



**SimpleLifeHelp.com**

# **THE SOLUTION TO EVERY PROBLEM**

*By TM Williams*

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# INTRODUCTION

Is there anything considered to be more an inevitable part of life than problems? For all intents and purposes all of us, once we've reached a certain level of maturity, come to accept problems as part of life's landscape, something that cannot be avoided and, at best, can only be successfully coped with -- maybe.

What would it be worth to have one reliable solution to every problem? Could a price even be placed on such a thing? The solution to every problem sounds like a fairy tale, or a hoax, because it's so unbelievable to us that we could live a life free from problems.

And then there's this ebook. The title of the ebook, *The Solution To Every Problem*, is unequivocal. The solution to every problem. As I'm writing this I'm imagining the challenges in trying to get anyone at all to take this work seriously; to even pick it up and consider it to begin with. We are so used to having a life filled with problems...

As uncertain as I am about how many people will eventually read this ebook, I'm equally confident that the person who does actually

read it will come to some significant insights, and will see life differently going forward. This isn't meant to suggest that this ebook is somehow "special"; but the ideas within this ebook, which predate this ebook by generations, are special indeed. These ideas, when honestly considered and applied, do and will change the life experience without exception.

These ideas additionally are completely independent of any pessimism. It doesn't matter whether you have faith in, or believe, that these ideas will work; all that matters is whether you implement them. Do this and change will come.

If, however, you simply dismiss the ideas this ebook presents then they won't work. How could they work for you if you'll walk away and leave them lying there (so to speak).

I don't mean to infer here that to implement these ideas will require a great deal of effort. Actually, I have found that the most significant change does not come from strained physical effort but, ironically, from little physical effort. The effort type that brings the most significant change is mental effort; and even more specifically, effort with respect to our thinking.

I'll talk more about this, and attempt to be convincing about why thinking is so, so important in our experience of life, as this ebook moves along. For now let's not wait any longer; let's dive right in and consider whether it really is true that there is a solution to every problem...

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# THERE'S ONLY ONE

I've been somewhat dishonest up until now. I titled this ebook The Solution To Every Problem, and have talked within this ebook about problems. Why has this been dishonest? Because there really are not problems, as such.

We certainly believe that there are multiple problems; but if you consider the various problems there appear to be you will find, first, that they almost all fall within one of three categories: money, physical health, relationships. So of all the problems ostensibly in the world, most of them are about either money, health, or relationships.

We can legitimately narrow the focus down even more however. **All problems are an expression of lack.** If we consider ourselves to have a problem, we are stating that we are lacking in something. We may believe we are lacking in money, physical health, companionship, security, peace, and on and on.

Think about yourself for a moment, think about the problems that you presently have or recently had, and consider whether those

problems were the result of lacking something or another. I can say to you certainly that they were an expression of lacking something.

In the absence of lack, there cannot be a problem. If you are lacking nothing at all, what problem can you have? We may sometimes describe our problems as having too much of something; for instance, we may believe we have too much fat upon our bodies. But even this represents something lacking: the lack of a slim figure or a healthy figure or a desirable figure, or however else we may define it.

Problems are an expression of lack. Think of your problems and then think of their solution, as you see it. The solution to your problems is to eliminate the lack you are experiencing. What lack do you want to eliminate?

The insight that problems are an experience of lack is incredibly important. This insight is important for our personal insights, for bringing light to our subconscious judgments; it is also important in problem solving, for reasons that shall be explained shortly.

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## AWARENESS OF LACK

If all problems are an expression of lack, then how do we know that we lack? When we say '*I have a problem, I am lacking something*' how do we know this? Our judgment tells us.

Most of us go through life believing that the world, and everything within it, has an inherent meaning. In other words, we believe that things have a built-in value. This means this and that means that.

In fact, the meaning of everything comes from our judgment. The idea of 'this means this and that means that' does not come from outside of us. Meaning is not an outside in situation; it's an inside out situation.

Anything that means something to us, we are the ones who give it that meaning. The world doesn't say to you, '*Here is what I mean.*' You say to yourself, here is what this means. Meaning always, always comes from you.

Let me give you an example. A snake is lying near a rock. What does the snake mean? To one person the snake is dangerous. To

another person the snake is not dangerous but it is grotesque. To yet another person the snake is interesting.

What is the meaning of the snake? It means whatever the person perceiving it believes that it means -- but only to that person. To another person it may mean the same thing or it may mean something else. The snake will not mean anything to you personally until you have a judgment of it that you **accept as true**.

The snake doesn't say '*I mean this.*' And even if the snake did say that, or another person proclaimed to you that the snake means this or that, the snake wouldn't mean anything to you until you had a personal judgment of it that you accepted as true.

All meaning comes from you. If a thing, a person or a place or an event or whatever else, means something to you then you are the one who gave it that meaning. It is true that there are shared meanings -- this is a house and this is a dog -- but the meaning of something always comes through an individual process.

I would like you to take some time now and consider the truth of this notion, that the meaning of everything comes from you; that meaning never comes from outside of you but always comes from within. This is a crucial insight.

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## TIME TO BE AWARE

The idea of 'meaning comes from me' is foreign to most people. Most of us go through life believing something or another means something, but in fact we are the ones giving that something or another the meaning it has.

This has significant implications in problem solving. Why is something a problem? Because you say it is. When you believe something is a problem then it becomes a problem for you. The only accurate counter to this is to believe that your judgment is true; that something or another really is a problem, as you have labeled it to be.

Begin to change your language. Instead of saying '*This is a problem*' say '*I believe this is a problem*'.

*I believe I don't have enough money.*

*I believe I'd be happier if I got divorced.*

*I believe I need to find a job.*

*I believe I am sick.*

*I believe I am being disrespected.*

This may seem like a subtle change but it's actually quite profound; it's a shift from seeing ourselves as being imposed upon by the external world to seeing ourselves as being in control. It also brings up a couple of issues.

First, it will bring your thinking to light. Nearly all of us are completely unaware of what our thoughts say to us. We are entirely non-observant of the voice in our head; we have programmed ourselves not to listen to the voice, but to simply accept what the voice says as truth instead. This one habit leads to immense suffering because the voice in our head regularly says things that, if true, would be damaging to us -- and we do accept what the voice says as true.

Secondly, it will bring to light how resistant we are to denying the truth of our judgments. We often accept as our own truth the truths of others. If a doctor tells us that our body is unwell and that we are soon to die, we will be very likely to accept this as truth. We will accept as true the judgment --

*I am sick and I'm going to die soon.*

We will not say:

*I believe I am sick and that I will die soon.*

We will not say:

*This doctor believes that I am sick and that I will die soon.*

We may be likely to see these last two responses as unrealistic, Pollyannaish, some form of lying to ourselves. We very much accept our judgments as truth, and we especially do this when our judgments are shared or reinforced by others.

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## PART ONE OF THE SOLUTION

Part one of the solution to every problem is to first accept that the meaning of everything -- **everything** -- comes from us and only from us; and then to tune in to our thinking, to start to listen to the voice in our head. When we do listen to the voice in our head observe what it says, and also observe our tendency to believe that the voice is speaking truth.

When the voice in our head, our thinking and our judgment, speaks it has no impact upon us until we accept what it says as the truth. Once we accept our thinking and judgment as true then emotional responses follow. I've said this before in my writings and I'll say it again here:

**Emotions are a response to thinking that is accepted as true.**

An emotion does not occur until a thought, a judgment, has been accepted as true. Emotions are not the result of things that happen in the world. Remember, you give meaning to everything. What happens

in the world doesn't mean anything -- until you give it a meaning, and then it means that **for you**.

Emotions happen when you accept your judgment of something or another as true. Emotions don't happen any other way. You can etch that into stone because it is true now and it will be true forever.

Someone else's behavior doesn't upset you; accepting your own judgment about their behavior as the truth is what upsets you. If you are upset, whether your upset is a one-time occurrence or you have a chronic upset condition like depression or anxiety, look to your thinking because that is the cause.

I am not saying that other people never behave in ways that are inappropriate, unjustified, or intentionally hurtful. That is certainly not the case, and any reasonable person would agree with this. But believing that someone else's behavior is the cause of our upset is simply not true; it is also disempowering because it asserts that other people can cause us emotional harm when, in reality, only our judgment causes us emotional harm.

If you habitually accept your judgments as the truth then you will suffer, sooner or later, and you will suffer again and again and again.

If you develop the habit of tuning into your judgments but not accepting them as truth your suffering will decrease immensely.

I will give you, shortly, clear motivation for not accepting your judgments as truth.

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## SELF-CONTAINED UNIT

From an emotional perspective, you are a self-contained unit. You are immune from emotional harm from without. The only thing that can emotionally harm you is your thinking; and even more specifically, accepting your thinking as the truth.

It must be true that you are insulated from external emotional harm if you give meaning to everything. Nothing affects you, at all, until you give meaning to it. In this sense, everything is completely meaningless... until you come along. How many people would agree with the notion that everything is inherently meaningless? Very, very few. My guess is that most people reading this ebook would not agree with it either.

Rather than disagreeing, or agreeing, as a quick response consider this. Really spend some time with the idea that everything is inherently meaningless, and consider how it affects your relationship with the world.

You really are a self-contained unit; and that is not by coincidence.

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## HUMANS AND HORSES

A human being does not give birth to a horse.

What in the world does this expression mean? It means what is born is like its creator, and not unlike its creator. It is a reasonable statement then, and also true, that a human being does not give birth to a horse.

You were created by God.

Now, I realize that some people will immediately disagree with the notion of being created by God because they believe God is unreal. I'll address this perspective shortly. For now, if it were true that God is real and if it were true that God created you, what would you be like?

Some people, and even many people, do believe that they were created by God and still believe in their judgments which tell them that they have lack. What lack does God have? What problems? How can you have lack and problems if you were created by God?

A human being does not give birth to a horse.

There are four explanations for having lack and problems while also being created by God. The first explanation is that you separated from God, that you went off on your own path. To claim this is to claim that you are more powerful than God. Because God created you in a particular way and yet you had the power to change your make-up -- to overturn God's will and works.

The second explanation for having lack and problems and also being created by God is that God denied you upon your creation. God, who lacks nothing, chose to create you with lack. If this is your view of God then you must consider God to be cruel.

The third explanation, which I've addressed already and will soon address further, is that there is no God at all and so you did not inherit the likeness of God, because an unreal God did not create you.

The final explanation is that your judgment, that says you are unlike God and which contradicts God's will for you, is wrong. This final explanation is almost never accepted as truth. We will deny the truth of everything, including the will of God, before we will deny the truth of our judgments.

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## KNOWING GOD

This section is directed at so-called atheists but also people who believe in God and yet still accept their judgments about having lack. What I'm going to say here will come across as controversial to some. I do not mean to offend, but I also believe that what I'm going to say is absolutely true.

God is real and true; but God cannot be fully known through intellectual means -- through thinking. To know God, to know that God is absolutely real, must come from an experience of God.

God is not a cruel master who wants to be worshiped and that punishes and damns. To say that God wants to be worshiped is to say that God has a sense of superiority and so is egocentric.

To say that God punishes and damns is to say that God created something that had the capacity for evil, that wanted to commit evil, and that did so. This is all to say that God creates things that are unlike God to begin with, and that can also overturn God's will. In other words, God is weak.

God is not a body. If God were a body then God would be subject to deterioration, lack, loss, suffering, and death, as all bodies are. God is an energy and the vibration of this energy is an immense sense of peace and well-being.

We cannot accurately imagine what it is like to be fully with God because it is too unlike our life of being a body amongst other bodies; but we can experience God now. The way to experience God is to stop accepting as truth, to stop propping up, personal judgment that says God's will has been overturned -- that we are unlike God and subject to things that have no effect upon God.

To experience God we have to stop accepting as truth judgment that says God created something unlike God; something that experiences lack, problems, loss, suffering, death. We do not deny judgments that say these things, we do not push against these judgments and say no to them, we just do not say yes.

It is not easy to stop saying yes to judgments that contradict God's will. It is, at times, immensely challenging -- the most challenging thing you will do -- but when we do it there God is. When we say yes to judgments that contradict God's will we are effectively holding up a barrier to God's presence. When we stop holding the barrier up, and it

is strenuous to hold it up, it falls entirely on its own and the light of God's truth is all that is left to be seen.

I realize all of this may come across as dramatic, and unbelievable, to some. But hear this. It does not require faith to know God; it requires faith to keep God away. It is your faith in your judgments that keeps the experience of God from you. When you let go this faith then you have stopped blocking the truth of God. And once again you do not need to push anything away or to say no to something; there is no force, no strain, **no resistance** involved. You simply stop saying yes, stop agreeing with or signing off on, judgment that contradicts God's will.

There is nothing more, or less, to it than that.

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## PART TWO OF THE SOLUTION

Part two of the solution to every problem is to stop accepting as truth judgments that contradict we are created by God, that as God's creation we are like God, and that God's will has been overturned.

We first apply part one of the solution: to observe our thinking so that we are aware of our judgments to begin with. Once we can hear our judgments then we have something to work with. Here are some judgments that may come up.

*I need some money.*

*I don't feel well.*

*I'd be happier if I had someone to love.*

*This traffic is the pits!*

Train yourself to consider your judgments by this standard, or something similar: If I were created by God as God is, would this judgment be valid? Would this thing that I seem to be experiencing be my reality if I were created by God as God is?

As I've mentioned previously, we almost always accept our judgments as truth. We may do this explicitly, the equivalent of shaking our heads yes; or we may do it implicitly, which would be along the lines of going along with our judgment narrative even though we don't specifically say yes to it -- we are receptive to it and respond to it as if it were truth.

All of this may sound complex now but it will become easier to comprehend as you actually do it. This is a training. You are training yourself to recognize certain judgments and to stop granting these judgments the authority of truth; to stop accepting them as true.

Your emotions can be a considerable help. I said previously that emotions result from accepting judgments as truth. When you experience a negative emotion you are certainly accepting a judgment that contradicts God's will as truth. So when you feel a negative emotion, even if it's just a twinge of something, immediately tune in to your thinking and listen to what's being said.

Here's something a bit beyond what I've expressed thus far. I've recommended not accepting as truth judgments contradicting God's will. That advice may feel a bit uncertain to some so here's something more concrete; in fact this is what I do in my own practice.

As before, tune into your thinking so as to identify judgments that contradict God's will. When you catch these judgments mentally identify them as being in conflict with the will of God. Here's an example of how the entire process would work.

Judgment: *I don't have enough money.*

Consideration: If I were created by God as God is, would this judgment be valid?

Consideration answer: No, it would not be valid. (God has no lack and has no need of money.)

Mental response to judgment: *This denies that I am created by God.*

This process may seem deliberate but in time it will happen in an eye blink and even automatically. Use whatever mental response to judgment that you want; anything that, for you, says a present judgment denies that you are created by God as God is.

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## PRACTICAL OUTCOMES

Here's a question to consider as we move along. Can a situation be a problem if you are unconcerned about it? Please do briefly think that over...

Let's say you take it upon yourself to implement Parts One and Two above for solving all problems. What will the outcome be? What will happen?

What will **not** happen is an end to all challenging circumstances. You will not have a life experience that is the equivalent of sunshine and lollipops and nothing but blue skies. There are some help methods that do, essentially, claim that life circumstances can be changed in such a way that virtually everything you experience will be favorable.

I don't believe in claims like this for a moment. The nature of the world we all seem to inhabit is some ups and just as many, if not more, downs; and then there is the ultimate down of the termination of life, or death. In this environment it is not possible to have nothing

but favorable experiences, and I issue a challenge to be proven wrong about this.

What some people attempt to do is spin challenging circumstances in such a way that these circumstances are considered favorable. To say to the self, in effect, that an unpleasant experience is actually a good thing. This is a variation of so-called positive affirmations and I don't believe it's an effective strategy because, on some level, these circumstances are genuinely considered unhappy and unwanted, no matter what we express through self-talk. It amounts then to lying to ourselves, and subconsciously we do know that we're telling ourselves a lie.

This life is challenging, period. It is challenging because time and time and time again circumstances will arise that will very quickly, and even automatically, be judged as negative. But if we do not accept these judgments as truth, that something or other is in fact negative, then we will not be impacted as adversely as we would otherwise.

This brings us back to the question I posed at the start of this section: Can a situation be a problem if we are unconcerned about it? Let's consider an example of this.

We have \$2,000 in our bank account. Our financial obligations for the present month amounts to \$2,500; and our financial obligations are due to be paid within days. Is this a problem?

The guess here is that most people would say absolutely yes, the scenario above is a problem -- and a significant one. But what if we were unconcerned about it? What if we weren't worried about this apparent money lack? Would it still be a problem?

I don't believe it would be a problem without the concern, the fear of outcome, around it. Some may argue with this: some may say that lack of concern would be a form of delusion and that the circumstances could ultimately be damaging to us, whether we were concerned or not. But even if this outlook is considered accurate there is something to be said, in fact much to be said, about not having concern over supposedly problematic circumstances -- isn't there?

Would you appreciate not feeling concerned, afraid or upset, about life circumstances? How helpful would you consider this to be? How meaningful would it be?

This lack of concern is what the process I'm discussing within this ebook provides. It is a sense of peace and calm, well-being, in the face of apparently difficult circumstances. When you experience this

for yourself, when you feel peaceful and calm when your “better” judgment tells you that you have no reason to feel such a way -- when you are in the midst of a crisis, something that seems very real -- you will have an epiphany.

You will be within a crisis, as you see it, and yet you will feel well. You will search for explanations why, and one explanation in particular will occur to you: that you are in fact created by God, as God is, and that you are experiencing your genuine essence; that all of your judgments about not being like God, and being subject to lack, really were wrong.

This is an earth shifting insight, truly remarkable, and once this insight has been reinforced through experience you will never be the same again. You will have seen the light, and you can never go back once this has happened.

Let me offer this qualifier: the salvation described above is not a one shot deal. It truly is a process that unfolds as we commit ourselves to working with judgments that come up again, and again, and again, and again.

When we do not accept as truth a judgment that opposes God's will we get to peace; and then another judgment arises that opposes

God's will, and we do not accept that as truth. This happens again and again, and judgments may come on especially fast and furious when we're in the midst of what seems to be a crisis.

Good things happen, however, when we stick with the process: watching our judgments and not accepting as true judgments that oppose the will of God, or oppose the notion that we are created by God as God is -- without lack specifically.

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## SHORT-TERM AND LONG-TERM

Let's continue from the previous section, and be even more explicit about outcomes. What will happen if we should apply Parts One and Two above for solving all problems? I believe this can be divided into two parts: short-term and long-term.

In the short-term, when applying the process for solving all problems, there will be a sense of peace, calm, and also well-being. This experience will last **until** we, again, accept as truth judgments that say, in effect, we are not created by God as God is; that we are lacking and vulnerable. Accepting judgments like this as true is chronic: we will do it again and again and again, and we will know that we are doing it because we will **feel badly** (more on this later).

Because we will, again and again and again, accept judgments opposing God's will as true we will have to, again and again and again, take the deliberate step of not accepting these judgments as true -- or suffer the hurtful consequences.

In the long-term, as we apply the process for solving all problems, the outcome will be life circumstances changing and improving. This could be expressed in any number of ways: it could mean an intimate personal relationship improving, or coming to an end; it could mean a health condition clearing up, or experiencing a sense of peace about the condition where before there was fear; it could mean a sudden influx of money, or financial circumstances slowly changing, or having enough money to stay afloat.

You will not stop experiencing challenging circumstances as you regularly apply this problem solving, a point that was made previously, but there will be a noticeable improvement -- perhaps a significant improvement -- in your life experience. Why? Because you will no longer be consistently denying your birthright, so to speak.

You will no longer be denying or holding out God's influence; to the contrary, you will be letting it in and this will be expressed and experienced as a "better life". It really isn't a better life however; it's simply an expression of the life you already have -- a life with God.

Many people, and even most people, are concerned with seeing their life experience change for the better -- seeing tangible improvement in life circumstances -- versus simply feeling more at

peace. But peace really is a precursor because where there is genuine peace, there is a genuine connection with God. We cannot consider ourselves genuinely one with God when we have one eye on our bank account, or our medical records, or some other worldly situation. If we are focused on worldly concerns then we are, by definition, denying our connection with God; we are, in fact, saying that we are lacking and since lack is something God doesn't experience then we are -- we must be -- different than God is and also separate from God.

Improvement in life circumstances is a long-term effect because it is typically a long-term result to stop, finally, denying our intimate connection to God; to stop denying our divine heritage and stop trying to block God out. It is a process to trust that God created us and created us as God is; the short-term effects of peace and well-being, even in the midst of apparent crisis, give us the evidence we need to firmly establish this trust.

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## EMOTIONS AS GUIDANCE

The Solution To Every Problem process requires being attentive to thinking, and to our judgments specifically. It is imperative to “hear” our thinking / judgments **especially** when we are upset. Emotions can be a big help in this effort.

Thoughts move incredibly fast; they can be quite stealth and can come on in an eye blink. It is very much possible to miss, to not quite hear, a thought. Emotions however are nearly impossible to miss; they are big. The relationship between emotions and thoughts is very significant because, as has been said previously in this ebook, emotions are caused by thinking.

When you have an upsetting emotion you can be entirely certain that you have accepted, or bought into, a judgment that denies you were created by God as God is.

A negative or upsetting emotion should, then, act as a call-to-action to immediately tune into our thinking; to listen. What specific judgment, opposing God's will, am I presently accepting as truth?

Some people go to great lengths to avoid upsetting emotions: they may avoid particular situations or attempt to numb themselves to certain memories or certain thoughts in an effort to avoid “feeling bad”. Yes, emotions can be painful but they are a great asset too. Emotions are a big, bright, blinking indicator of what we are thinking.

Tune in closely to your emotions. If there is **any** emotional discomfort within your awareness -- any at all, even just a twinge -- it is an alarm that you should, even must, heed. When your emotions speak to you, try to immediately go within. This can be a challenge in itself because we typically respond to our emotions by looking out into the world and / or interacting with the world in some way; by acting out our upset.

If this should happen to you, if you do act out your upset, don't spend much time being concerned over it; just return to the process. What judgment am I accepting as truth? Does this judgment contradict that I am created by God, as God is?

You can focus on emotions within The Solution To Every Problem process too, especially in those instances where you can't quite hear a judgment that you're making. If you miss a thought, a judgment,

then focus upon the emotion you're experiencing. Here's an example of how this might work.

Emotion: Despair

Consideration: If I were created by God as God is, would this emotional experience apply to me?

Consideration answer: No, it would not apply to me. (God has no despair, only peace and well-being.)

Mental response to emotion: *This denies that I am created by God.*

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## THE GREAT CHALLENGE

The Solution To Every Problem process does demonstrate results, remarkably so. There may however be an inclination to believe the process is somehow easy. Think again.

If you should practice The Solution To Every Problem you will come to understand how difficult it can be, at times, to not accept your judgments as truth. This is especially true when you perceive yourself to be in crisis, or under attack. The fact is nearly all of us are programmed to accept our judgments as truth; we are programmed so much that we accept our judgments as truth automatically. Our judgments about what is happening go straight into our inbox, so to speak; they are instantly rubber-stamped as 'true'.

The tendency to accept our judgments as true is so strong that many people, and even most people, will not even consider The Solution To Every Problem process. They will not accept as legitimate an outlook that claims their judgments are regularly inaccurate. It is simply absurd to many that their take on the world, on what is

happening in the world and where they fit in within the world, is consistently mistaken judgment.

*That's ridiculous!*

The process **will** prove itself but we have to be willing, at the outset, to be open to the possibility that virtually everything we believe **is not true**. I believe that to do this one must be naturally open-minded, or be sufficiently dissatisfied with life to be willing to take a quite big leap.

In any case, if we should take the process on and put it to use we should be prepared, in advance, for great resistance at times when it comes to not accepting judgment as true; or to put it another way, be prepared for the strong tendency to accept the truth of judgments versus not accepting them as true.

It will, especially at first, feel like work to stop going along with judgments. Again, it is just about an automatic process to accept judgments as true and to stop doing this will require a particular effort. You will also run up against internal talk about how it's ridiculous to believe that your judgments are not true, and that you're immune from lack in the way that God is.

To not accept judgment as true is sometimes like going against every bit of evidence there is. It may seem like insanity, literally, to have a judgment in your awareness and not accept the truth of it. I want you to be prepared for the challenges of using The Solution To Every Problem process; I want you to know going in that it is not necessarily an easy task to put this to use.

The process will certainly prove itself but you must overcome the challenges of using it.

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## THE PROPER MINDSET

I believe there is a proper mindset for using The Solution To Every Problem process, and I would call it diligence. Simply keep at it, keep chipping away, and change will come.

This is my exact approach. There isn't a day that goes by that I don't find myself immersed in judgment that tells me I am lacking, and it doesn't happen only a single time; it happens several times a day. So what do I do? I work the process.

I am trained now to tune into my thoughts so that I do hear judgments, though I often pick up on judgments after I have accepted them as truthful. It may be a case of my going along with a judgment, feeling the emotional effects of accepting thought / judgment as true, and then I catch myself.

*This judgment denies that I am created by God.*

The difference between me and most everyone else is I do, eventually, step back from judgments. Most people follow their judgment right down the line, and it doesn't occur to them to do

anything different. They never stop, hear judgment within their awareness, and step back. I do. This isn't to suggest that I'm somehow better than anyone else; it's only that I have a different perspective.

I make the effort and I suggest you do the same. What's the effort? The effort is to follow the steps for using The Solution To Every Problem process that was described previously within this ebook.

Judgment: Hear judgments within your awareness.

Consideration: Consider whether the judgments within your awareness would be truth if, in fact, you were created by God as God is.

Consideration answer: Answer, honestly and for yourself, if your judgment would be true if, in fact, you were created by God as God is.

Mental response to judgment: If you'd care to, mentally respond to judgments that would not be true if God created you as God is. You could mentally say 'This denies that I am created by God' or something else; whatever, for you, signifies that this judgment is in opposition to God being your creator and creating you as God is.

Keep this effort up, do it for every thought that causes you upset, do it in response to stressors and difficulties. I cannot certainly say how often I have used the process, again and again and again, in the face of what appeared to me to be a crisis; but it's surely been many times.

When this happened to me judgments would rapidly pop up, one after another after another, that said, in effect, I am not created by God as God is. And I would, again and again and again, work the process in response to these judgments.

Crises are excellent opportunities to test the efficacy of your life help method; and, if your life help method really does work, crises are incredible for growth and progress, painful though they might be. Work The Solution To Every Problem process during a crisis and you will come out of the crisis fundamentally changed.

Work the process, be diligent with it, be vigilant for the Kingdom of God, and you will get extraordinary benefit. It's a sure thing.

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# PRIORITIZE

Let's talk for a moment about action, as in what action a person should take to remedy one situation or another or within his or her life in general. I do not, as a pretty consistent rule, give advice on what actions to take or not to take.

*Should I quit my job?*

*Should I get a divorce?*

*Should I get a second opinion?*

My advice on taking what might be called physical action, or interacting with the world in some way or another, is do whatever you believe is proper. What I do advise is to prioritize working with your thinking. In other words, make working with your thinking / judgments your top priority and **not** what actions you take within the world.

Most people do, essentially, the exact opposite of this: they give no consideration whatsoever to their thinking and judgments and give

full consideration to what they physically do, which amounts to their attempt to change the world to their liking. Trying to change the world to our liking through physical action can work **temporarily** but it also has a high failure rate.

Many, many people take the "right" physical actions for making their world the way they want it to be, and the world doesn't conform in the way that they want it to; or if it does conform it does so only somewhat, and the effort they put out to see this partial change is considerable.

Other people take physical effort and their world shapes up, or seems to, in ways that they find quite favorable; and then, at some point or another, the world turns and it's no longer favorable as they see it. This is why I said changing the world through physical action is always temporary; the world's one constant is that it will change, sooner or later.

Will working with your thinking change the world to your liking? No, and yes. No because it will not reliably make the world look the way you believe it should -- no technique will make the world consistently and reliably look the way we judge that the world should look.

Yes because when you consistently work with your thinking you will not become nearly as upset and disappointed with the world, for two reasons: first, you will be much more peaceful in general; and two, you will not have the same expectations that the world must look and act a certain way in order for you to be content. You will, to a degree, release the world from your demands and become detached from it.

As I've said previously within this ebook, the world does change favorably when we work with our thinking. This doesn't necessarily happen quickly, it tends to be more of a process rather than a turn on a dime sort of experience; but when we work with our thinking for a time and then look up and consider our life experience, we do see things have positively changed -- not always in a dramatic way, but there is positive change nonetheless. And what physical effort, what action within the world, was required to bring this about? None.

The idea that life can, and does, improve through working with our thinking versus taking physical action is an incredibly hard sell. Most people don't just believe but are absolutely certain that reliable life change only comes through taking physical action.

I believe working with thinking / judgments is a much more reliable, and much less strenuous, means for affecting life change

than taking physical action. Beyond this I believe working with thinking / judgments is the only way to bring about **permanent** life change versus the impermanent, or temporary, change that physical action brings.

That's what I believe. I understand fully, however, that most people do not agree with me and are committed to taking physical actions within the world as a means for making change. Fair enough. This is why I don't make any recommendations, one way or another, regarding what physical actions to take. I can't very well recommend taking one action or another when I consider physical action to be a generally ineffective response for making long-standing life change.

But neither do I discourage people from taking physical action, as they see fit. Taking a particular action may work out in just the way that someone hopes it will, so they should take that action if they feel compelled to do so. I do make an unqualified recommendation however to work with thinking above and beyond any action taken.

I say prioritize, and let your priority be to work with your thinking / judgment above everything else -- including taking actions within the world.

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## THE POWER OF BELIEF

Renowned Indian spiritualist Ramana Maharshi is purported to have said there is only one bit of work to accomplish: to undo the belief that we are not already enlightened.

The world enlightened may throw some people off but it's just another way to describe being in full possession of the Kingdom of God. Ramana Maharshi was saying, in other words, that we have everything we could possibly want already but believe otherwise; we believe we exist in a state of lack and despair.

Here's an anecdote that may flush the idea out further. A man spent years of his life sitting upon a particular box, begging. One day someone happened by, told the man they had nothing to give him in response to his overtures, and asked him what the box he sat upon contained. The man said the box was simply a box -- nothing more. Why not look inside and see what, if anything, the box should contain, the beggar was told.

The beggar rose from the box, looked inside of it, and discovered it was full with gold.

This anecdote, and Ramana Maharshi's insight, are saying essentially the same thing: you are rich with every gift already but you're not aware of it. The single thing that holds unawareness of your riches in place is your **belief**. You believe you are not God's direct heir, in possession of everything -- including every trait -- that belongs to God.

If this message strikes a chord it should: it's been the message of this very ebook. Another Indian spiritualist, Nisargadatta Maharaj, authored a book called I Am That. **You** are that. You are the direct creation of God; and yet you insist that you are subject to lack and struggle, to pain -- to death?

Consider these words from A Course in Miracles:

*...It follows surely from the basic thought so often mentioned in the text; ideas leave not their source. If this be true, how can you be apart from God? How could you walk the world alone and separate from your Source?*

*...You cannot walk the world apart from God, because you could not be without Him. He is what your life is. Where you are He is. There is one life. That life you share with Him. Nothing can be apart from Him and live.*

*Yet where He is, there must be holiness as well as life. No attribute of His remains unshared by everything that lives. What lives is holy as Himself, because what shares His life is part of Holiness, and could no more be sinful than the sun could choose to be of ice; the sea elect to be apart from water, or the grass to grow with roots suspended in the air.*

*There is a light in you which cannot die; whose presence is so holy that the world is sanctified because of you. All things that live bring gifts to you, and offer them in gratitude and gladness at your feet. The scent of flowers is their gift to you. The waves bow down before you, and the trees extend their arms to shield you from the heat, and lay their leaves before you on the ground that you may walk in softness, while the wind sinks to a whisper round your holy head.*

*The light in you is what the universe longs to behold. All living things are still before you, for they recognize Who walks with you. The light you carry is their own. And thus they see in you their*

*holiness, saluting you as savior and as God. Accept their reverence, for it is due to Holiness Itself, which walks with you, transforming in Its gentle light all things unto Its likeness and Its purity.*

*... "Who walks with me?" This question should be asked a thousand times a day, till certainty has ended doubting and established peace.*

This is an eloquent description, I believe, of your lineage and also what this lineage means. It is not an insignificant thing if it be true that you come directly from God. The enormity of being God's descendant is expressed in the passage above.

But, at present, you are lying to yourself. You are claiming, insisting, that you have been created new and different from God's intention. You are not carrying on this lie consciously; it is entirely subconscious. It is amnesia as much as anything... but your memory is now returning, coming back to you upon God's voice. Hear the call.

Your thinking is a true indicator of your beliefs. You can change your conscious thinking and you can shut your conscious thinking out, temporarily; but your true beliefs will show themselves again and again and again through your subconscious thinking -- through thinking that seems to arise automatically, whether in response to external stimulus or seemingly in response to nothing at all. This

subconscious, or automatic, thinking is what you must hone in on if you want to return to your true glory and end all your apparent lack, suffering, and problems.

The power of your beliefs is such that it can give a substantial appearance of changing reality; it is only an appearance because nothing can supplant reality, particularly as it comes from God. An unreal appearance however can feel extremely painful: believing yourself outside the gates of the Kingdom of God is, on some level, causing you incredible angst.

You cannot heal your wrong, your amnesiac, thinking on your own. It becomes healed, through a connection with God, when you stop reinforcing your wrong thinking with the power of your belief. When you stop providing support to the structure, it falls.

The power of saying yes to judgments that state, in effect, you are not created by God as God is, is the structure support for your wrong thinking. If you should withdraw this support, by no longer saying yes to judgments that state you are not created by God as God is, then the structure **will** fall.

When the structure falls -- when your subconscious belief system genuinely changes -- you will have a clear view to see that you are, in fact, already enlightened and that the treasure you've been seeking has been yours all along.

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## OTHERS

Interactions with other people plays a huge role in everyone's life experience. In some cases we find these interactions enjoyable; in other cases these interactions are the direct cause, as we see it, of great discontent and suffering. I believe it's important to point out two things about other people, and how other people impact us.

First the notion that God created you as God is isn't specific only to you personally. In other words you cannot accurately say of yourself that you are directly from God, while damning another person as a devil from hell. Being created by God as God is isn't selective or exclusive; it is all-inclusive and it encompasses **everyone**. This will be difficult for some to accept because the behavior of others can, at times, seem so toxic. Which brings up my next point...

You cannot be victimized, except by yourself. We all have a victim story: a memory of, or a belief in, having been victimized in some way or another. Some of us have quite dramatic, even horrific, accounts of victimization. Victim accounts however are not confined only to the past; nearly all of us believe that we are victimized, or

unfairly treated by others, on a pretty regular basis -- perhaps in a big way, perhaps in a small way, but victimized nonetheless.

Victimization is a judgment not an absolute truth. You cannot be victimized until you accept as true a judgment that says you have been made a victim; once you accept such a judgment then you have created a reality for yourself where you are a victim. No one else can impose this upon you -- only you can do it to yourself.

This is not to excuse the behavior of others. It is absolutely true that other people appear to behave in hateful, hostile ways. But it is true too that God is above being victimized. If you are created by God as God is, and God cannot be victimized, then neither can you be victimized. Your judgment tells you differently: your judgment tells you that can be made a victim and have been made a victim many times over.

Now you have a choice. You can accept your judgment as true or not accept your judgment as true. You can consider your judgment to be telling the truth of your reality or be open to the possibility that you are, in fact, as God is and that what is true of God is also true of you.

Victimization is a tough judgment not to accept. You will often find great resistance to not going along with judgments that another person has mistreated you in some way. Some of us have quite compelling proof, perhaps even physical evidence, that we have been mistreated or victimized. Please know that I do not intend to deny anyone's pain; nor am I saying that you should not defend your person, or another person, against some form of attack if you believe it is necessary to do this.

But if you accept as true that you can be a victim then you are also accepting as true that you are not as God is, that you are weak and vulnerable, that you are, in effect, a prisoner of circumstances and of the world.

You cannot be imposed upon by circumstances and the world at large and be as God is. These are mutually exclusive experiences.

The truth is you consistently choose what your reality is by either accepting as true, or not accepting as true, ongoing judgments that say you are not as God is. Do know however that the choosing of this reality is your choice, and yours alone.

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## REVIEW

Everything that needs to be said within this ebook has, I believe, been said. Let's do review now.

**Your thinking is the key, particularly thinking that comes up seemingly automatically or without any direction from you.** The most important thing you can do to change the experience of your life is to work with your thinking, specifically your judgment. Here is a review of the formula for working with your judgment.

Judgment: *I don't have enough money.*

Consideration: If I were created by God as God is, would this judgment be valid?

Consideration answer: No, it would not be valid. (God has no lack and has no need of money.)

Mental response to judgment: *This denies that I am created by God.*

Work this formula again and again and again. You will know you are doing it properly, at the outset, if you work this formula multiple times per day. If you are not working it many times per day at the outset -- you will use it less as time goes on but will still use it again and again -- it is because you are unaware of your thinking.

**You must tune in to your thinking.** This is a crucial first step. Nearly everyone is wholly unobservant of the voice in their head, which is their thinking narrative. You must break this tendency. Tune in to your thought stream and hear what it is saying.

**You must become aware of your emotions versus simply acting them out.** Your emotions are responses to your thinking; even more specifically, emotions are a response to judgment that is accepted as true. Your emotions are significant help tools because they tell you, with great accuracy, what you are thinking and what thinking you are accepting as the truth.

When you feel a so-called negative emotion try to go inward and listen to your thinking, versus the response of most people which is to accept their emotions as an absolute truth and to respond to the emotion accordingly: to cry over a sad emotion, erupt over an angry emotion, cower over a frightened emotion, etc.

**Do not give judgments and emotions a free pass.** Do not fall into the trap of going along with your judgments and negative emotions, simply granting them the incredible power of your belief. These judgments and emotions are telling you that you are not as God created you. When you go along with them, when you refuse to question the truth of them, you are empowering them to keep you locked away from God, which is hell.

You must be vigilant. You must be willing to question the validity of every judgment and emotion, negative ones in particular, and then you must consider them by using The Solution To Every Problem process.

Judgment: *I don't have enough money.*

Consideration: If I were created by God as God is, would this judgment be valid?

Consideration answer: No, it would not be valid. (God has no lack and has no need of money.)

Mental response to judgment: *This denies that I am created by God.*

You can tweak the formula above if you choose, into a form that feels comfortable to you. The one thing you cannot compromise on is tuning into your judgments and emotions, scanning them carefully, and then running them through a filter: Does this deny that I am created by God as God is?

If the judgment and / or emotion does not pass this filter you do not need to reject it or attempt to push it away, just do not accept or embrace it as truth. One way for doing this is the mental response to judgment from the formula above.

Mental response to judgment: *This denies that I am created by God.*

Consider the mental response to judgment above. Does it actively reject a judgment? I don't believe it does. It states, simply, that the judgment denies the will of God; or denies the notion that God creates as God is. It takes no stance on a judgment beyond this. It is not saying 'no' to a judgment or otherwise denying that a judgment is true; but it **does** interrupt the process of saying 'yes' to a judgment and accepting a judgment as truth.

**Become aware of “normal” judgments and emotions.** Please consider the following judgments and emotions.

*I'm tired... I'm sore... I wish I could sleep in... I wish I had more time to myself... I need to lose weight... I have a cold... The service here is terrible... I'd like to own a car like that... I'd like to live in a house like that... I feel sick... I'm not as young as I used to be... I want to win the lottery... I need to rest... I want some peace and quiet... I can't believe that idiot just did that!*

I believe the judgments and emotions above, many of them anyway, are quite typical; most of us have judgments and emotions like these regularly -- and we usually don't even notice them. But each of these judgments and emotions infers lack and would not be valid if we were created by God as God is.

Look the list over again and see whether you notice this.

Be aware of judgments and emotions that would otherwise slip under the radar and go unnoticed, that seem entirely appropriate, reasonable, or "realistic". They seem reasonable and realistic because we believe, we are convinced, we are not created by God as God is.

**Allow your pessimism, your lack of faith, to be proven wrong.**

We are convinced that we are not created by God as God is and to deny this, to deny or say no to judgments and emotions which affirm this, is to lie to ourselves; and lying to ourselves is not going to set us free. This is why we don't say no to our judgments and emotions. We observe them, become aware of them, and do not say yes to them. When we consistently do this the reality of who we are becomes apparent to us.

Your pessimism, your lack of faith, about being created by God as God is cannot be proven wrong however if you do not engage The Solution To Every Problem process. Of course you have at least some doubt -- and maybe even great doubt -- about being like God is. Any "normal" person would have this doubt. I had it myself at one time. But as I've said before within this ebook the process will prove itself to you, and will prove itself more and more over time, but this won't happen -- it cannot happen -- if you accept your pessimism as truth and do not engage the process when opportunities present themselves.

**Act as you see fit.** The Solution To Every Problem process is a focus upon thinking, and judgment in particular. When it comes to action taken, to doing things within the world, take what action that you believe is proper; but make working with your judgments your highest priority. Correct action naturally follows correct judgment.

**Expect to fail.** What I mean by this is expect that you will, effectively, say yes to your judgments. You will say yes to your judgments time and time again. I do it.

How should you deal with this? Apply the process.

Judgment: *I didn't apply the process! I fell into my judgments instead. I screwed up.*

Consideration: If I were created by God as God is, would this judgment be valid?

Consideration answer: No, it would not be valid. (God does not "screw up".)

Mental response to judgment: *This denies that I am created by God.*

Apply the process and keep going. Apply the process, apply the process, apply the process.

You may feel resistance to using the process in a situation like the one above where you are, apparently, not holding yourself accountable. I talked about this before but I'll say it again here for emphasis.

**Do not exempt judgments and emotions from The Solution To Every Problem process.** It is a frequent trap to accept a judgment as true that says 'this doesn't apply' to the process. Every judgment and emotion applies to The Solution To Every Problem process. Every single one! Do not hold any judgment and / or emotion back from the process; put every judgment and emotion through the wash (so to speak).

**Expect challenges.** Unless you've been using The Solution To Every Problem process for a bit of time, you likely have no idea of how attached you are to the truth of your judgments. To put this another way, you are heavily invested in the notion that your judgments are true, reliable, and reasonable. The reason we have rapid emotional responses to external circumstances is because our

judgments are instantly accepted as truth -- and now I'm asking you to change that.

To not accept your judgments as true will, at times, be incredibly difficult to do. It may feel like physical resistance, literally, to not go along with the truth of your judgments. Be ready for the pull of your judgments, and the difficulty of not going along with that pull.

Sometimes it will be easy not to accept your judgments as true, sometimes it will be almost impossible to do. It will certainly, however, become easier the more you do it.

**Expect dark times.** When you are implementing structural change, when you are doing work on the foundation of your being, you will kick up angst and resistance and this is true regardless of what life change method you should use. If you consistently use The Solution To Every Problem process you will almost certainly, every so often, fall into despairing emotional states -- something akin to the so-called dark night of the soul.

You might believe that an effective life change method would only bring about positive experiences. I, and many others, can testify that this is simply not so. Why? I'm not entirely sure but when we do meaningful life change work we are bringing down an established

structure, and when structures come down they kick up clouds of dust that can, temporarily, make it difficult to breathe.

When dark emotional times happen to you, when a dark cloud forms and surrounds you within it, use the process for support and push through. Your angst will not last and you will come out of it changed, permanently, for the better.

**Expect bright times.** Yes, there will be dark times but bright ones too. You will feel a peace and well-being that cannot be adequately described; you must experience it for yourself. It is extraordinary in the way that it feels and also that you can feel such a way at all. This is waiting for you now.

**Expect problem solving.** This ebook is, after all, based upon problem solving. You will see problem solving and what you would call life improvement when you consistently work the process. It will likely not happen over night, or even as quickly as you would like, but it will happen. Use the process, be consistent with it, and positive change will come.

It will.

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## SOURCE OF INFLUENCE

I said at the outset that the ideas offered within this ebook do not originate from me; the presentation of these ideas do come from me and readers can, and will, decide how effective the presentation is. The source ideas however are, in my opinion, above critique. It is absolutely true that thinking, and judgment in particular, is the most significant factor within our life experience.

There are a number of life help resources that teach the significance of thinking and the impact thinking has upon our life experience. One resource in particular though stands out for me in its emphasis and its message about the role of thinking and judgment, and how we should deal with this.

The resource I'm talking about is A Course in Miracles (ACIM), and its teachings absolutely, and also significantly, influenced this ebook. I recommend A Course in Miracles very much; as things now stand I believe A Course in Miracles is the most substantial, the most effective, life help method available. But A Course in Miracles is not an

easy study, particularly at the outset. It took me roughly a year to fully understand the ACIM message.

A Course in Miracles is also fairly radical in what it teaches, it very much goes against conventional wisdom, and so will not resonate with everyone; in fact, it will probably resonate with only a very few -- for now.

If you believe you may be one of the few, if you feel compelled to go further with what you've learned from this ebook -- to extend what you've learned and go beyond it -- then do study A Course in Miracles.

As it happens, I've written an ebook about A Course in Miracles teachings. Find, and read, that ebook [Here](#). Find A Course in Miracles [Here](#).

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