

# 10 secrets to success and inner peace



## A tribute to Dr Wayne Dyer

All over the world, people are grieving the loss of Dr Wayne Dyer, on 30th August 2015, and are grateful for the impact this great spiritual teacher had on their lives. Fortunate to have heard his final presentation in Melbourne one week before his unexpected passing, DIANNA JACOBSEN now shares Dr Dyer's renowned ten secrets for success and inner peace.

### SECRET #1: HAVE A MIND THAT IS OPEN TO EVERYTHING AND ATTACHED TO NOTHING

We are conditioned throughout our lives to have certain beliefs and set ways of doing things. When others don't do things the way we do, or have differing beliefs, we tend to label them as 'wrong'. But our beliefs are just the result of ingrained habits and patterns, as are theirs. Who are we to decide what is right – or wrong – for anyone else? If we would let go of our attachment to doing things 'our way' and be open to new possibilities, many 'barriers' would be lowered.

### SECRET #2: DON'T DIE WITH YOUR MUSIC STILL IN YOU

We all have a special gift, a purpose, a passion for something; something that makes our hearts sing. It doesn't need to be monumental or change the world; it can be a special skill that we have, such as being a wonderful mum, or having a beautiful singing voice, or a way with animals. But too often we ignore that urge within us, in favour of 'our responsibilities' and we don't listen to that little voice encouraging us to follow this passion. It's a great shame to think you could look back on your life from your deathbed, and have regrets about what you didn't do... So, go and do it, today!

### SECRET #3: YOU CAN'T GIVE AWAY WHAT YOU DON'T HAVE

Dr Dyer shared a great example: if you squeeze an orange, out comes orange juice! The same is true for us, as humans, with thoughts and emotions: when we are put under pressure, our behaviour reflects our true self. If we don't have love within us, we cannot give love away; if we don't have kindness within us, it is difficult to be kind to others. By showing love, respect and acceptance and to yourself, you 'fill' yourself with these qualities, and thereby have them within you to share with others.

### SECRET #4: EMBRACE SILENCE

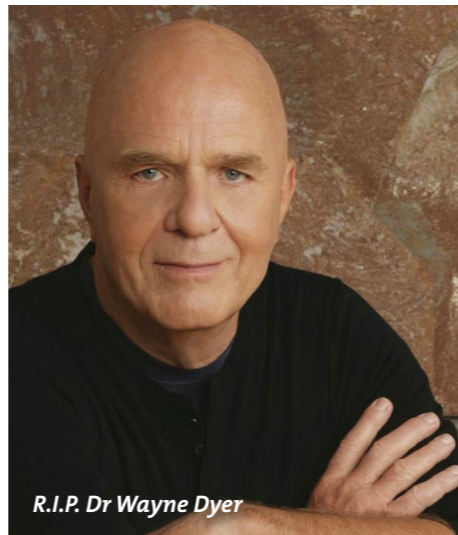
Today's world is noisy, our senses are bombarded from morning to night, and our minds are constantly cluttered. It is easy to lose sight of our way of being, in the midst of all the doing. We seldom have quiet time to contemplate and reflect. Create a time and space in your daily life where you can switch off each day, just for a few minutes, and reconnect with your inner self. You will feel calmer and more at peace.

### SECRET #5: GIVE UP YOUR PERSONAL HISTORY

We all have a story, a background, in terms of jobs, relationships, health challenges and so on. But regardless of what has happened, this is not who you are. How often have you heard people describing themselves in terms of failed relationships, challenging life situations, or ongoing health problems? It becomes their 'label'... so drop your 'story' and write the story you are intending to live in the future!

### SECRET #6: YOU CAN'T SOLVE A PROBLEM WITH THE SAME MIND THAT CREATED IT

When we have a certain way of thinking and being, we experience results in line with those choices and behaviours. However, if that style of thinking, being and decision-making has led to results that you are unhappy about, in terms of health, relationships, or finance, you can't resolve this by blaming others, or



yourself. What you can change is the way you think. You will always find that with a different outlook, a different result can be created, even if this is your acceptance of an outcome, which creates harmony within you, rather than your resistance to it, which creates internal struggle and dis-ease.

### SECRET #7: THERE ARE NO JUSTIFIED RESENTMENTS

We all have occasions in our life where we feel that someone has wronged us, and should be made accountable. But who does this emotion really hurt? US! YOU! Often, the target of our wrath is oblivious to the whole perceived 'problem'! Remember, we interpret the world and our daily interactions through the filters of our values and expectations, and we experience dismay and disappointment when someone else fails to play by our rules. It is pointless feeling all wounded and resentful. Just accept that we don't know what may be happening in their lives, and that by choosing to be offended – yes, it is our choice – we are just causing ourselves stress! Just let it go...

### SECRET #8: TREAT YOURSELF AS IF YOU ALREADY ARE WHAT YOU'D LIKE TO BE

Have you ever said, "One day, when I ... [fill in the blank] ... then I'll feel happy and

successful." Be happy and successful right now! Live as if the [fill in the blank] has already occurred. Dress as if, walk as if, talk as if, conduct yourself as if ... and most importantly, treat yourself as if [it] has already occurred. Don't put off being exactly what you want to be! Be that person NOW! Make choices congruent to that person, starting today! THEN the results will start to show up, because they will be aligned with who you are, and how you think and act. You already are that person. Embrace it. Now.

### SECRET #9: TREASURE YOUR DIVINITY

Do you know of anyone else, in the whole world, out of billions and billions of people, past or present (or future!), who are exactly the same as you? Of course not! There is only

one 'you'! Out of billions and billions! How extraordinary! And not just your fingerprints, but consider the non-physical aspects of you as well. The way you think and feel, the way you paint or knit or sing or parent. All the parts that make you 'you' are unique. Begin to appreciate how unique and special you truly are, and the special gifts you bring to the world. Gradually, retrain your inner voice to compliment and encourage yourself, rather than criticise. Be proud of who you are, every little piece of you.

### SECRET #10: WISDOM IS AVOIDING ALL THOUGHTS THAT WEAKEN YOU

The world contains many examples of violence, poverty, despair and sorrow; and countless examples of love, kindness, beauty and abundance. In our own lives, we have

examples of each. The 'positive' thoughts are uplifting, while the 'negatives' cause us to feel sick, stressed and unhappy. While we can't control all of those things 'out there', we can manage the types of thoughts we think and words we say. So, if nothing else, catch yourself when you want to say something negative, and instead, heed the old adage, to 'say something nice, or say nothing at all!' ■

R.I.P. Dr Wayne Dyer (10/5/1940 – 30/8/2015)

**CONTACT** Dianna Jacobsen  
**BUSINESS** Shine at Business  
**PHONE** +61 (0) 412 804 716  
**www.shineatbusiness.com.au**

Dianna Jacobsen – Business and Financial Strategist  
**0412 804 716 info@shineatbusiness.com.au**  
Call today and mention Working Women magazine for a **FREE, no-obligation** strategy planning session.  
**www.shineatbusiness.com.au**

## X MARKS THE SPOT AT HOME LOAN CONNEXION

Looking to refinance or to purchase property?

Discover the EASY way to find the loan you want ...

### A WIDE RANGE OF LOANS TO SUIT YOUR NEEDS

We specialise in providing you with a whole range of finance solutions, including ...

- Home loans
- Personal loans
- Car loans
- Leasing
- Commercial loans

By giving you what YOU want, WHEN you want it, we give you the type of service we would expect for ourselves – helpful, understanding, comprehensive and experience!



**Tracy Kearey, Director** – Home Loan Connexion **Mobile** 0417 738 469 **Email** tkearey@homeloanconnexion.com.au **CRN** 455382  
**www.homeloanconnexion.com.au**