

"An incredibly fun, practical and helpful book for restoring joy when it is lost." **John Gray, Ph.D.**

Author of *Men Are from Mars, Women Are from Venus*

From **Sad**
to
Glad



7 Steps to
Facing Change
with Love and
Power!

Janet Attwood, Chris Attwood & Jimmy Moore
ILLUSTRATIONS by GEORGE FOSTER

Foreword by #1 Bestselling Author **Robert G. Allen**

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“Say goodbye to sad and hello to glad
permanently with the brilliance and
insights in my dear friends’ book.”

MARK VICTOR HANSEN

*Co-author, Chicken Soup for the Soul® and
The One Minute Millionaire*

“Rarely do we find a book that translates
high-level wisdom into easy-to-read,
easy-to-apply language. Chris, Janet and Jimmy
have shown their special genius in this book:
that of making the complex simple, enjoyable
and tangible. Best of all, the authors are true
experts in this area — their personal lives
demonstrate the truth and effectiveness of
what you’ll read in these pages.”

BILL BAUMAN, Ph.D.

Present Day Mystic

FROM SAD TO GLAD

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Foreword

by **ROBERT G. ALLEN**

#1 *New York Times* best-selling author, *Creating Wealth*,
Nothing Down and *The One Minute Millionaire*

Simply put, the knowledge in this book is groundbreaking. If there is one thing that will guarantee your success—in any field of life, business, relationships, public service or any other area, it is the ability to stay open, or as we’re told in this book, to be expanded. When we contract, we shut down, and when we stay that way, nothing happens for us.

Are you expanded or are you contracted? This fundamental question is one each of us needs to be asking ourselves. In a clear, simple and understandable way, *From Sad to Glad* has laid out both the consequences of not asking the question, the possibilities when you begin to notice you’re contracting, and some of the tools you can use to return to expansion when you shut down.

In many ways, life is like a seminar. We are given experience after experience to show us where we’ve grown, and where we have yet to grow. Those aspects of our life that are comfortable show us what we’ve already learned. When we are uncomfortable, we contract (i.e. we close down, separate, push others away, through anger, or fear, or disappointment, or depression, or just not listening).

Yet it is when we step out of our “comfort” zone, into our “discomfort” zone, we open the door to growth. It is moving through these uncomfortable times, with an attitude of “What can I learn?” that we step on to a new level of living. If you admire leaders like

Martin Luther King, Jr., or Mahatma Gandhi, or Abraham Lincoln, or if you'd like to achieve the financial success of John D. Rockefeller, Sr., or Bill Gates, or Warren Buffet, then you'd best know that every one of them had to go through challenge after challenge before they achieved their success. Your life is defined by your ability to move through challenges. This book will show you how to move through the challenges in your life in a way that always brings you back to a loving, open heart. Janet and Chris are the ideal people to be teaching us these lessons. They have the remarkable ability to be honest, straightforward, and loving at the same time. I've watched both of them embrace situations that were clearly hard for them, and meet them with love, understanding and an openness that is inspirational. They are amazing human beings with incredible depth and wisdom. This book offers the opportunity to open your heart and your mind to infinite possibilities. I invite you to use this knowledge to create the life you have been dreaming of living.

Introduction

Are You Expanded or Are You Contracted?

Have you ever noticed when you are happy even difficult things seem to come more easily?

When we are open, we become a clear channel to receive the blessings of a Higher Vision. The impossible becomes possible from that vantage point, from God's perspective, if you will.

But when we contract, our outlook, our perceptions, our ability to relate to others—life itself—becomes strained and pinched. Nothing feels right or looks appealing. Even good things lose their charm. Creativity is diminished. The ability to relate to others is impaired. Problems cast longer shadows. The ability to find solutions goes out the window.

If you had a way to stay open in the midst of change, in the midst of challenges, wouldn't it make life easier? If there were a simple, direct step-by-step method to reset your outlook—to change your mind—when you become contracted, wouldn't it be great? To look at life from a place of expansion, or from a place of limitation and restriction—which feels better to you? Which would be more productive?

Want to transform your life? The secret is facing change while maintaining inner balance. When you can do this without falling prey to the tumult of the mind, life opens like a rose often in unforeseen and unimaginably beautiful ways. This book was written to help you have that experience.

It's been said life is a river.

What do you see when you look at a river? You see water in motion. A continual flow allows the river to maintain its essence, but the water itself is flowing by, ever-changing, never the same.

Our own lives are like that. New opportunities, new challenges—sometimes resisted, sometimes welcomed—it is through change we grow. How smoothly we navigate those currents of change is primarily a matter of choice. Going with the flow or swimming upstream? Life itself is defined by the choices we make.

Even when it seems things are happening beyond our control, we still have a choice about how we respond to what's taking place. This is where The Expansion Process comes in.

“To be or not to be?” asked the Great Bard, William Shakespeare, long ago. When it comes to being open, how you answer that goes a long way towards defining who you are as a person and what you expect out of life.

If you want change, what do you do?

Gandhi asked people who were interested in changing the world to first change themselves. By attending to the seed, one attends to the whole tree. We have to be the change if we want to change ourselves and the world.

Who wouldn't want to function from an expanded perspective? A state that naturally allows one to see more clearly, feel more secure and accomplish things with the least resistance possible and the greatest enjoyment of the process.

Giving for the pure sake of giving, unconditional giving—which after all is the highest form of love for ourselves and others—comes easily and naturally when we're feeling expansive. In this selfless

state, we are most ourselves, spontaneous and alive, generous, receptive and accepting.

Okay, that's all good and fine, you say, but what exactly do I do when I find myself contracted? How do I stay open?

Keep reading.

The following pages present insight and experiential tools that will show you how to keep your heart, mind, arms and soul wide open, even in times of contraction—especially in times of contraction—so you can smoothly facilitate the process of transformation, even learn to enjoy, rather than resist, growth.

Growth, after all, comes in waves of expansion and contraction. Periods of contraction are normal. A wave on the ocean rises and falls. Every aspect of nature goes through cycles of expansion and contraction.

The secret is learning how to accept change without resisting, or hanging on too tightly. When we allow ourselves to be open to expand in the midst of contraction, we are working proactively. We do not fall into the trap of thinking we are a helpless victim, or some kind of bulls-eye in the blame-and-shame game.

Seen in this light, roadblocks and limitations offer the greatest opportunities for growth.

Many of us spend so much time dreaming of a better future, or running from a less-than-perfect past, that we rarely seem to light in the present Moment.

But this book is not a psychological or philosophical tome. With humor and simple insights, it will help you recognize contraction and show what you can do to become expanded again using a simple, yet powerful practice we call The Expansion Process.

We have intentionally used big type and expressive cartoons to convey the knowledge in this book. Remember The Expansion Process is an experience, and we have done our best to allow you to experience it, rather than just read about it, through the pages which follow.

From Sad to Glad will not take you long to read. Yet we hope you will find it such a fun and useful book, you will return to it many times as you begin to make The Expansion Process a daily habit. And if you find yourself wanting more, we invite you to visit our websites:

<http://www.stayinginlove.com>

<http://www.thepassiontest.com>

The Expansion Process is a profound, easily-applied practice, consisting of seven straightforward steps. It allows you to return to an expanded state quickly and effortlessly whenever you find yourself contracted. With this, the vision of a completely new, unexpected, and remarkable approach to life comes clearly into play.

Whenever we interact with others, we have the chance to be open or contracted. Contracted, one sees problems. Open, one creates the opportunity for new results that might never have been imagined.

From Sad to Glad!

The process is simple yet profound. It offers a new paradigm for interpersonal relationships, one that is anchored in wholeness while dealing with specifics. And it really works.

Janet and Chris should know.

They've weathered the difficult challenges of divorce, remaining best friends and business partners using the principles and tools taught in these pages. They are living proof that love can prevail even as relationships change, grow and shift.

Their direct experience working together, and with thousands of others, forms the basis of the principles found in this book. Their e-zine book *Staying in Love When the Relationship is Over* has been an inspiration to many.

But it doesn't matter whether you're married or not, in a relationship or not. Life and love are fluid things, ebbing and flowing, growing through continual transformation.

Learning how to stay open and expanded, especially during those times when the world closes in—personally, professionally, socially, even globally—is one of the most important tools you could ever possess.

Staying open in the midst of change, in the face of any obstacle, learning to let go and let God when the chips are up or down—or both—is what this book offers. Learning to accept what is, and to accept oneself and others in that light, is the greatest journey you'll ever take.

Bon voyage.

Janet Bray Attwood	Jimmy Moore
Chris Attwood	George Foster

FROM SAD TO GLAD



CHAPTER 1

Noticing

Look around you...
Expanded is easy to see...
It looks like...



When you are Expanded
you are...

Open ♥ Happy

Thinking of others'
needs/desires

Optimistic ♥ Full of energy

Positive ♥ Feeling Generous

Enthusiastic ♥ Carefree

Solution-oriented

Loving

Contraction looks like...



When you are Contracted
you are...

Unhappy * Gloomy

Discouraged or discouraging

Selfish * Pessimistic

Miserly * Angry

Irritated or irritable

Frustrated * Feeling Grief

Tense * Depressed

Worried * Isolated

How are you feeling?

Expanded?

Contracted?

A little bit of both?

Or a lot?

Where do you live
most of the time?

We have all heard
the saying,
“The glass is either
whalf empty or half full.”



Another says,
"One man's trash is
another man's treasure."



Most of us live as if our
perspective is the
only truth.

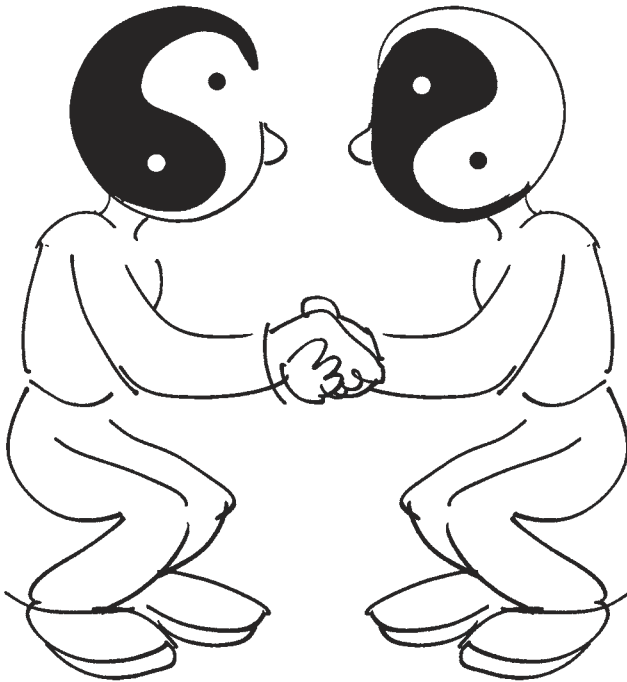
What else can we do, right?

All that we experience
is colored by our
perspective of life.



The truth is:
the glass is half empty and
half full at the same time.

Opposites exist together
everywhere
at the same time!



'Good' and 'Bad.'

Up and Down.

In and out.

Yin and yang.

It's all a matter of choice.

What you see is
a choice.

Who's choice?

Yours!

And what you see is
what you get.

You are the creator of
your Universe...

Not your Mother,

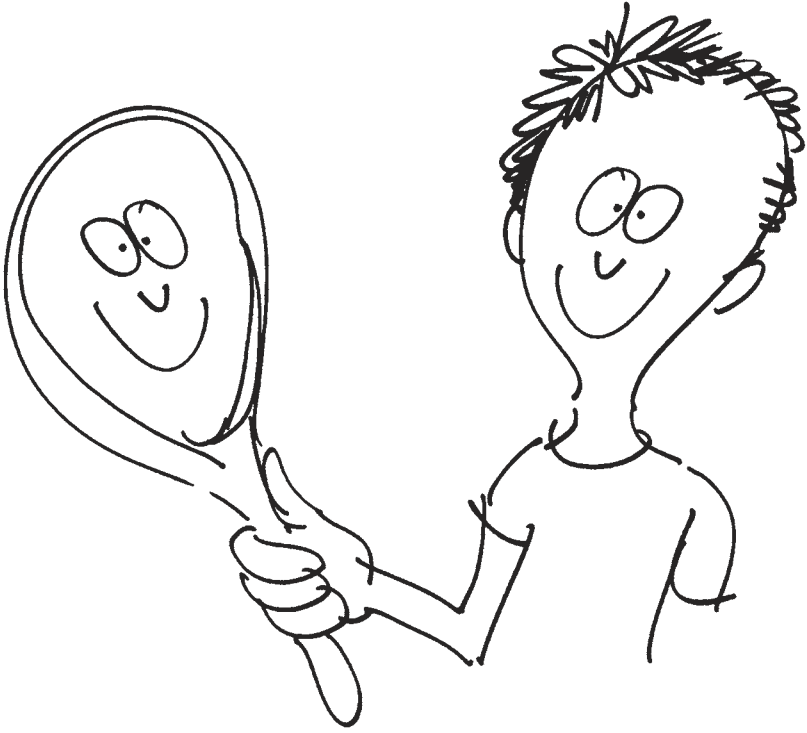
not your Father,

not your lover,

not anyone else—

it's you.

You're the one you've been
waiting for.



And that's choiceless.

Are you contracted or
are you expanded?

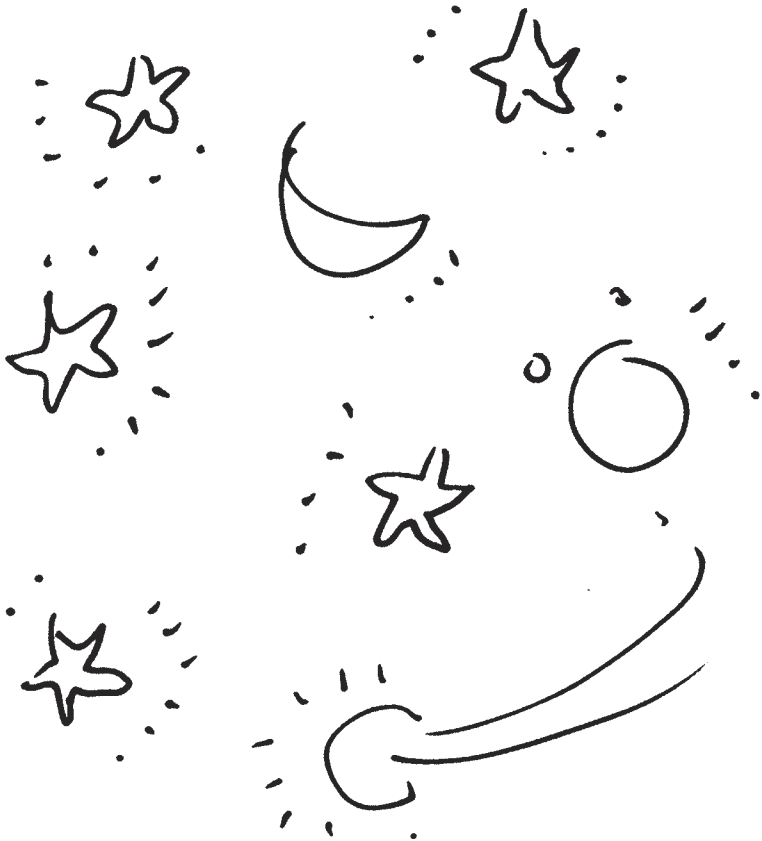
What do you choose
to create?!

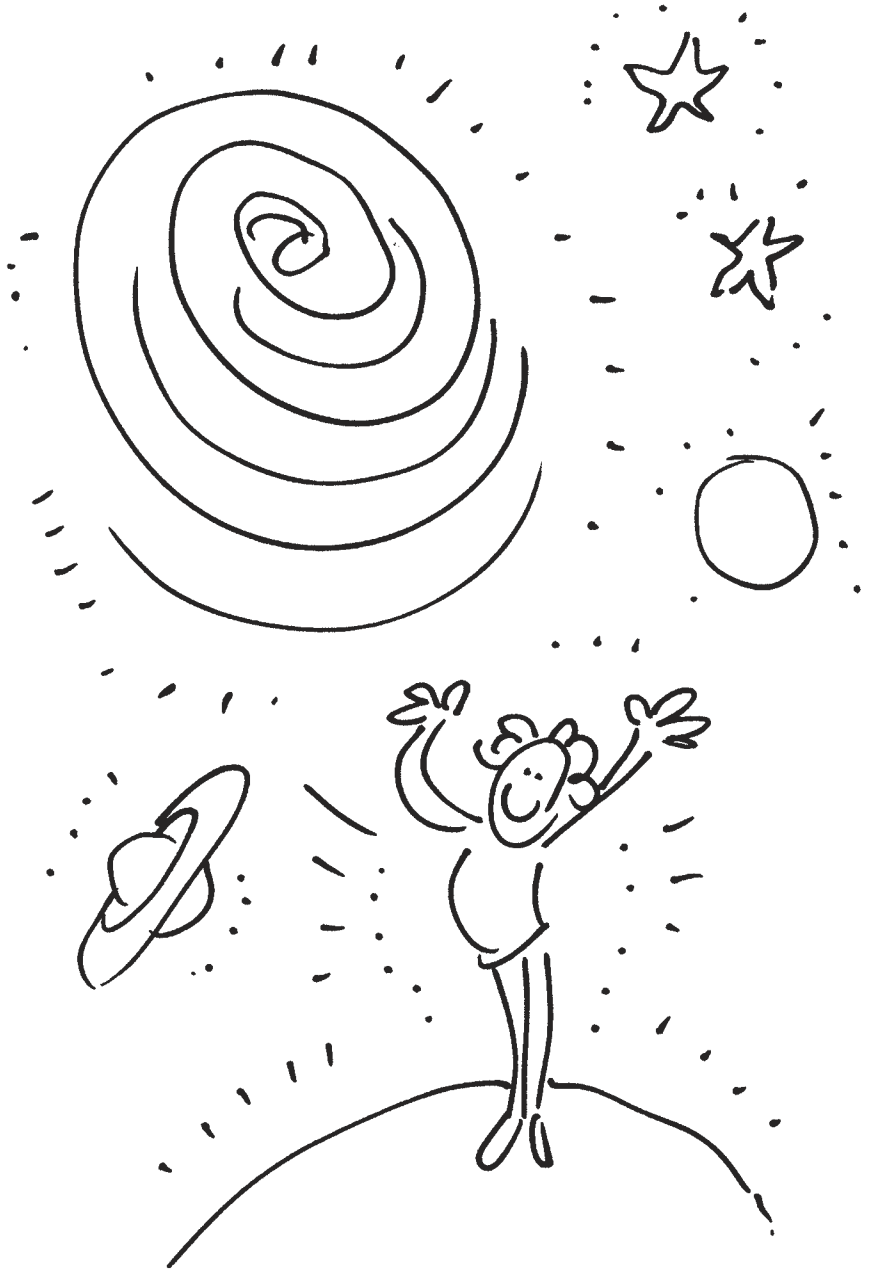
*Are you ready for a
little truth?*

Drum roll...



God is good and
God is everything—
there are no mistakes in
the universe.





FROM SAD TO GLAD



CHAPTER 2

Breathing

It's been said,
life is what you make it.
Everything is a story.
Who's story? Your story.
And it either feels good or
it doesn't.
How do you feel about
your story?

Have you noticed lately?

Does it feel good?



Or bad?



Are you sad?

Lonely? Tense?

Bored?

Then you're contracted.

When you shut down and

get angry or upset,

you may think,

"I shouldn't feel this way,"

which only

makes it worse.

I'll have the Contraction
Soufflé, s'il vous plait,
with two orders of Guilt
on the side, and a little
Raspberry Remorse
for dessert.



Truth is it hurts when we contract, a little bit, or a lot.

Shoulders shrink, breathing gets shallow, the heart sinks, mind is easily distracted, corners of the mouth droop, face tightens, eyes cloud up, everything becomes a source of irritation. It wouldn't be the first choice of things to do on a Saturday night— or even a Monday morning for that matter.

It's natural to want to
avoid the pain associated
with contraction.

But how?

What's the problem?

In a nutshell, the problem is
your story.



Remember,
the glass is half empty
and the glass is
half full.



Opposites co-exist
at the same time.

What you put your
attention on grows
stronger in life, but
it's always your choice.

When your stories make
you unhappy, when they
make you suffer, then
those stories do not
serve you very well.

It's time to change
your mind.

FROM SAD TO GLAD



CHAPTER 3

Asking to Be Open

When the world doesn't conform to how we think it should be, we often get angry, depressed, anxious, unhappy, isolated...

Instead of accepting "what is," we try to change the world to what we think is best, what we feel is right, what we consider most desirable.



When our lover doesn't conform to how we think he or she should be, we get angry, depressed, anxious, unhappy, isolated...

Instead of accepting "what is," we try to change them, so that we feel more comfortable.

If God is good and God is everything, and we still experience being contracted, then...

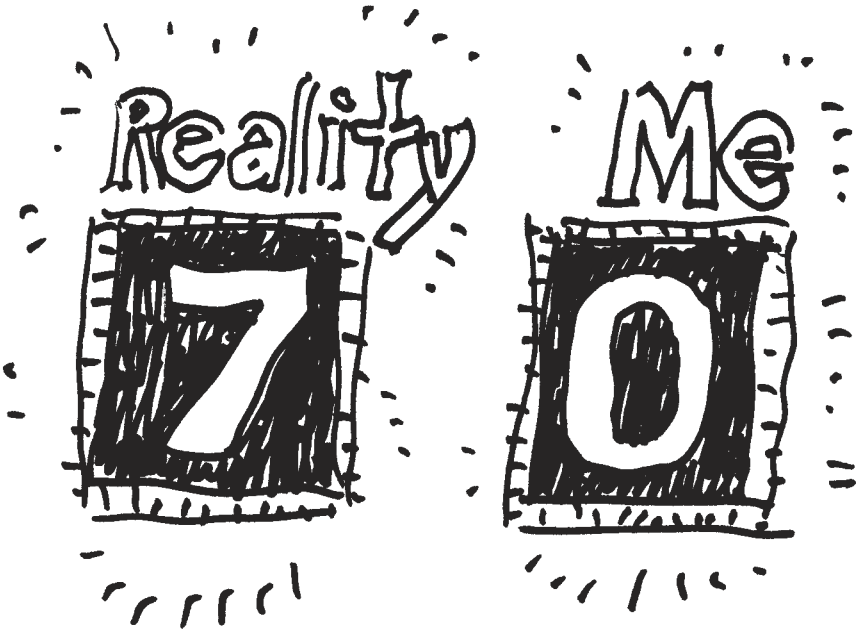
we've adopted a belief that
is arguing with reality,
or, you could say,
we're arguing with God.

And what happens
when we argue
with God?

We lose--
100% of the time.

How much of the time?
100%!

That's a lot of the time.



You might be able to
beat the odds
from time to time,
but nobody can
beat reality.

Most of us,
however, would rather
avoid the uncomfortable
feelings associated with
accepting “what is.”

Giving up our stories
isn't as easy it sounds.

Ever tried?

We are very attached
to them, often without
knowing it.

We may feel lost
without them.



The challenge of being
Expanded vs. Contracted
is letting go of our ideas of
what we think is best.

It means
letting go of
our will, and
being open to
God's will.

In other words,
embracing "what is."

The big question is:
How?

How do we embrace
“what is,” especially
when we find ourselves
contracted?



Especially when accepting
“what is” feels like the
last thing in the world
we want to do.

Turns out it's easier to
BE the change than
change being.

Reality is almost
always kinder than
our story about it.

What if I told you the
only thing limiting you
is you?

What if you could do
whatever you desire?
Be whoever you want to be,
no holds barred?



What if the sky was
the limit?

It's a better story, isn't it?

But what if we dropped
stories altogether?

Who would you be
without any story at all?

It's time to get down to
the bottom line.

FROM SAD TO GLAD



CHAPTER 4

The Process

There are seven steps to
The Expansion Process.

When you find yourself
contracted, the first step
to get out of contraction
is simply to...





NOTICE.

Until you're conscious of
where you're at, how
you're feeling,
it's impossible to move
from a contracted state to
an expanded state.

Noticing is the first step.

It seems pretty obvious,
but you'd be surprised how
many people have gotten
so used to contraction, they
don't even realize when
they are.

How often do you contract?

How many times a day
do you feel frustrated,
irritated, angry, sad,
disappointed, tense,
anxious, snippy, bored,
depressed, unhappy,
dissatisfied, nervous,
grumpy, shut down, upset?

Ok...stop for one minute
and just notice.

Where are you at
emotionally?

Let's assume for the sake of discussion, you're contracted.

Ever notice that when you're uptight, you stop breathing as deeply?

Step # 2: BREATHE.

Take a few deep breaths.

Fill your lungs with some fresh air.

The Expansion Process already at work.

Breathe again.

Feel it in your physiology?

Notice how your lungs
expand?

Your whole physiology?



Next comes what we have found to be the most important step.

Step # 3:
Close your eyes and say inside,
“ALLOW ME TO BE
OPEN TO
EXPAND AGAIN.”

Make a simple statement of your intention to be open to expand again.

In that consciously
willing openness,
something subtle
takes place.

It's important to realize
you cannot make
yourself expand.

You can only create
conditions that
allow expansion to
happen by itself.

Contraction
wants to say, "No!"

Expansion
chooses to say, "Yes!"



We adopt an attitude of
being open to expansion,
even in the midst of
the deepest contraction.

You'll be amazed,
when you ask to be open,
where the help
comes from.

You just need to
have the intention.

What's the last thing
I want to feel when
I'm contracted?

Whatever it is I'm feeling.

It's too painful.

Interestingly enough,
to resist feeling the

pain only seems to

intensify it,

perpetuate it.

So... Step # 4 is:

GO INTO THE PAIN,
allow yourself to feel
the emotion.



This is the opposite of
resisting the pain.

By resisting we think
we can get away from
the pain.

Consciously allowing the
pain to be felt is the
secret to moving from
a contracted state to
an expanded state.

Which leads us not into
temptation but delivers us
unto...

Step # 5: FEEL THE BODY.



When you go into the pain,
notice if there is some sen-
sation in the body.

There always is.

This sensation is related to
an area in the body
that needs to heal.

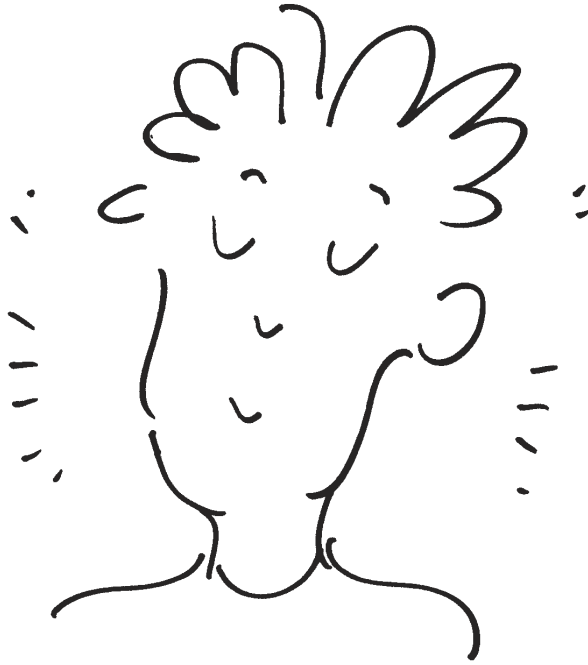
Allow the awareness to
be naturally drawn to
that sensation.

It goes almost by itself.

Here's a secret (shhhh):

Contraction is a signal
that some emotional
and/or physical purification
is taking place.

Healing and purification
take place automatically,
effortlessly, when you allow
yourself to experience
the pain fully.



Feeling is healing—
not dwelling on it.

Dwelling is in the head;
feeling is in the heart.

Now it's time for an
action step.

Step # 6:
USE THE TOOLS

What tools?

“Tools” means anything
that helps you to expand.

What makes you
feel better?

A walk
in the
woods?



Music?

Yoga?

Dancing?

Playing with your dog?

Reading a book?

Calling a friend?

Listening to
transformational tapes?

Eating?

Meditating?

Get the picture?

Any number of activities you love create a state change—a change in your mental, physical, emotional, or spiritual body.

A change of state in any one, creates a change in all of them.



A quick recap:
You've noticed,
breathed,
asked to be open,
gone into the pain,
felt the body and
used the tools.

I don't know about you,
but I'm already
feeling better,
lighter and
more expanded.

Now is the
perfect time for
Step # 7:

COMMUNICATE CLEARLY

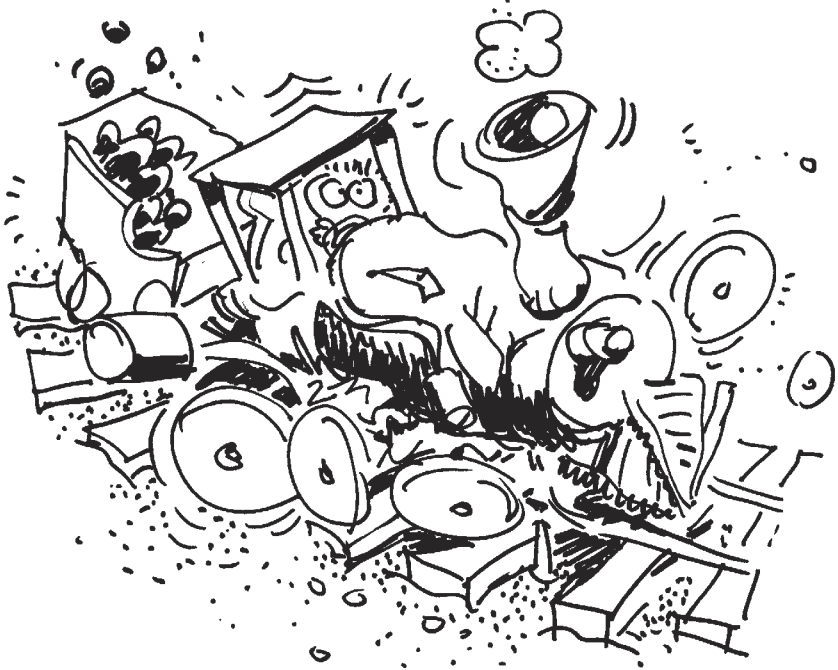
Contraction almost
always involves others.

And even if not,
what story are you
telling yourself when
you are contracted?

Figure this...

If you try to communicate
with yourself or another
while contracted,
what happens?

How do you spell
'train wreck?'



It ain't pretty, is it?

Contraction paves the way
for communication
breakdowns.

And you know how it gets
once the 'you-know-what'
hits the "you-know-where."

The first 6 steps of
The Expansion Process
allow you to heal the hurt
that clouds your thinking,
disheartens your emotions
and makes clear, productive
communication all but
impossible.

Now you are
ready to communicate
your needs and
wants more clearly.

You can communicate
the truth—your truth—
with a greater sense
of empathy.



The point is,
from a place of expansion,
you are better able to
appreciate the other
person and communicate
your own needs
and desires.

Not bad, eh?

You can sometimes
go from a contracted state
to an expanded state
in a matter of
minutes.

The more often you use
The Expansion Process,
the more natural and
effortless it becomes.

The secret is not dwelling
on the problem,
not resisting it either,
simply embracing
'what is'
in a spirit of openness.

As the old Aretha Franklin
song goes, 'what it is,
what it is, what it is.'



Each challenge is
an opportunity to expand.

Each step of growth is a
valuable lesson.

Each lesson a blessin'.

Do you feel stuck?



What are you
waiting for?

FROM SAD TO GLAD



CHAPTER 5

Tilling the Garden

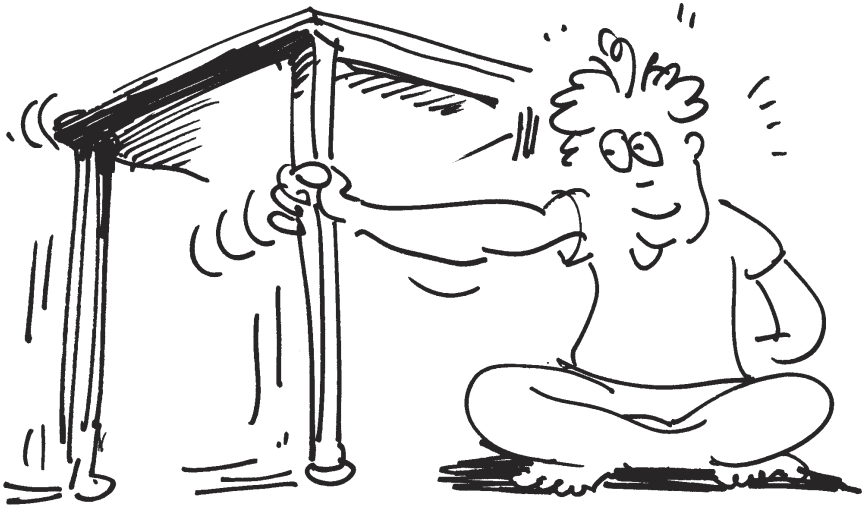
Let's look a little more closely at the chest of tools at our disposal in Step #6.

Remember, tools are anything which helps facilitate growth and integrate expansion into your physiology.

Remember? The physical, emotional, mental, and spiritual aspects of you are all connected.

So change one, and
they all change.

Like when you grab
one leg of a table,
the other three legs
automatically
come along.



Make the body stronger,
and you'll feel stronger
emotionally.

Make the emotions calmer,
and you'll feel more relaxed
mentally and physically.

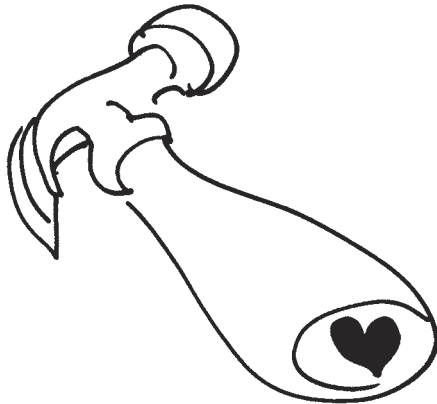
Create clarity in the mind
and you'll feel more at ease,
physically and emotionally.

Create peace in spirit and
you'll feel more comfortable,
happy and relaxed, mentally,
emotionally and physically.

For this reason,
we divide tools into:

- Physical
- Emotional
- Mental
- Spiritual

We'll start with the
physical tools.



PHYSICAL tools can include:

Running ♥ Brisk walking

Biking ♥ Dancing

Strength training

Yoga asanas ♥ Massage

Nutritional supplements

Diet ♥ Swimming

When you're feeling angry,
vigorous physical exercise
is a great way to release
that energy.

Treadmill, biking, jogging,
jumping jacks, etc.

It's better to pound the
pavement than to pound
your partner ...



If you're feeling
emotionally weak,
strength training
(weight lifting) will help.





When you're feeling sorry
for yourself, dancing is
one of the best remedies.

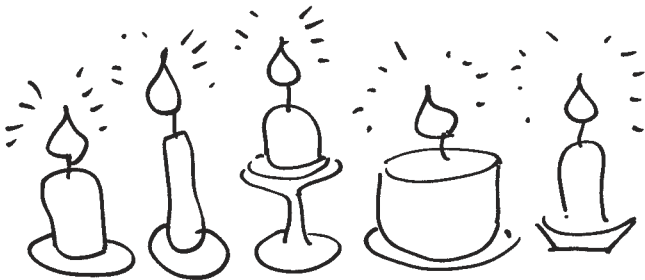
EMOTIONAL tools
are for those times
when you need to
be nurtured.

They help expand
the emotions.

EMOTIONAL tools
can include:

Listening to calming music

Bubble baths, candles



Singing, calming aromas

Getting out in nature – a
walk in the woods, on the
beach or near a lake

Talking it out with a friend
who will listen without
trying to “fix” the problem

Shadow dancing with a
sympathetic friend

The Sedona Method

www.sedona.com

When a child
stubs his or her toe,
what do you do?



You put your arms around
that child, hold him close
and say, "Everything's going
to be all right."

You nurture that child's
sweet heart.



When you're feeling tender
or raw emotionally,
what do you do for you?

Sometimes we forget...it's
time to nurture the
child in you.

Not coddle but nurture.
Okay, maybe coddle a little.

Then there are
MENTAL tools.

They expand the mind to
have a bigger perspective.

They may include:

The Work of Byron Katie

www.thework.org

The Appreciation Game

www.stayinginlove.com

An Attitude of Gratitude

www.stayinginlove.com

Journaling

Creating a Vision Board

www.stayinginlove.com

Creating an Attraction Plan

www.perfectcustomers.com

Spiritual tools allow us to
connect with something
bigger than ourselves.

Ultimately,
spiritual tools connect us
with the highest, best,
most exalted part of
our Being.

Spiritual tools can include:

Meditation

(we recommend Transcendental
Meditation® www.tm.org)

Prayer

Devotional services

Singing or listening to
devotional music

Reading spiritual or
inspirational books

Going on spiritual retreats

You will have your own favorite tools and affinities which may be applied to create “state changes” or stabilize emotional states.

Anything that works is acceptable.

Discovering what works best for you is half the battle, half the joy of the journey.

The other half is applying it.

But the whole truth, and
nothing but the truth, is:

Simply engaging the
process is the key.

Mark this page when you
need a quick reminder—

The Expansion Process
in a nutshell:

1. Notice
2. Breathe
3. Ask to be open
to expand again
4. Go into the pain
5. Feel the body
6. Use the tools
7. Communicate clearly

They say,
“Well begun is half done.”

I say,
“Thy will be done.”

FROM SAD TO GLAD



CHAPTER 6

Lights! Camera!
Action!

IN RELATIONSHIP

Mary thought she had the perfect relationship—until she had to borrow her boyfriend's computer one day when hers' broke down.

For some time, she had been sensing something was off in the relationship.

When she sat down to use his computer, she noticed there were emails from her girlfriends to him.

Without thinking, she opened one of the emails...



...and found out he was
having a relationship with
one of her best friends.

Furious and extremely hurt,
she waited until he
came home.





The minute he walked in
the door, daggers flew.

The heated conversation
quickly erupted into an ugly
confrontation.

He stormed out and drove
off down the street with
her screaming after him.

So where was the win in
this situation?



I'd say both people lost.

What would have
happened if she had used
The Expansion Process
before he walked in
the door?

Let's go back to the point
where she really went
contracted.

She reads the email and
realizes her boyfriend is
having an affair.



Instead of becoming
completely lost in the
drama, she uses
The Expansion Process.

#1, she notices how
she's feeling.

She notices the
overwhelming pain and
discomfort she is
feeling and, #2,
takes a few
very deep breaths.

Though her head is
spinning and she feels like
her heart is going to break,
she closes her eyes and, #3,
“asks to be open to
expand again”.

She experiences a slight easing from the immediate tumult of emotions in her physiology.

The combination of oxygen and just knowing she has a proactive procedure to use lightens the burden.

Next she allows herself to #4, fall into the pain —go into the pain, instead of resisting feeling the pain which would only perpetuate it.



Even though it's uncomfortable, she let's herself feel her anger, her hurt, her distress without taking it out on someone else.

Not succumbing to emotional knee-jerk reactions, she, #5, feels the body allowing her attention to be drawn to her body, taking her attention to that area in her physiology where there is a physical sensation.

(For every mental activity, there is a corresponding physical activity in the body.)

After a few moments, she, #6, uses the tools she knows will help bring her back to her self, in this case, she calls up her friend and asks her to facilitate her in “The Work of Byron Katie.”



With her friend's help,
she inquires into what is
really true for her through
the four simple questions
and the turnaround of
"The Work."

Though bitterly disappointed,
she realizes this is a
gift in disguise.

Through inquiry she realizes
that thinking she knows
better how things should
be than what's happening is
a kind of stubborn conceit.

This understanding
does not let anybody
off any hook, but it allows
her to see things more
clearly as they are.

What's my lesson, she asks
herself, my response?

She realizes she would
rather have this painful
knowledge now, than to
marry this man and
find out later he was
having an affair.

Whether she changes the locks or decides to give him another chance, she will need every ounce of her wits and heart to, #7, communicate clearly what her next step will be when her boyfriend arrives home—and this is exactly what the first 6 steps of The Expansion Process have afforded her.

She is now in a position to talk to her boyfriend, with understanding, while clearly stating her own needs and desires.

Isn't this really what we mean by unconditional love?

IN BUSINESS

Joe was thrilled.

He'd left a job he hated to become a partner in an international recruiting company. Finally, he is in charge of his own destiny.



Until one day the
bookkeeper marches into
his office and tells him that
the company account will
be overdrawn in a week,
when the payroll is due.



Oh S***!! How could
this have happened?

The company has been doing really well, bringing in new job candidates from around the world and placing them throughout the U.S.

Yet, it's a complicated business.

Joe spent six months getting all the systems in place and things are finally coming together.

Now, BAM!!



This news—out of
nowhere. How could
this happen?

“Well,” his bookkeeper says,
“your partner, Bill, agreed to

process 300 candidates for \$300 apiece for a big client. It costs us about \$2,500 each to process each one when you factor everything in."

Joe hears this news and just about hits the roof. How could Bill have been so stupid?!!



And then Joe notices what's going on. He takes a few deep breaths, tells the bookkeeper he'll take care of it (even though he doesn't have a clue how).

Joe closes his eyes and takes a few minutes to himself.

"Please let me be open to expand again, and find a solution to this situation," he says to himself.

He can feel his heart pounding, and the rage welling up. The anger is just too intense, so he tells his secretary he'll be back in a few minutes and goes outside.



Ah, fresh air, that helps.

He allows himself to feel the intensity of his anger and it propels him down the street.

He walks fast, pushing himself as the energy roars inside him. After about five minutes he begins to feel calmer.

He stops and sits on a bench. He lets his attention go to his body, to his pounding heart, and then to the tightness in his gut.

LIGHTS! CAMERA! ACTION!



He doesn't try to do
anything except feel these
sensations inside.
Little by little, they become
less and less.



After a few minutes, he starts thinking about what has happened. He had been so immersed in putting systems in place, he'd taken his eye off the ball. He hadn't been watching the financial statements.

Yes, Bill should have talked to him about the deal he did. On the other hand, Bill's the one who had built this company from nothing. He was a master recruiter and

no one in the office came close to placing the number of candidates Bill did.

Without Bill the business wouldn't even exist.

In Bill's defense, he'd agreed to give Joe a piece of the company just so he'd have someone who would help him know what the costs were to process candidates, among other things.

For all Bill knew,
it only cost \$300 to
process someone, and
they would make the
profit up on the back end
when they completed
the placements in
a few months.

As Joe settles back down,
he sees the whole thing.

The reality is, it doesn't
do any good to cry over
spilled milk.



Joe goes back to the office and heads straight for Bill's office. Joe explains the situation, and Bill goes through his own experience of disbelief and shock. Joe tells Bill he understands what Bill wants to accomplish,

“I understand your thinking in doing the deal for the 300 candidates, and now we see we can’t afford to do that.

“We can make payroll next week, if you and I forego our salaries. I’ll get on the phone and see if we can pull in some receivables early.”

Bill thinks he can wrap up a couple of placements to generate some cash quickly, and they both go to work.

The solution isn't pleasant.

Both Joe and Bill have to forego their salaries for a couple of months and live off their credit cards until the company gets back on an even keel again.

It is bitter medicine, yet they pull through and two years later a bigger company buys them out for a nice profit.

The outcome would have been a very different story if

Joe had followed his initial impulse to blow up at Bill and blame him for getting them in this situation.

Just 7 simple steps...and catastrophe becomes opportunity, a moment of clarity becomes a turnaround.



FROM SAD TO GLAD



CHAPTER 7

The Circle of Enjoyment

Life is here to enjoy.
The purpose of life is the
expansion of happiness.
Every great spiritual
teacher will tell you
the same thing.

“Well, then, why isn't it
enjoyable for me?”
you may ask.

Maybe because you've
been spending your life
arguing with reality.

You can argue that
a cat should bark
as long as you like,
but at the end of the day
the cat will look you in
the eye and say,
"Meow."



The question is:
Would you rather argue, or
would you rather enjoy?

You get feedback
constantly about what
makes you happy.

For the spiritual among us,
we could say God is
speaking to us every
moment of every day.

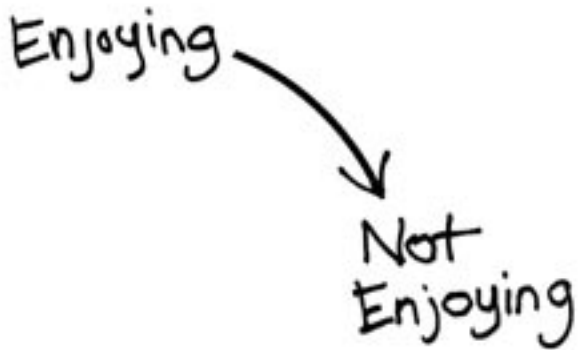
The question is:
Are we listening?
Noticing?

Okay, here's another little secret we'll share with you. We call it: "The Circle of Enjoyment." Think about something you love to do.

Anything.

No matter what you are doing, no matter how much you enjoy it, there comes a point when you aren't enjoying yourself any more.

Paying attention to when
you stop enjoying yourself
is the first part of
The Circle of Enjoyment.



Once you realize
you're not enjoying
yourself anymore,
you have a choice—

continue what you're doing
or make a change.

If you're working on a
project that has to be done,
you might be tempted to
keep pushing even if you're
not enjoying it.

This is your will.

But the stream of
fulfillment is the path of
enjoyment.

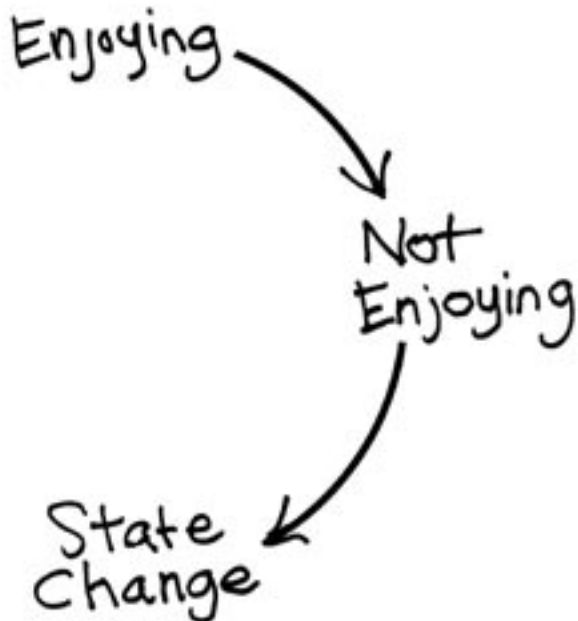
Life is here to enjoy,
remember?

This means being in the
stream of fulfillment is the
way to get the best results.

When you stop enjoying,
you're being told it's
time to stop pushing.

When you stop enjoying, it's
time for a State Change.

A state change means
creating a change
physically, mentally,
emotionally or
spiritually.



As we know,
a change in one
creates a change in
all the others.

A state change allows you
to begin enjoying again.

This is the same principle
a mother uses with
her children.

A wise mother faced
with an upset child doesn't
try to convince the child
not to be upset.

She introduces a
new element.

She may hold and nurture
the child (an emotional
state change).

Or she may divert the
child's attention to a toy
or something else
the child likes
(a mental state change).

Or she may tickle or
bounce the child
on her knee

(a physical state change).

In order to know what
kind of state change to do,
notice what state you're
not enjoying, then change
to one of the other states
(physical, mental,
emotional or spiritual).

For example, as we were
writing this book,

sometimes Chris, Janet
and Jimmy would get very
intensely focused.

When one of us noticed it
didn't seem very enjoyable,
they'd say "Airplane!"

That was our signal for a
state change.

We'd take turns lying down
on a bed with our feet in
the air and balance one of
the others whose job was
to put their arms out and
make like an airplane.

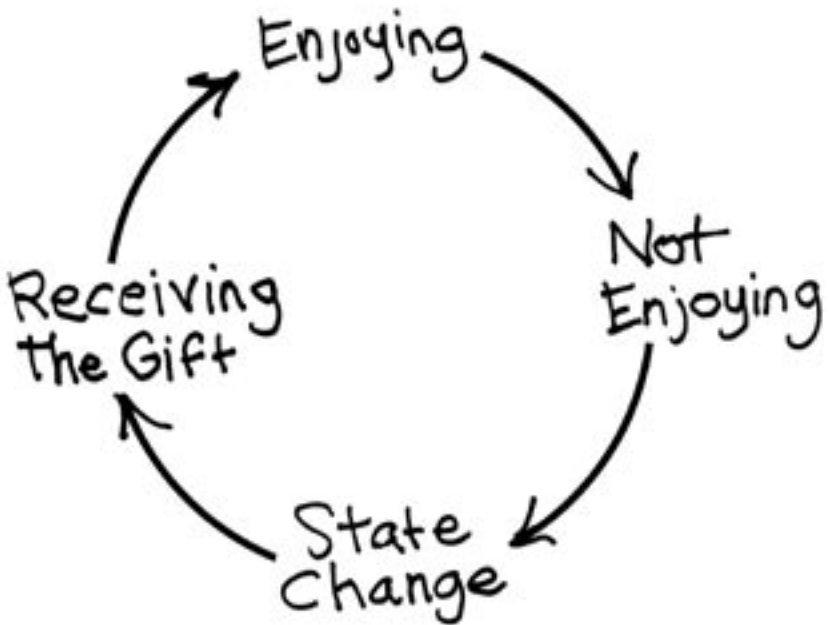
Does this seem silly?

Of course it is.

And it never failed to make us laugh and put us right back into enjoyment mode. A state change provides relief.

When you're cramped, it's like a reset button that creates openness.

And being open to receive
the next gift coming to you
is the final stage of
The Circle of Enjoyment.



What's the gift?

The next thing that naturally presents itself to you, something that speaks to your enjoyment.

Remember, life is here to enjoy.

There is always something to enjoy. It's a matter of where you choose to put your attention.

A traveler once asked a wise man, "Did you pass the dead dog on the road?"

“Yes,” said the wise man.

“Wasn’t it awful,”
questioned the traveler?

“But it had such
beautiful teeth,”
said the wise man.

You will enjoy your life
when you choose to see
that which is enjoyable in
every aspect of your world.

But how do I do things
that I don’t enjoy,
you might ask?

Excellent question!

What happens when
you don't do something
which is truly necessary
for your life?



For example, some people don't enjoy paying bills. They pay them because they "have to."

Yet, if you choose not to pay the bills, what will happen in your life?

There will come a point when nothing is enjoyable, except paying the bills.

When something is really essential to your life, you'll

discover that when it absolutely HAS to be done, you won't be able to enjoy doing anything else.

Check it out.

Don't take our word for it.

The purpose of life is the expansion of happiness.

All it takes is trust.

A willingness to trust that reality is designed to support your fulfillment.

Or you could say,
trust that the natural laws
which govern your life
are designed to support
your happiness.

This trust is what it
means to surrender
your will to God's will.

The result is a life lived
in fulfillment.

FROM SAD TO GLAD



CHAPTER 8

Ode to Joy

So what are some things
we have learned so far?

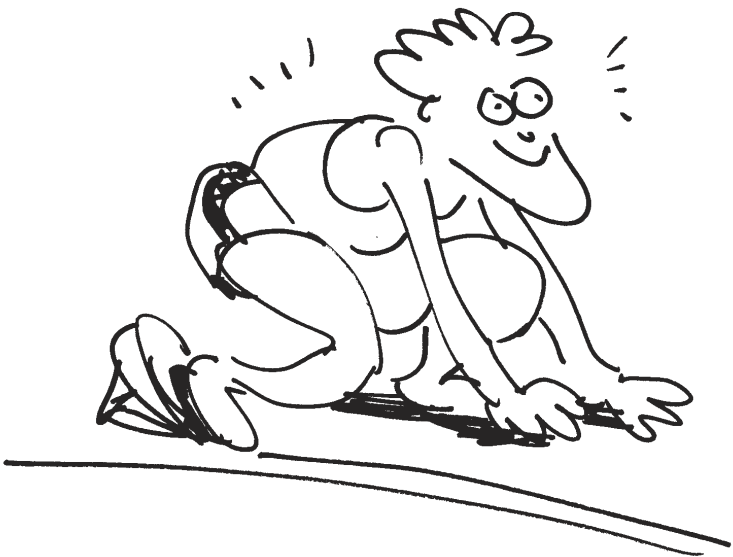
We've seen growth
comes in waves of
expansion and contraction.



Both are completely
natural.

We've been introduced to a
simple process for
minimizing the effects of
contraction and
accelerating growth.

We've learned that noticing
when we are contracted is
our starting point.



Rather than fighting the
problem on the level of the
problem, which may only
cause spinning wheels
to dig in deeper,
we've introduced the
principle of the
second element:

Breathe to settle the
body and the mind;
Ask to be open to
expand again to free the
heart and soul.

This does not mean
avoiding confrontation.

It does not mean denying
or hiding from problems or
uncomfortable situations.



Going into the pain and
feeling the body, honors
what we're feeling,
where we're at, what is.

Practicing any variety of
tools for a "state change"
recharges the physiology,
reinvigorates our
perspective and allows us
to communicate clearly.

How do we know when to
hold up and when
to fold up?



Consciousness is the key.

We consciously create the
conditions for expansion.

We consciously notice
when we contract.

We consciously choose to
say "yes" to the opportunity
to expand again.

When we find ourselves
contracted and consciously
make these choices,
wholeness has a chance to
enlighten the way,
acceptance and openness
to lighten the load.

When we're thirsty, rather than describing how dry the throat feels, how long it's been since we last tasted water, what we think it will feel like when we finally do, etc., we just get up and get a drink
.... of water. ...



Learning to apply the process in times of contraction becomes more and more automatic the more we do it.

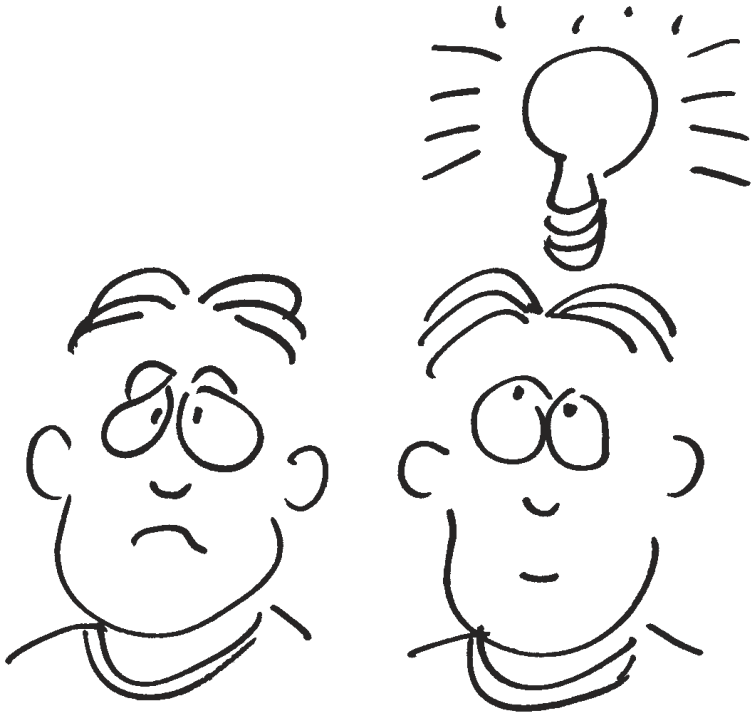
We begin to notice that everything in our lives happens through us, not to us.

You'll find these steps to be a completely natural sequence.

Contracted states
are of various degrees
of intensity.

Some are compound,
some longstanding,
some fleeting, but the
process is the same
every time.

God's grace and infinite
possibilities are
everywhere, no matter
what the contraction
or its source.



Remember,
contraction is just
a signal that something
inside us needs to heal.

Pain indicates the need for healing. Suffering results from resisting what is being experienced now. You can have pain without suffering. It requires letting go of the resistance.

By allowing yourself to feel the pain, experience the contraction, without resistance, you allow the healing to occur.

Working through periods of contraction is where the rubber meets the road.

The sense of satisfaction that comes from being able to deal with those times when life shuts down, when anger or despair overwhelms, when depression or discomfort strangles, is enormous and empowering.

This process can work in minutes, or it may take longer sometimes.

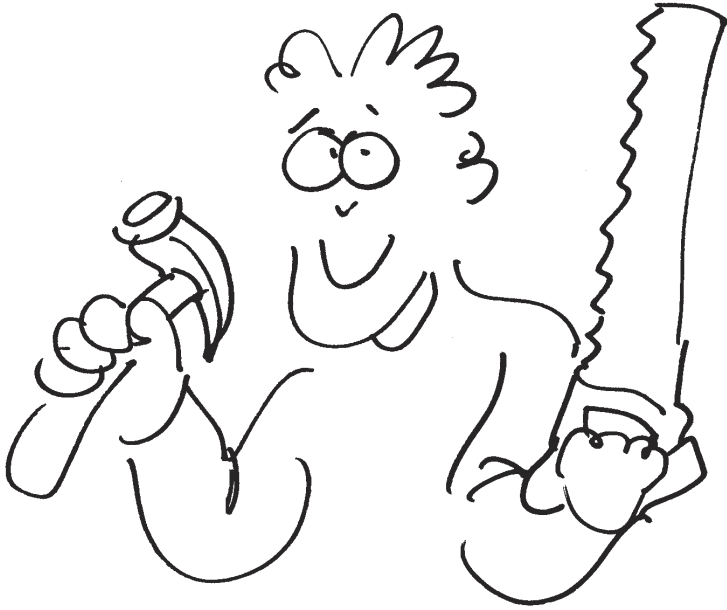
But it won't become automatic overnight.

It takes practice to apply it in everyday situations, a gentle conscious commitment, a remembering, to engage the process.



Sometimes the results
are subtle, sometimes
earth-shattering.

But it is always
soul-satisfying to be
able to face a contracted
state and allow for
expansion, to step into
your power instead of
feeling powerless, to
turn a deficit into
a surplus.



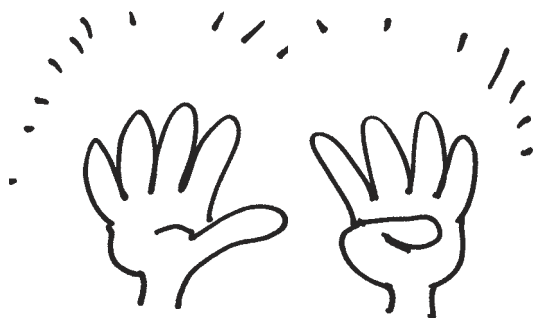
Life, after all,
is what you make it.

It's your choice.
Every moment.

Every day. Every way.

What do you say, eh?

FROM SAD TO GLAD



CHAPTER 9

Reflections on
the Nature of
Consciousness

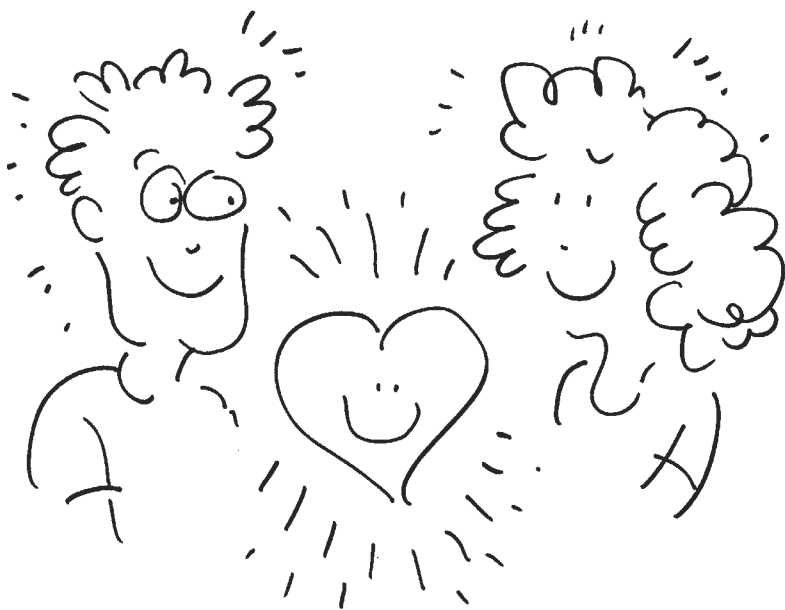
The joy of contraction is in the realization that everything that is happening through me is happening for a specific purpose, that I am a vessel wherever I find myself, whatever the lesson being laid at my table.

Contraction tells us that purification is going on.

Contraction is not a bad thing in itself.

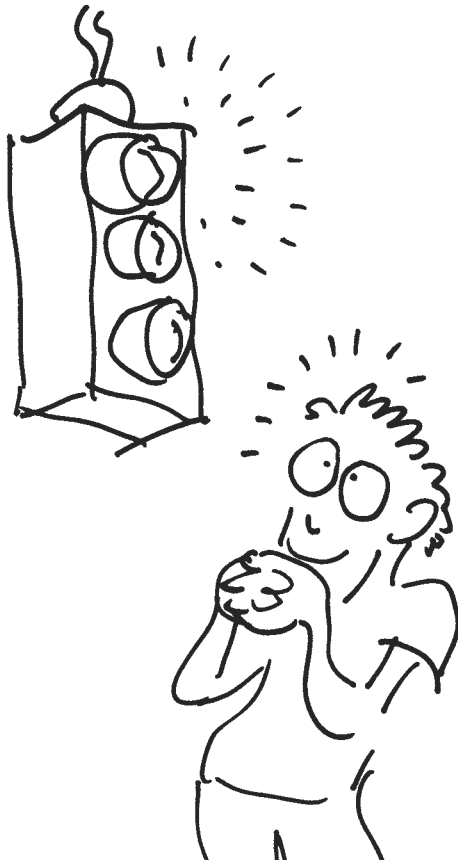
When I can be okay
with the contraction in
myself, I can accept the
contraction in people
around me.

When I'm okay with both,
then my life is simply
a life lived in love.



The big “Aha!” is realizing contraction is God’s way of saying, “Hold your horses!”

It’s a red light to step back, take a break, and regroup.



You can experience
contraction as a blessing
when you are willing to
trade your agenda for
God's agenda, and
receive what the
Moment is offering:
Freedom, bliss and
acceptance.

Are you in or out?
Contracted or expanded?
Make up your mind.

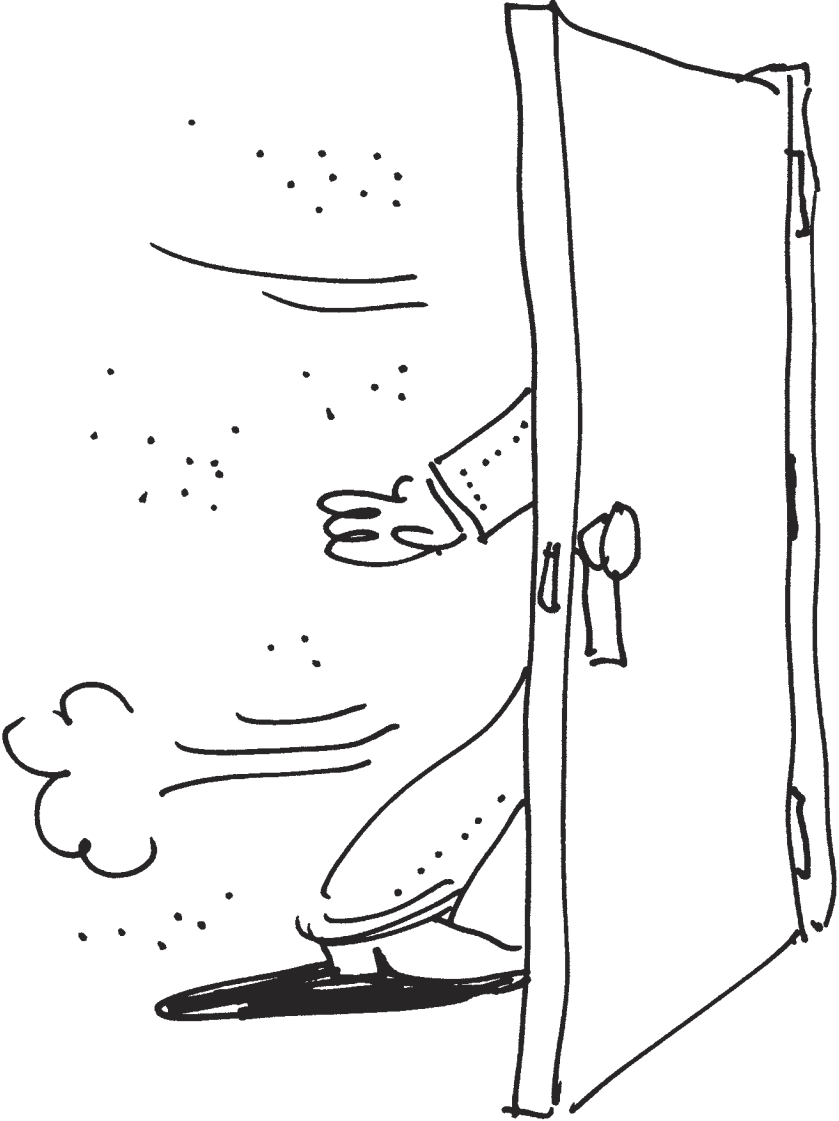
It's simply a
matter of choice.

And that's choiceless.

Not to mention
a little grace.

Welcome to Graceland.

Contraction has left
the building.



Resources

1.

<http://www.stayinginlove.com>

On this web site you can read Chris and Janet's thoughts about Love, Divorce, and Marriage, plus other stories and tools which may be helpful.

2.

<http://www.thepassiontest.com>

You are unique and have unique gifts to give the world. Your passions, the things you love, are your clues to your destiny and to enjoying your life. This website will introduce you to The Passion Test to discover your destiny and live the fulfilled life you deserve.

3.

<http://www.tm.org>

Transcendental Meditation (TM) is a profound and uniquely effective form of meditation. The effects of the TM technique on intelligence, creativity, productivity, health and the environment have been widely documented by scientific research. We have practiced this technique for many years and give it the highest recommendation.

4.

<http://www.thework.org>

Our friend and mentor, Byron Katie, has provided a simple, powerful process of self-inquiry called "The Work." It's an extremely effective and useful mental tool for use in Step 6 of the Expansion Process.

5.

<http://www.sedona.com>

The Sedona Method has similarities in its effects to The Work of Byron Katie. However, The Sedona Method is an emotional, rather than a mental tool. It allows you to release emotional blocks effortlessly and without resistance.

6.

<http://www.enervisions.com>

Health challenges are a change in many people's life which can cause much upset. Dr. Alex Loyd's work is remarkable and he reports a 97% success rate among his patients. If you are facing health issues and are open to non-traditional approaches to healing, you will want to check out this program.

7.

<http://www.millionairemind.com/rd/alliances>

Financial challenges are another area which many of us face. Harv Eker is one of the finest trainers in North America and his Millionaire Mind Intensive is designed to help you recreate your inner financial world so you can create an abundant life on the outside.

ABOUT THE AUTHORS



Chris Attwood is an expert in the field of personal development. For over 30 years he has studied and explored the field of human consciousness.

After rising to become President of a secondary dealer in U.S. government securities, Chris retired for ten years to a program of deep meditation. During that time he did research in the field of human consciousness and studied the

Vedic literature of India extensively. Today he brings this deep spiritual basis to his workshops and seminars, showing participants how their inner life creates the results they see in their outer life.



Janet Attwood combines a unique blend of spirituality and practical, useful knowledge that can be put to use immediately. Her passion and focus is supporting people, in every part of the world, in knowing their personal greatness.

She shows her students how it's possible to have a life of abundance while living their dreams. Janet is sought after because of her authenticity, clarity and the power of the tools she shares. She is the author of *The Passion Test: Discovering Your Personal Secrets to Living a Life on Fire*. Janet's gift is her ability to connect, heart to heart, with everyone she meets.



Jimmy Moore is a freelance writer, musician, and poet with an undergraduate degree in the Science of Creative Intelligence and a Masters in business administration. He is currently the music editor for the Iowa Source, an arts and entertainment monthly. A former meditation instructor and long-time tennis teaching pro, Moore has lived in Spain, France, Switzerland, India, the Philippines, Mexico, England, and Bahrain. He currently resides in Fairfield, Iowa, where he is pursuing his passion for politics and Canadian literature.



George Foster won his first art award at age 8, and eventually earned a Bachelor of Fine Arts at the Columbus College of Art & Design. He started his own graphic design business in 1982, and identified his passion for book covers in 1994. Ever since, he has been designing covers for publishers large and small, with many bestsellers including *Chicken Soup for the Woman's Soul* and *Chicken Soup for the Mother's Soul*.

The publishing industry's top book on marketing, *1001 Ways to Market Your Books*, includes a chapter contributed by George, and he occasionally presents at publishing seminars. He lives in Fairfield, Iowa.