

WOW!
SHIFT
HAPPENS!

STUART K. KIMBALL

*The Author of *In Search of the Lost Light* and *The Eye of the Storm**

INTRODUCTION

“I wish I could show you, when you are lonely or in darkness, the astonishing light of your own being.” ~Hafiz of Shiraz

Copyright © 2014 Stuart K Kimball
All rights reserved.

ISBN: 0692237410
ISBN 13: 9780692237410

Published by Osprey Media LLC

Without limiting the rights under copyright reserved above, no part of this publication may be reproduced, stored in or introduced into a retrieval system, or transmitted, in any form, or by any means (electronic, mechanical, photocopying, recording, or otherwise) without the prior written permission of both the copyright owner and the above publisher of this book.

This book is entirely a work of fiction. Names, characters, places and incidents are either the product of the author’s imagination or are used fictitiously, and any resemblance to actual persons, living or dead, business establishments, events or locales is entirely coincidental.

The author of this book does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional or medical problems without the advice of a physician, either directly or indirectly. The intent of the author is only to offer information of a general nature to help you in your quest for emotional and spiritual well being. In the event you use any of the information in this book for yourself, which is your right, the author and publisher assume no responsibility or liability for your actions.

*Cover design by Rich Carnahan (www.publishpros.com)
Author photo by Glyn Cowden (www.glyncowden.flavors.me)*

Whoever you are and wherever you are on your life’s journey towards your many dreams and goals, there are always going to be the inevitable bumps and detours along the road.

But for many people, major calamities have occurred that have sent you off into a new and completely unexpected, dark, bewildering direction. You realize that your life is suddenly badly off-course. The complexities of your life have become more convoluted than your ability to make sense of them.

A disaster in your life may have suddenly occurred. Perhaps you have been downsized and cannot find a new and similar position. Maybe you have been divorced. There could have been a tragic death or accident. Possibly someone that you love has been diagnosed with a life threatening illness.

This is life. Your future is shaped by your responses to the bumps in the road and the disasters that do and will occur.

Maybe what has happened has been building for years and finally reached a tipping point that forces you to finally do something about it. Perhaps you remained so intensely focused on your career or another activity that you never really engaged in the rest of your life.

Whatever has happened, you just don't know what to do. You should find that here.

Perhaps you have retired and are finding that your life is not as busy as it once was, but you have not found an idea that tells you what to actually do with all your time that would feel meaningful and significant.

You should find plenty of ideas here.

It could be that you haven't had a known disaster occur but you still feel very stuck. You sense your life or your work is going nowhere. There seems to be more pain than joy, more bewilderment than laughter. You are looking for new direction.

So New Year's resolutions are written down, only to quickly become unfulfilled and long forgotten a month later. You still need a new plan.

You will find that here.

Perhaps you have already achieved everything you set out to do and are terrified that your best years are behind you. You are yearning to find new excitement, new mountains to climb and have found none that inspire you. It is possible that you have achieved so much success in a particular area

that you feel you must continue to do what you have been doing. You are stuck in your own success. Now, in many ways, your life is far away from where you thought you were headed. Times goes on and your personal dreams began to fade away long ago. Your old solutions are no longer bringing you the feelings and results you need.

You will find new passageways to abundance here.

We all have memories of our life; we remember vividly the happy moments and the sad times. Very possibly, unresolved issues from your past continue to haunt you. They may be continuing to subconsciously dictate many of the choices you make.

You will find new ways to look at those unresolved issues here.

You have searched all over for the answers, or at least some clues, and have found none that made a difference. You've read many of the books on goal setting and done what they instructed you to do. What happened?

So if it's not a lack of goals, desires, and taking action on what you have been taught so far, why aren't you getting the results? You know you have done everything you could.

Could it be that you have become so totally freaked out about your current situation that all your fears and obstacles are magnified? What was once possibly manageable has now become a seemingly un-climbable mountain looming over your life, casting your world into dark shadows?

It is very difficult to think yourself into a calm, tranquil state if you know that, metaphorically, your house is on fire and you are sitting in the middle of it. For most people, it

is probably not possible to fully embrace many of the great teachings on having a prosperous and fulfilling life until some of the huge roadblocks on your path are removed; roadblocks such as major fears, massive confusion and limiting beliefs.

None of us can change the sudden events that occur in our lives. What we can do is shift the way we see and respond to them.

I know about this. I am a fellow traveler on a similar journey. I have my mountains before me too.

For quite a few years, I seemed to be successfully and single-mindedly in pursuit of a specific goal. Suddenly, it seemed, events I could not have foreseen ripped any illusion I had of control from my disbelieving mind. I continued to obsessively try and try to get back on track. Instead, I got further and further away from not only the goal, but all that seemed to matter to me.

I didn't realize my biggest challenge was slowly creeping up on me.

Some horrible years began to redefine my life. I did not know I was sliding more and more rapidly into what I later learned was called situational depression. My life as I knew it had turned completely upside down. I plunged into this deep dark pool where there was no light, no inspiration, and no cause for any type of hope. For years thereafter, the struggles for me were enormous. A tremendous amount of havoc was unleashed as I went down and stayed down. I know and appreciate that as enormous as my challenges

were, there are many, many people with daily challenges far greater than any I can imagine.

I had read all the great self help books long before this began. I had attended and participated in lots of seminars and workshops. I would have said at the time that I was someone who was the least likely to end up where I did because my basic attitude on life was so upbeat. None of that mattered. There I was. I re-read all the books. I thought I would find answers and did, but few that really worked for me. You may be familiar with this. I tried everything I knew to do, and continued plummeting downward.

What I did not realize was how ingrained I was to feeling fear and anxiety. As I came to realize that, it began to seem to be an insurmountable obstacle.

But I found a way up. I found a path. It was there before me all along, obscured by all the entanglements created in my life. This book is based on what I found worked well for me and probably can for you. I say that because one of the important things I have learned in my life experience as an adult male above the age of 60 has been that most of us have similar experiences and challenges. We are not that different from one another, other than the way our experiences have played out and the intensity of our challenges.

I began to ask myself a lot of questions. Some were the same as always. Some were new. But I was finally, it seemed, in such a terrible position that I was ready to give myself the honest and sometimes painful answers necessary to begin uncovering the pathways I needed to find. Through that process, I began to find new answers that were extremely

exciting. I was able to begin to look at my life from a very different direction. My journey upward from that deep dark place began.

I learned that if I slightly shifted the way I looked at each of the aspects of my situation, I began to see them differently. I found new directions, new pathways to explore. I found one little shift led to another, and then another.

How I continue to go about that shift is the basis for this book. As you continue to read, understand I am not a therapist or trained professional in any of the healing arts and medicines. I am just a person who is relating his experience to you.

In talking with people, I continue to find that we are all alike in many ways. We have many of the same types of challenges. We all want meaningful, abundant lives expressed in our own way. Although the expression of each of our challenges is as unique as we are, the sources we turn to for solutions are similar.

There are many great self-help books and workshops utilized by millions of us every year. They are written and offered by extremely gifted and magnificent people who offer their view on how to solve life's ongoing challenges. They present to us many great ideas that the readers and workshop attendees attempt to follow to the letter. And yet, few of them seem to find the ultimate answers they are looking for. Their lives go on just as they do soon after they have written their New Year's resolutions. Perhaps you have experienced exactly what has just described with some degree of regularity. Why is this so?

The vast majority of people don't live the extraordinary lives they want for themselves. Long ago, I learned that if you want to be successful, watch what everyone else is doing, and then do something different.

We turn to these books and workshops not just for the good ideas, but perhaps to also avoid doing the very difficult personal work that these great teachers have done that enabled them to write those books and lead those workshops. We want to believe there is a quick fix; that if we can exactly imitate the writers and workshop leaders; that if we do exactly what they have said we should do, we will get those results quicker. The problem is that we are not those people. We cannot possibly begin to understand how their minds work and certainly not the rest of their story.

Formidable barriers to abundance are our deeply ingrained habits and beliefs. These have slowly developed over a life time. They are part of our comfort zones. Many of them help and support us. Some get in our way. Those that do can shift into new sources of energy, but that isn't going to happen instantly. As accustomed as we are to hearing constantly about quick and easy fixes, the shifts we all need do not occur overnight. But they do and will happen. The results will be well worth the work required to make them happen.

In order to get the results you are looking for, we have to dramatically shift the way we look at ourselves. We must start looking at ourselves from the other side of the mirror and see ourselves as we truly are.

To do that, we have to look for our own answers to questions most of us feel uncomfortable answering. To get real, lasting results, we have to shift our belief on where we will find the answers that will lead us to the true sources of abundance in our lives. We find that we have to go deep within ourselves, into the hidden caverns of our souls. It will hurt, at first, and then that discomfort will increasingly shift into empowerment.

Are you truly up for this challenge? Are you ready to experience your truths and to find the sources of your abundance?

The best example of shift I have experienced was my brother Bob. A number of years ago, he called to say that he had just been diagnosed with esophageal cancer. You can easily imagine the emotions we both had at that moment.

But then Bobby said the most remarkable thing. Quietly and sincerely, he said “Now I know my mission in life. It is to be able to help those people in the future who will be going through the same experience I am right now.”

Unfortunately, the cancer ultimately had his way with Bob. But his mission lives on. We can shift the way we look at our own personal disasters if we are of a mind to do so; to let whatever our experience is be a giant stepping stone to a new and unimagined future, a time of abundance.

We begin this journey with a large number of questions and observations. **Questions** are the most powerful tool any of us have at finding answers about ourselves. The better the question, the more information you have. But we must understand that we are creatures of habit and have

probably been asking ourselves the exact same questions for many years, and received the same answers.

Some of the questions you may have been asking yourself could be toxic in nature, in that the habitual question may be forcing you to a very negative answer about yourself. For that reason, we will be looking at new ways for you to ask questions of yourself and suggestion on how to approach answering them. It is only by asking ourselves new questions that we begin to get new answers.

The only person on the planet that has the answers you need is you. Inside each of us are very big answers, begging to be asked for. If we can get into the habit of regularly asking ourselves questions that take us into the depths of our soul, and honestly answer them, our truths will become clear. We then will find our lives heading in new directions as we begin taking unfamiliar steps and receiving important results.

You should write down your immediate answers to these questions. After you have finished, plan on going back over them regularly, as discussed later in the book. You can write those answers down in the space provided, or in a separate journal. My suggestion is that you will get more benefits from this work by creating a separate journal to record your answers, as well as your own thoughts and ideas that come from your answers. Not all of the questions asked may bring forth the answers you are seeking. Some of these might be paraphrased differently. There may be some questions that don't apply to you at all. Hopefully, many will prompt unique questions of your own.

Asking your own questions is a huge step forward for you, if you are willing to truly open your soul to them and pay attention to the answers. It is likely you will answer a question and then circle back to it as a truer answer appears. That will be a big moment for you. You may ask yourself the same question several times. There may be more than one answer. The most insightful answers may be hidden and have to be sought out. Encourage yourself to do so.

Can you handle the truth?

One of the most important questions we can ever ask ourselves is how will we feel when we achieve a significant result. As an example, how will owning that house make you feel? The follow up question is even better. What is stopping you from feeling that way right now?

We all get stuck into feeling a certain way. When we are in that mode, it is difficult to change, no matter how the circumstances around us change. An abundant life begins within us. As you begin to find true answers to these and your own questions, new pathways will open for you. Record those answers in your journal. Review those answers in a few weeks, and continue to do so.

That journal will be your treasure. It will reveal all you have been searching for, and the pathway to get there.

My recommendation is to read entirely through the book first and then go back to the questions. Be prepared to go back over the questions again and again. Many should be very helpful to you.

You will see familiar words. The book is intended as a guide and is not meant to be confusing or ambiguous. To

be on the same page, I use the word goal hesitantly, simply because it seems stigmatized; the word implies something very specific, and that somehow if you didn't reach it, you weren't successful. I use primarily use the word **objectives** instead. Think of them as steps on the path. We are definitely headed somewhere, but new and more desirable destinations may appear. I also do not use the word success very often because for many people the word seems to mean finally arriving at a final stage in your life or career. I do use the word **results** because that is what we are about as we pursue abundance.

The way I define the word **Abundance** is having a rich and full life, which is the most desirable ultimate result possible. Abundance is not totally quantifiable; it is not a certain amount of money, a particular type of house or car or whatever tangible symbol someone might put on it. Abundance is, in large part, how you feel about yourself, about being very happy with your life now, and for the contributions you are able to give to those people and organizations that matter to you. Abundance is using your special gifts and talents for the greater good by helping others to find their own measure of abundance. But certainly, financial wealth is congruent with abundance, depending on what the word wealth means to you. What you will come to discover within yourself is the true abundance; it may be vastly greater than you can imagine today. Abundance is waking up eager to begin the day and make it meaningful, exciting and fun. It is a life full of vitality.

Your **Objectives** are both tangible and intangible. Reaching objectives is how we create results. Your list of objectives will continue to grow in number and in scope. This could not be more important to keep in mind. Each step you take gets you closer to the next big step. New opportunities will emerge. You will realize that everything you have done in your life has prepared you to take the big step when it appears. As you reach one bend in the pathway, you will continue on to the next. You will continue to climb the mountain before you.

You will find there are **Roadblocks** ahead on this journey. As you read the topics and observations in that section, you may well find that these obstacles have been stopping you cold every time you have attempted to move forward. It may be why many of the books and seminars you have put energy into did not end up providing you the results you hoped for. Fears and limiting beliefs are major obstacles and manifests in many ways. So is unfinished business. The great news for you is how much energy and space you can open in your world as you work through these two areas alone.

Your job is your occupation: how you earn a living. It is not entirely your work: far from it. The word **Work** is how you add significant value to the central, most important elements of your life. Certainly an occupation, which absolutely includes being a homemaker or a caregiver, but also as a parent, a partner, a volunteer, committee work or however you see your life's most important tasks now and how you

bring value to them. Your true work has many different facets and will change over time.

Relationships are how you interact with the world. It is your family, friends, and colleagues at work; whomever you are interacting with regularly; however and wherever you are adding value to the world around you.

Trailmarkers are the **Wow! Moments** on your path. They signify having reached a significant objective, when you know you are on the right path.

You are embarking on a new journey of discovery. What is most exciting is having no idea now of what new ideas and people will be coming into your life, what new pathways you will discover along the way. You are likely to find abundance arriving in your life in ways you couldn't possibly imagine today.

My hope for you is that you will find several very big questions in the pages to follow; questions that unleash the answers and fresh ideas you have sought for a very long time.

One good question you have never asked yourself, or never allowed yourself to answer, may well lead to the new idea you have been searching for.

When **Shift Happens**, your roadblocks are transformed into new pathways to abundance for you and your circle.

What you may well find is that you are now in the perfect place.

You will find that you already have everything you need.

Are you ready to accept the challenge offered by this book?

1

WHERE ARE YOU NOW?

“Questions are the Answers.” ~Joel Weldon

1. How would you describe your life today?

2. What are the most significant positive and negative events that have taken place in your life over the past 12 months?

3. What are your 3 biggest challenges right now?

4. What is your single, largest obstacle?

5. What is your biggest fear?
