure is as beautiful in a man's life as in a book. Haste makes waste, no less in life than in housekeeping. Keep the time, observe the hours of the universe, not of the cars. What are threescore years and ten hurriedly and coarsely lived to moments of divine leisure in which your life is coincident with the life of the universe? – Henry David Thoreau*

## HOW DO YOU WEAVE A LIFE TAPESTRY THAT IS SIMPLY SERENE?

*To be able to fill leisure intelligently is the last product of civilization. – Bertrand Russell*

*He enjoys true leisure who has time to improve his soul's estate. – Henry David Thoreau*

*I am of the opinion of the ancient Jewish book which says "there is no wisdom without leisure." – W. B. Yeats*

Congratulations again on completing the four methods. Now you have the tools to weave the life you want.

You have done some elephant carving, you know what you want more of in your life, and you have used the Magic Formula to transform your life. You have committed to your life.

What if you could weave these new skills together to live the life you really wanted to live?

### HERE'S ONE WAY TO DO IT

Start by playing with all the methods. Become really familiar with them all. Identify the ones that come easily to you, and use those first.

Alternately, identify the ones that initially give you the most benefit. Use those first. For most people the easiest and the initially most beneficial methods will be the same.

Then explore the ones that are not so easy for you. Each method has great benefits; however, you can only discover how they are helpful to you by using them enough to get the direct personal experience and then weighing that experience.

***Remember we are building a life here. Don't rush this. Be patient, be diligent, be faithful.***

Imagine what you will be like in five years after using the most effective methods hand picked by you, and faithfully employed. You will be a marvel. People will think you're gifted and won't realize how you earned your status as a **Simply Serene Master**.

While you explore the methods that don't come as easily to you, keep using the ones that work for you on a regular basis while you are experimenting. Certainly you can see why? You want to build up the habit of being simply serene all the time.

After all, our stress responses are habits to some degree, and we want to diminish those responses, and develop the restorative virtues delivered by the **Simply Serene** methods.

Finally, decide which ones you will employ daily and which ones you will keep in reserve for difficult times.

## EXAMPLES

Most people sleep well, but from time to time have a wakeful night. Which method helps you to get back to sleep the most effectively? Use it. As you have read earlier, I like to play with them all, but I have my favorites for when I really need to go back to sleep.

For me, I prefer the Ericksonian Relaxation Method for going back to sleep when I wake in the middle of the night with mind racing.

My friend has success with the straw.

One of my private clients loves **Owl Eyes**. She says, "It's like having a reset button."

I use it this way too. But for me, it is a daily ritual of connecting to the universe, connecting to the Sacred.

Professional tennis players use a variation of Owl eyes or the Ericksonian Relaxation Method between points in heavy competition to reset and get ready for the next serve.

What do they do? In front of huge crowds, they bring their eyes to the strings of the racquet and use a variation of Owl Eyes to just see the strings. They may deepen this state using the sense of touch by plucking on their strings. This protocol gets them deeply relaxed and prepared for the next stress.

When you face challenging stressors, you can do the same to push your reset button. Use Owl Eyes, use the Ericksonian Relaxation Method.

### **DO YOU WANT SOME MORE EXAMPLES?**

When you go to the dentist, you can plan to arrive early and do some Belly Breathing in the waiting room. You can deepen the relaxation by doing the Ericksonian Relaxation Method. This routine can be used easily in any stressful meeting.

I use owl ears while I am in the dentist chair getting worked on. I listen to all the sounds surrounding me – the conversations, the wind outside, the footsteps, the dentist-office music, and I include the whines of other drills in nearby cubicles where other patients are being worked on.

Naturally, I Belly Breathe when I am in the chair. You could experiment with the Ericksonian Relaxation Method as well.

Fit the techniques into the cracks of your day as well as your scheduled times. For instance, while you are waiting in line at the store or the bank, or when you're waiting for the water to boil, you can Belly Breathe. You can gaze out the window and do Owl Eyes.

Better, step outside and do Owl Eyes for a couple of minutes while you wait for the coffee to brew.

You can arrive early to a stressful event and use **The Instant, No-Drug, Healthy, Serenity-Inducing Device** while sitting in the car. On the other hand, you can do it in the waiting room and get lots of space to yourself.

## **RHYTHMS WORK**

Having a program for serenity is similar to having an exercise program. Some people do strength training on Wednesdays and Fridays; take a long walk on Saturdays and Sundays.

I use **Owl Eyes** daily.

Uncover what works best for you. The rewards are stellar.

Now, read on for the extra goodies I promised you ...

## CREATIVITY TIPS I GUARANTEE YOU'LL NEED

*Leisure is the mother of Philosophy. – Thomas Hobbes*

“Why do I need creativity tips?” you ask. Do you know the word *inspiration*? What we have been doing through many of these practices is nothing but *in-spiring*, literally.

When you are serene, you solve problems quickly with inspiration. When you are still, ideas pop, insights blaze.

Prepare for this creative flow. You will want to have a way of recording those flashes.

The misanthrope, H. L. Mencken challenges you with his ugly expectation. It is a blueprint of what not to do:

*The idea that leisure is of value in itself is only conditionally true. . . . The average man simply spends his leisure as a dog spends it. His recreations are all puerile, and the time supposed to benefit him really only stupefies him. – H. L. Mencken*

He doesn't think much of dogs either.

You are creating a better plan than Mencken's cursed one, right?

## RECORD YOUR INSIGHTS

Great ideas come and we mistakenly feel sure we will remember them. Research says and your own experience will tell you, those flashes of insight last about ten minutes and then they're gone for good.

They tend to be lost for good unless you *consciously* memorize them, take a note on paper, or make a voice memo on an audio recording device.

Don't censor the ideas that are given to you. When you censor them, the flow stops and you're back to a humdrum life of watching TV. Say, "Thank you." Write them ALL down, then evaluate and elaborate on them later. These inspirations are just jumping off places.

Not everything that comes up in stillness is a gem. Some, in fact, are just pieces of flotsam and jetsam. The whole point of stillness is to get rid of the detritus of the mind.

You will want to weigh the insights, but do that later. Throw out the obvious junk as it comes in. The apparent gems save for later and return to the stillness until your time is up.

**TIP:** I used to call my answering machine to leave voice messages for myself, now I have a cool digital voice memo thingy. One of my hot real estate agents uses a miniature tape recorder while walking around the house getting the children off to school – ideas pop up all the time in all places. Capture them.

One Fortune 500 company that recognizes the importance of these creative bursts puts notepads next to the exercise machines and even adjacent to the showers of their on-site gym. I carry my memo device through my workouts, when I practice Taiji, when I walk around the house in the morning getting ready for the day, and when I go to sleep at night. Using my **Instant, No-Drug, Healthy, Serenity-Inducing Device** triggers ideas.

One of my best places for bubbling ideas is the bathtub on Saturday or Sunday afternoons. Although my weekday showers are good for solving problems, the weekend part of this equation is important. Weekend means I have had some down time for slow thinking.

In these baths, whole chapters come to me as well as design solutions for my etchings and for my web site. The slow mind state of the bath

inspires enough fruitful ideas to keep me busy writing for weeks. My memo device is always next to the tub beside me.

Of course, this is one of the virtues of taking sabbaticals. Vacations may be a reprieve from overworking, but sabbaticals give you time to be slow and to be creative, time to generate lovely work in the future. It is for deep connection, which prepares you and inspires you for when your return to work.

## ACT NOW

There is a saying, “Money likes people who act, and who act with speed.” The same is true of the muse. The muse likes speed and the muse likes people who act.

***When the muse visits you with creative inspiration, please go beyond just writing the brainstorm down, act on it. Act on it now.***

When should you act on it? Act on it ASAP. That means, put on your turn signal, pull off at the next exit, and get on with it, now.

If you do this, the muse will stay with you. If you pass it by, she will go to someone who loves her more. She is jealous.

***Stay in balance, stay accountable, stay responsible, and act.***

Again, not everything that comes up in stillness is a gem. Determine which ones are the gems and act on them. When? You know when, don't you?

## I WISH YOU WELL IN YOUR SIMPLY SERENE LIFE

**Congratulations, you made it.**

You stuck with it and now you will reap the harvests. I admire you for completing the promises you made to yourself back at the beginning of the book. You kept your word. You're great.

### WAYS TO DEEPEN YOUR EXPERIENCE

If you want to be **Simply Serene**, creative, and free of your annoying mind, then practice what you've learned here. Continued practice is what guarantees results.

The methods are delightful and amazing and with your sincere efforts, you are sure to succeed.

You may find it helpful to share with others as a way stay on track. You might show people where they can purchase **Simply Serene**.

*Jose Silva once said a goal should benefit you and at least two other people. When you state a goal that helps many people, you are moving beyond your ego and your limitations. – Joe Vitale*

To be sure you won't miss out on anything, you can obtain on-going support with these FREE ways at my web site: <http://www.VitalArts.net>.

- Get my Life Coaching and Alternative Healing Newsletter: <http://vitalarts.net/newsletter.html>
- Read my blog: <http://lifecoaching-alternativehealing.blogspot.com/>
- Register for my RSS Feed: <http://vitalarts.net/RSSFeed.html>
- Read the articles that speak to you in my FREE archives. <http://vitalarts.net/art/>
- Take a tour of the resources on my web site. <http://www.VitalArts.net/tour.html>

Explore my other e-manuals in the series in **Friendly Resources**.

You may always contact me by the remarkably reliable United States Postal Service:

William Wittmann  
4227 E. Madison, 2-C  
Seattle, WA 98112

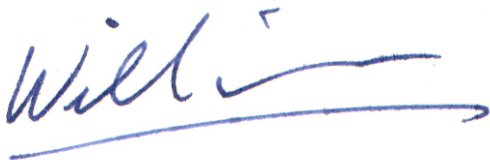
## LET ME KNOW YOUR MIRACLES

After you have tried the four **Simply Serene** methods plus the Magic Formula for a couple of weeks, let me know what miracles you are seeing in your life.

- What benefits do you see?
- What problems in your life have just disappeared as a result of this work?
- Which of the people around you seem to be more fun to be with now?
- Who are you enjoying being around more now?
- What's gotten easier in your life?

Thank you again for working with me. Working with people like you brings joy to my life and fulfills my life's purpose, thank you.

Go forth, be mellow, be blessed, live long, and prosper.

A handwritten signature in blue ink that reads "William Wittmann". The signature is written in a cursive style with a long horizontal flourish at the end.

## **FRIENDLY RESOURCES – WHERE YOU CAN FIND HELP AND FASCINATING THINGS TO EXPLORE**

### **WILLIAM'S E-MANUALS FOR WHOLEHEARTED LIVING**

Explore my other e-manuals in the series, **William's E-Manuals for Wholehearted Living**. You can read the descriptions about what you'll get with each of them here: <http://vitalarts.net/books/ebooks.html>

Here are some current working titles for e-manuals in process:

**Living Intuitively – The Wizard's Handbook of Oracle Creation**

**Obliterate Fear, Worry, and Hopelessness, and Live Happy,  
Courageous and Free**

**Slow Down and Live Rich, Vital, and Happy**

**Finding Heaven**

*To see a world in a grain of sand  
And a heaven in a wild flower,  
Hold infinity in the palm of your hand  
And eternity in an hour.*

*– William Blake*

**The Graceful Elder**

### **Work with Me**

Attend my seminars. You can attend ones listed in the Seminars and Events section of my web site: <http://www.VitalArts.net/events/>. In addition, you can invite me to teach in your area.

Many people benefit from one-on-one work with me. Talk to me about personal Life Coaching for you or a loved one. I answer my own phone at 206.328.2073. Or reach me by e-mail at William@HowToBeSimplySerene.com.

## BOOKS BY OTHER AUTHORS

### Kick Asthma®

#### **Breathe Easy Without Drugs – by Liv Valentina Browning**

Imagine... asthma-free living.

How would your life be different if you did not have asthma?

Envision yourself waking up in the morning breathing easy, completely wheeze-free. You slept deeply all night long and you're fully rested.

You feel so good and energized that you're excited for your morning workout. A workout that you will easily finish without gasping for breath.

You're confident, that no matter how hard you exercise, you'll be asthma-free! It will be impossible for you to have an asthma attack!

Does this sound like an impossible dream?

Well it's not! I know because I overcame my chronic asthma and started living a healthy life! And I can help you to do it too. – Liv Valentina Browning

\* \* \* \* \*

***"Man who says it cannot be done should not interrupt man doing it." – Chinese proverb***

I like Liv and honor her intentions, her integrity, and I love what she offers. Here material on curing asthma is miraculous for many and easy to learn.

The techniques will help anyone to breathe more optimally. And that is BIG! Tons of "diseases" and conditions get better when we breathe more effectively. TONS! I would like everyone I know to use this material, asthma or not. It helps!

Doctors who attend Liv's classes start to get it, and they excitedly connect the dots ... "This would help cancer, wouldn't it?" Breathing and specifically too much or too little carbon dioxide in the body affects many conditions in the body and every system of the body.

**Note:** she's not offering to cure cancer or even help it. This is to say that breathing is FUNDAMENTAL.

*"Nearly every physical problem is accompanied by a disturbance of breathing. But which comes first?" Hans Weller, M.D.*

Like all the ebooks on this page, Liv's work carries a guarantee. See her page for details.

There is an abundance of great material on her site.

Order the FREE ebook.

That's where I started. It is illuminating. Your whole view of the world may change, mine did.

Go for it: <http://vitalarts.net/art/asthma.html>

### **No Death, No Fear** by Thich Nhat Hanh

It is a wonderful book as are all of his. I recommend any of his books because as you read his books his serene spirit seeps into you the way warm tea refreshes the body and soul. You can find more books of his in my bookstore, see below. You can get **No Death, No Fear** here:

<http://www.amazon.com/exec/obidos/ISBN=1573223336/williamwittmannv/>

## WHY NOT BUILD YOUR OWN LIBRARY

One of my students has built his own library by going through my whole book list and gotten dozens of books. It's a good idea. You can read my reviews of many of them to help you decide which will serve you best.

<http://vitalarts.net/books/bookstr.html>

You can find books by the amazingly generous Pavel Tsatsouline in William's Bookstore in the Fitness Section on my web site:

<http://vitalarts.net/books/bookstr3.html#fit>

## YOU CAN REACH ME ...

I answer my own phone at 206.328.2073. I do return calls. Leave your phone number and a time to reach you. Be sure to let me know which time zone you are in.

E-mail is a great way to set up and make an appointment for a phone call.

E-mail is a great way to connect period.

[William@HowToBeSimplySerene.com](mailto:William@HowToBeSimplySerene.com).

You may always contact me by the remarkably reliable United States Postal Service:

William Wittmann  
4227 E. Madison, 2-C  
Seattle, WA 98112

## ABOUT THE AUTHOR



William Wittmann lives in Seattle at the edge of a one hundred year old, eight hundred acre contiguous, urban park system with his beloved wife.

He has been practicing as a life coach and teacher from the beginning of time.