



30 Keys to
Change
YOUR
Destiny

SELF TRANSFORMATION THROUGH
THE POWER OF
THE PRESENT MOMENT

Guy Finley
From the Best Selling Author of
The Secret of Letting Go

30 Keys to
Change
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is adapted from Guy Finley's book

Freedom From the Ties That Bind
THE SECRET OF SELF LIBERATION

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It is a Law: Not of Man's or of Woman's — but of Life. *Before* you can have a different life; before you can be happier, wiser, more at peace and in quiet command of yourself, *you* must first be different. *Being* is everything.

What is *Being*?

Every thing on Earth and in the heavens has *Being* because — animated or not — all forms are an expression of one great Intelligent, Creative Energy. Even a common rock has Being of a sort. Similarly, all manner of Beings — from rocks to roses — to you and I — all unique expressions of this One Great Energy — possess *a nature*.

The *nature* of a rock is determined by the natural forces acting upon it. Both the rock's nature — and its destiny — are pre-determined. Its Being is without choice. One day it will be dust.

Neither does the rose, dressed so deli-

cately in its fragrant velveteen petals, have a choice as to its nature. An individual rose *can't* choose not to have thorns, or attract bees. Its nature is a fixed expression of its Being.

But human nature, your nature, *is not fixed. It can be transformed.* That's what makes us special above all of God's countless expressions. And this fact empowers us in a very special way. It means, that as a feature of our Being, each of us is created with the power to choose our own destiny. Let's see how this is possible.

Your *Being* is in a constant process of unfolding. *That* it will unfold *is not your choice.* *Being* is a gift you can't refuse. It came with birth. But how the rest of your life unfolds is something you can influence. It's called making choices. Being empowered to have a real voice in your life-choices is what this booklet is all about.

But, before you can learn how to change your destiny, you must first realize

that secret place within yourself where your own future is created. You must consciously enter that place of power where *Being* and your *present nature* meet; that place where all of your life-choices are made for you. It's called the Present Moment: The **Now**. And this *Now* is the seed of all that comes later. The following paragraph helps us see into this great mystery.

It's only what you do right this moment, *right Now*, that's the seed of personal change. And in the endless beauty and mystery of what is the *Now*, this same seed of change is also the seed of your New and Higher Nature.

Grasp the meaning of the next sentence, fully, and you'll have your first glimpse of just one of the special ways in which The Power of the Present Moment can help you change your destiny.

If you choose to change right Now, then you won't have to worry about how to be different next time!

In fact, choose to change *Now*, and that moment will never come for you to worry about how to be better next time. Why? Because your conscious choice for real change in the *present* moment automatically cancels the need for a better you in a better future. Why? Because all *will be better for you Now*, which is the only time it really matters!

Make it your moment to moment practice to stay awake, and to watch for all the opportunities that your own *Now* presents. Keep your efforts personal, practical, and to the point. If your inner work doesn't transform the whole of your life into a more relaxed, amazing, and uplifting experience, then you're dreaming; not changing.

To help you begin this important process of using The Power of the Present Moment for personal transformation, the remainder of this booklet is designed to reveal the countless opportunities each day presents for you *to be free Now*.

I've created a list of thirty ways in which your awareness of the power of *Now* can transform each challenging life-moment into a new and true beginning for you. Learning how to use these moments leads to real inner change, which is the same as being in command of your own destiny.

For best results, read the following list of *30 Keys* all the way through without stopping. Then, go back over the individual points which hold some special meaning for you. Make notes of your impressions. Add to each of these insights any personal details which might help make that particular lesson more meaningful to you.

Here's an encouragement. Your efforts to contribute to these studies turn their revelations into a part of your own evolving Nature. And as you awaken to this Higher Life within yourself, you naturally attract higher and happier events. There is no such thing as a wasted step when your final destination is self transformation.

30 Keys to Change YOUR Destiny

1. Now Is Always The Time To:

STEP OUT OF THE RUSH AND INTO YOUR OWN LIFE

Special Insight: Dare to slow down. Just do it. Here's help. See that even at a million miles an hour, anxious thoughts and feelings *still take you no-where*. If you want to find what is timeless, dare to live as though you have all the time in the world. Go ahead. Step out of the rush. Step out *Now*.

2. Now Is Always The Time To:

TAKE RESPONSIBILITY FOR YOUR LIFE EXPERIENCE

Special Insight: The way you feel toward what you meet in life is a direct expression of who you are. And who you are is exactly the same as what you secretly value. Being willing to see *you feel the way you do*, because *you treasure what you do*, is what it means to take responsibility for your life.

3. Now Is Always The Time To:

REFUSE TO BE SELF COMPROMISING

Special Insight: Drop any thought or action that creates conflict in the present moment for the promise of a better feeling to come. Your True Nature is *Now*. *There is no later*. You can't be divided and be content. Choose to be whole. Begin by consciously refusing to compromise yourself.

4. Now Is Always The Time To:

REMEMBER YOU'RE NOT THE ONLY ONE IN THE WORLD

Special Insight: It may feel like it, but you're not the only one who suffers! That's why you mustn't be afraid to take a good look at — and really consider — another human being. This will help you be less wrongly concerned with the way *you feel about yourself* — which will come as welcome relief. Remember, you're not the only one in the world.

**5. Now Is Always The Time To:
GO BEYOND THE BEST THAT YOU THINK YOU CAN**

Special Insight: Anybody can do what everybody else does — which is usually the minimum to get the maximum. You do more. Take the step you're sure you can't. You'll discover that the "you" who could not *is only a thought* that believes it can not. See this. Then get going beyond yourself.

**6. Now Is Always The Time To:
REALIZE THERE'S NO GAIN IN BLAME**

Special Insight: When your feet ache because your shoes are too tight, you don't complain that someone else made you put them on. So why blame another when it's your feelings that are hurting you? If wearing painful emotions means *you* have to bear their pressure, then dare to drop them. You'll feel better. There's no gain, only pain, in blame.

**7. Now Is Always The Time To:
HAVE A LIGHT SPIRIT**

Special Insight: The heart tends to feel heavy when the mind says things aren't the way they ought to be. But *your True Nature* is neither thought nor emotion. You are *Spirit*. And your Spirit is always Light Hearted. It knows better than to look for, or find, Itself in a dark thought. Look at life through its eyes. Be Light Spirited.

**8. Now Is Always The Time To:
STEP DOWN AS JUDGE**

Special Insight: The easiest thing in the world is to walk around unconsciously feeling superior to everyone you meet. But with what do you measure? A critical spirit? A judgmental mind? What kind of eyes have to look down on another to convince themselves of up? Step down as judge.

**9. Now Is Always The Time To:
FACE THOSE FEARFUL FEELINGS**

Special Insight: There is really no such thing as a shaky situation, so any time you start to tremble, don't look *around you* for the fault: Look inward. It's the inner-ground you're standing on that isn't solid. Any weakness faced by looking in this new direction becomes the foundation of a new strength. Face those fearful feelings. Fearlessness follows.

**10. Now Is Always The Time To:
HELP SOMEONE ELSE GO HIGHER**

Special Insight: There's no such thing as a separate self, so anything you do to encourage another person to do better, or go farther, *is* the same as helping yourself go higher. So, give yourself a lift up. Try a little kindness even if you're not feeling that way at the moment. *Then you will*. Help someone else go Higher.

**11. Now Is Always The Time To:
RELEASE ALL RESENTMENTS**

Special Insight: It's very important for you to see that holding on to some hurt, or hatred, over what others may have done to you in the past, makes you their slave in the here and Now. Is that what you want? Learn to ask for something new by refusing to relive what's been tearing at you. This Higher request releases you from raging resentments.

**12. Now Is Always The Time To:
DO WHAT IS TRUE REGARDLESS OF THE
CONSEQUENCES**

Special Insight: Choosing what's true in spite of fearing what that choice may cost you, is the same as giving yourself a fearless life. Here's why: Nothing you're afraid of losing can ever be the source of your fearlessness. Do what's true regardless of the consequences. All you can lose is fear.

**13. Now Is Always The Time To:
LET THE EMPTY SPACE FILL ITSELF**

Special Insight: Nothing you've ever done has filled the emptiness you feel inside, so *stop giving yourself empty things to do. Leave the space empty.* This allows it to fill itself — which it wants to do — with something you can't give yourself: *The end of feeling empty.* Stay out of it. Don't fill the emptiness. Let the empty space fill itself.

**14. Now Is Always The Time To:
STOP EXPLAINING YOURSELF TO OTHERS**

Special Insight: The only difference between the need to endlessly explain your life to others — and feeling as though you have to excuse yourself for being alive — is that while you're explaining yourself, at least it feels like you have a good reason for being excused. You're not required to explain yourself to anyone. Stop Now.

**15. Now Is Always The Time To:
LAUGH IN THE FACE OF DEFEAT**

Special Insight: It is a fact: Defeat is nothing but a bad memory. And no memory has any real life of its own. This means that the only time you have to feel the pain of any defeat *is if you ask for it* — by going into troubled thought about some painful past loss. You can have the last laugh on defeat. Stay in the Present Moment. Learn to laugh Now.

**16. Now Is Always The Time To:
FOLLOW WHAT YOU LOVE**

Special Insight: Put what you love first. The rest of your life will take care of itself because *Love always finds a way.* Love never considers fear. And with Love as your guide, your success in life is assured since Its Nature is *already* the perfect prize. Follow what you love. You're sure to find a happy heart.

**17. Now Is Always The Time To:
Start Your Life All Over**

Special Insight: Any time you choose, you can start your whole life over. And you can have just as many new beginnings as you're willing to leave behind you *all of your ideas about yourself*. That's what it means to start all over. Life can only be as new as *you choose to be*. Wake up. Start your life over *Now*.

**18. Now Is Always The Time To:
KEEP YOUR CHIN UP**

Special Insight: Even if all of your thoughts are going that way, tell your chin not to fall down. As it obeys, it gives a message to your head: Hold yourself up high! And so your head helps your eyes to keep looking forward, where they can at last see that your thoughts are often blind. *Keep your chin up*. Consciousness likes heights. Dare to follow!

**19. Now Is Always The Time To:
LET IT GO**

Special Insight: You've been trying to run your own show and, so far, it's pretty much been just a nightmare with entertaining intermissions! Let something Higher have Its hand at directing your life. *Let your show go*. Then watch for a happy ending coming soon.

**20. Now Is Always The Time To:
STOP LOOKING OUTSIDE OF YOURSELF**

Special Insight: Your Life is only as complete as you are. No more, no less. Looking to relationships, your work, or even happy events for a feeling of self wholeness is like trying to put a smile on your face in the mirror — *while you're still frowning*. Being complete is first an Understanding, and then a feeling. Stop looking outside of yourself. Seek the understanding. Seek it *within*. The feeling will follow.

**21. Now Is Always The Time To:
HAVE YOUR OWN LIFE**

Special Insight: There is no pleasing the fear you may displease others. Allowing what *others may feel* about what you want ... *to change the way you feel about that same want* ... is like believing someone else can put on your sweater, and that you'll feel the warmth! The only real pleasure comes from *knowing* that you have your own life. Take you life back *Now*.

**22. Now Is Always The Time To:
PUT YOUR LIFE IN PERFECT ORDER**

Special Insight: Without the raindrop, there is no ocean. The river runs to the sea because each stream finds, and fills, its course. *There is an Order*, it's clear: From the small is born the Mighty, and the small is *small no more*. Remember each day of your life, there's *already* an Order. Let go into its flow. And there you'll find you're small no more.

**23. Now Is Always The Time To:
JUMP INTO THE BATTLE**

Special Insight: True strength is the flower of Wisdom, but Its seed is action. To learn, you must jump into the battle. Fear not. You can't be hurt in *this* fight. Here's why. Any weakness voluntarily met *is the same as greeting a greater strength*. Never let a fearful thought keep you from this New Strength. Enter the battle *Now!*

**24. Now Is Always The Time To:
DISCOVER THE DIFFERENCE BETWEEN YOUR
HEAD AND YOUR HEART**

Special Insight: You can't think yourself into happiness, but *you can* sink yourself with a single dark thought. Right, bright emotions spring from the heart. Heavy feelings can't exist without the presence of negative thoughts. This means *sad states are just a trick of the mind!* To see through any state of sadness, see the difference between the head and the heart.

**25. Now Is Always The Time To:
LOOK UP!**

Special Insight: A lamp without a light is as useless as a bottomless bucket. So too is this life empty without a sense of the Sacred. The Celestial is always present. Why wait until you feel down before you think to look up? You can always glimpse the Higher, but you have to remind yourself to look in the right direction. Look up! Look *Now*.

**26. Now Is Always The Time To:
GET ONE THING DONE**

Special Insight: Never mind how much there is to do. Or how hard some task appears to be. *Get one thing done!* Then, take that step again. Consciously brush aside any other concerns. Do what's in your power. *Refuse to deal with what's not.* The most beautiful tapestry in the world begins and ends with one of ten thousand individual threads.

**27. Now Is Always The Time To:
GO QUIET**

Special Insight: The frantic search for any answer only delivers answers on the same frantic level. Don't be afraid to go quiet. *It's OK to not know.* Knowing that you don't know what to do puts you where you need to be *to learn*. Just as you can see farther on a clear day, new understanding flowers in a quiet mind. Go quiet *Now*.

**28. Now Is Always The Time To:
SEPARATE THE FACT FROM THE FEAR**

Special Insight: The fact of any problem, and the fearful feeling about it, are separate issues appearing as one. They merge only in a thought telling you one can't exist without the other; which is like thinking you can't feel a chill without having the plague. The fear you feel over any situation *is the same as your demands upon it*. Separate facts from fears *Now*.

**29. Now Is Always The Time To:
CATCH YOURSELF IN THE ACT**

Special Insight: The problem with acting out any role is that *your life can't be both a show and be real*. Wanting and winning the attention of others with a performance of any kind doesn't make the performer real, any more than smiling at yourself in the mirror makes you loving. Life is only Real when you are. Catch yourself in the act. Then just drop it.

**30. Now Is Always The Time To:
KNOW THAT THE TIME IS ALWAYS NOW**

Special Insight: You can't change the kind of person you are later. *There is no later*. It's always now or never. You can't be kind *later*. And you can't learn *later*. But even *when* you can't succeed with starting your life over, keep this one Truth in mind: You can always start over again. The time to change your destiny is *Now!*

A Special Note To The Reader

For those readers who are interested in making the important extra effort that turns these teachings into the inner triumph of a Higher destiny, the following course of study and action is advised:

Work closely with each of these Moment-of-Change studies. Give your complete attention to one lesson at a time, for at least a full day. Make it your intention to apply that inner lesson at every available opportunity. You'll discover that these teachings offer a source of healing support in any crisis or circumstance, and in every relationship.

Make it your aim to stay awake in as many challenging moments as you can — *where it's possible for you to change your destiny by choosing to change the direction of your inner life in the Now*.

One last note: Succeed just once — with any one of these unique exercises — *and*

you'll never be the same again. All will be New for you. Both for the fact of your victory over the time nature of the false self — and for your new Knowing that now tells you ...

You Can Change Your Destiny.

You're invited to write to the author with any questions or comments you may have about *30 Keys to Change Your Destiny*. Enclose a #10 SASE and receive a free poster on "10 Secret Ways Higher Self Studies Help You Succeed in Life."

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Insights to Strengthen You Along the Way to Self Liberation

1. *Your decision to be free begins right now.*
2. *Never believe that you must learn to live with anything that torments you.*
3. *Self compromise is the same as self sorrow.*
4. *All the pure powers that form the foundation of true freedom are already in place within you.*
5. *Stop thinking in terms of where you want to go, and begin thinking in terms of who you need to be.*
6. *Drop all thoughts that anxiously instruct you to give yourself away today, so that tomorrow you might have what you need to own yourself.*
7. *A change of nature is not evolutionary, it is voluntary.*

