

HAVE MORE LIFE



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IMPORTANT

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There is a way to read this e-book.

USING THIS E-BOOK

THE BEST WAY TO USE THIS E-BOOK IS TO QUICKLY SKIM EACH PAGE UNTIL YOU COME TO THE SECRET IN THE BOX ON THE FINAL PAGE.

SECRET

Now, when you read this secret you may say you knew it all along, but this secret is actually a magic key that unlocks the jail which is keeping your from



having **MORE LIFE IN YOUR LIFE**. So every time you see the following icon:



You can apply the secret key found in the box at the end of this e-book and you'll see how easy it is to step out of that

particular cell which has been keeping you from really enjoying yourself.

So right now, if you haven't paged through to the back page, do it now. Scan each page as you go. Just look at it. This way, your subconscious mind will take it in. The "4 Way" is a philosophical system designed to raise your consciousness. That system recommends reading every book at least three times. Right here, the first time you scan the book you can pick up the secret key at the end. The second time you read through, your knowledge increases. The third time you read-through you will be able to apply the secret key to who and what you are and the problems you've been having. No matter how many times you read this paper your feeling of more life will increase.

MORE LIFE IN YOUR LIFE.



When what you know begins to change what and who you are, this creates understanding. That understanding creates wonderful change.

You Break Free!



THE KEY TO UNLOCKING CHANGE IS IN THE BOX AT THE END OF THIS E-BOOK. SKIM-READ THROUGH TO THE END RIGHT NOW.

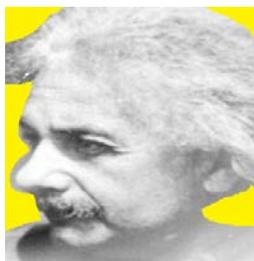
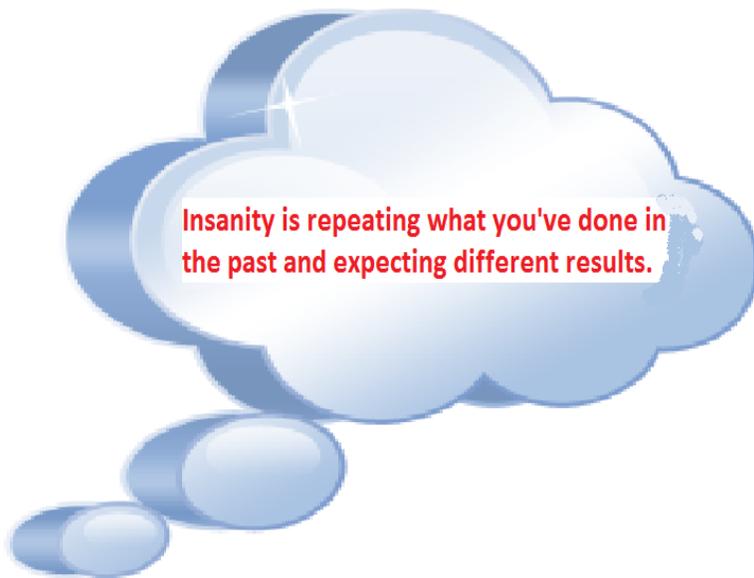
Your unconscious mind can absorb information **much faster** than you realize. It is possible to photograph each page of a book and be able to recall the exact words on any page.



This is called “EDETIC MEMORY.”

To have more life you have to change. Right now, if you haven't read through to the secret key in the box at the end of this e-book then consider what . . .

Einstein has defined as insanity.





UNLOCKING YOUR

VAST POTENTIAL

Imagine yourself back in ancient Egypt, standing in the desert before the cave-like entrance to a large pyramid. As you enter, you find yourself in a downward sloping passageway, well lit, with torches. Feeling a sense of security and confidence, you follow this passageway as it takes you deeper and deeper into the heart of the pyramid.

At the very end of the passage is a vast storeroom filled with treasures of all descriptions. This is the storehouse of all vast untapped resources, all the potential for good and for achievement and the increased feeling of being alive, which you have not yet accepted yet into your life and turned to your advantage. All of this treasure is rightfully yours, for it was yours and has been stolen from you through circumstance. However, unless you carry it back into the world outside to enjoy and share with others, it will eventually be sealed up within the room and lost forever.

Naturally, you attempt to gather this treasure, for it is rightfully yours. However, you can't. Some force is preventing you. It is a force emanating from a dark glowing stone in the forehead of a huge statue in the middle of the room. The glowing stone is the embodiment of all the forces of failure, defeat and discouragement within you. You didn't cause them, but they are there guarded

by the statue of negativity. It guards the unlimited treasure that is at your feet and belongs to you.

To free this vast storehouse of your potential so that you can become the person you are capable of being, you must first overcome the negative tendencies, the forces of discouragement, failure, depression, and defeat within you that have been preventing you.

Go to the statue and knock the jewel from its forehead. It falls on the floor with a clinking dead sound. As its dark radiation fades, you gain strength. It looks like an old piece of coal. Step on it. It crushes like dust. The statue's power is gone and you tip it over so it smashes into thousand of pieces.

You are now free to gather up as many treasures as can be carried. Take them with you as you retrace your steps up the passage into the light and fresh air to a new life. No matter how much you take, or how many times your return, the room will never be empty. Your treasures and your potential are unlimited.

Step out to your new life. These treasures, which can be anything you want them to be, will reveal themselves in new habits, new ideas, and new directions. Day by day you gain new confidence, power, and strength. You can always bring up more and more of your potential because now you have access to these treasures.

Now-You move into more and more life. You have more life....

and there is more life to have. The gifts you bring from inside of you, who you really are, are gifts to the world.



THE TONE SCALE

The word “Philosophy” is a two part word. “Philo” means love of and “sophy” means wisdom. This e-book is not affiliated with Scientology or Dianetics but rather with the love of wisdom itself, so we draw from many different sources. The following is an abbreviated scale of human emotions drawn from the work of L. Ron Hubbard, the founder of Scientology. The idea is that like musical tones, for instance on a piano, you and your emotions are vibrating at a certain level. The lower the level, so to speak, is the lower the emotional vibrations. The higher the level the more life you feel.

SERENITY

MORE LIFE

EXHILARATION

APPRECIATION OF BEAUTY

ENTHUSIASM

CHEERFULNESS

STRONG INTEREST

MODERATE INTEREST

MILD INTEREST

CONTENTMENT

DISINTEREST

BOREDOM

MONOTONY

ANTAGONISM

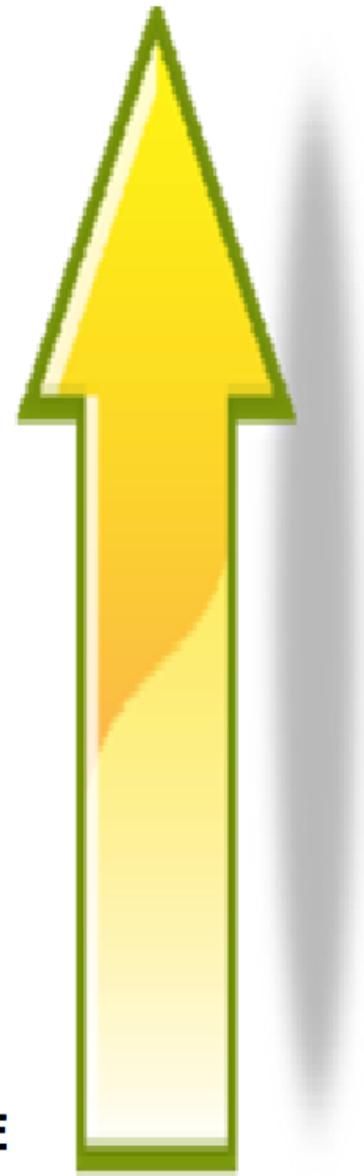
HOSTILITY

PAIN

LESS LIFE

ANGER

HATE





The key to the tone scale comes from the magic secret at the end of this e-book. If you can trust yourself, you have the resources to change your life. How does this tone scale work? Well, for instance, let's say you were bored. You want to feel better and you hate the feeling of boredom so you go shopping and buy some new clothes. When you come home you're actually happy for a little while . . . then, very soon you find you're bored again, and you hate that. You want to feel enthusiastic or at least happy.

Look back at the tone scale. **You'll notice that the next tone above boredom is disinterest** and as the tones move up they go through disinterest, contentment, through interest to cheerfulness. Here the magic key is to **TRUST YOURSELF**. You have to go through the state of boredom before you can get to the next state of disinterest. This might take a hour of sitting down just feeling bored. Another way to look at this, is, **you just have to get it out of your system**. The same with disinterest. Okay, you're not interested in anything. If you run away from that feeling, or try to hide from it, then it's going to hang around. The longer you procrastinate and don't actually feel your tone state, the longer it will hold on to you. Just be how you feel. This might only take a minute or two and if you can really appreciate your state, it will pass.



The magic key is to trust yourself and know you are moving up the scale of emotions toward more and more life. **YOU CAN DO THIS!**



FEELINGS AND EMOTIONS ARE A PENDULUM.

If you can experience the low swing, trust yourself, then you will move higher. If you can't move on, if you're frozen, then this e-book is here to help. Kick your feet! Start swinging. Get in the action. You can do it! Life can be as fun as when you were a kid. There's nothing to it. It's simple as pie. All you have to do is start.

STRIKING A MATCH TO YOUR EMOTIONS.



At wisdomgame® we entertain to educate and enlighten. Stories talk directly to the emotions. The following stories will enlighten you.

THE MATCHSTICK GIRL

Once, a while back not really too long ago, people didn't have gas and electricity in their homes. They used stick matches to light fires in their ovens or wood burning stoves, and that's how they kept warm. Mary's family was very poor. It had been several years since she seen papa, and mama was having a hard time caring for the new baby.

The month of October was just beginning and a definite chill filled the air. School let out and as Mary walked through the field toward their hovel home where mama nursed the sick baby, she picked up small twigs and branches to start the fire to keep the house warm. Right then she remembered. Mama had given her a nickel to buy some stick matches. So Mary ran back to old Mr. Smith's store.

"Why hello, Mary," Mr. Smith declared.

Mary smiled. Old Mr. Smith was blind as a bat. She didn't know how he recognized her without his thick glasses.

Lifting his glasses over his big nose, Mr. Smith laughed. "Little Mary," he said. "You look so sweet in your white dress with that red ribbon tied like that in your hair." He opened the large glass jar on the counter. "Would you like a licorice?"

"Oh yes, thank you. But here is a nickel. I would have some stick matches please."

"Very good," he said, and handed her a black piece of candy. "Did you know how I got in business?" he asked.

She shook her head.

"I were about your age and I would buy a box of twenty matches like this one here, and I'd take them down the street to where the gentlemen all gather to smoke their pipes and I'd sell them one by one for a penny. I'd buy em all for a nickel and sell em for twenty cents and make four times my money." He paused and a broad smile broke on his face. "I had a lot of fun. Do you think you could do that?"

"I don't know." Mary replied. She stood up on the stool next to Mr. Smith and gave him a kiss on his cheek. He blushed like a turnip.

“Well, I never. Ain’t you sweet.”

Across the field, over the path to home, Mary noticed a big gray cloud form. It was starting to get dark as she ran in the house, hugged her mother, and ran to light the fire with the matches.

“Mary,” lamented her mother, “We haven’t any meat. We are out of vegetables. There is just enough wood to warm us for tonight, and I’m so tired I must sleep. I’m sorry.” She gave Mary the heel from an old dried loaf of bread. “Tomorrow is another day, everything will be better tomorrow.”

Mary shivered. At least the fire warmed her, but how would they get money for food? She sat by the fire and thought and thought and then an idea came to her. “Mama?” she asked, but her mother had fallen asleep with the baby in her arms, and so Mary decided it was up to her. With a determined look on her face, she wrapped herself in a cloak and took the box of matches. She wasn’t afraid of the dark and all the people of the town loved her. She would sell matches one by one and buy more at Mr. Smith’s shop until she had enough nickels to get meat and vegetables.

There was a chill in the air. She shivered as she sat down near the smoking club where gentlemen would buy her matches. Right then young Mr. Detain, who seemed a little shaky on his feet, walked by.

“Why Mary,” asked Detain. “What are you doing out here?”

“I’m selling matches. Would you like to buy one?”

Detain got a sly smile on his face. “Do they strike?”

Mary struck one on the cold rough stone at their feet. “Of course!” She said, and how the fire warmed her hands and felt so good on her face. The night had begun to chill off and little flecks of snow filled the air. “Will you buy a match?”

“Oh no,” replied Detain. “I’m so full of liquor and smoke I might explode.”

Now Mary sat alone in the shadows and the chill was unbearable. She struck another match. How good it felt and how it filled her with warmth for now it had begun to snow.

She struck another. Oh, it felt so good. Each match warmed her hands and her face. She decided to strike one more. A little later she felt so cold, she struck one more.

The next day they found her frozen stiff body covered in snow and all the burned matches in a little pile.

Why did I put this story here? What's the meaning of this story? Are you Mary? Are you selling the spark of your life trying to make a penny? Are you frozen?

YOU ARE A FANTASTIC PERSON. YOU ARE ALIVE!

Here's another story about a totally different girl. Remember, while these stories seem simplistic they go deep into your psyche to kindle your emotions and light up your life. We use stories to entertain, educate and enlighten.

The Girl Who Stepped on a Loaf

The Johnson's lived right next door to Mary's family in another run down shack. Some years ago Mr. Johnson hurt his back and he couldn't work and Mrs. Johnson had to bring in clothes and one day she just got worn out. She called her teenage daughter Sally into the house.

"I'm plum too tired to work anymore, Sally. You got to find a job and help out. Then the news hit that poor little Mary next door had froze to death and it hurt everybody in their hearts, especially Sally who loved Mary. That night Sally told the family what was to be.

"I'm not going to go out and work like little Mary and die on the sidewalk. I'm going to be rich and famous!"

Her father grabbed her arm but he was too weak to hold her and her mother scolded her. "Sally, you have to do the laundry now. We got to have money for food and wood for the fire and we don't got any."

But Sally was having none of it. "Not me!" she cried. "I'm not going to work for nothing. Look at me. I'm not going to get my hands dirty doing no laundry!"

Mr. and Mrs. Johnson started talking, and they talked almost all night. When Sally woke up and sat down at the breakfast table they told her what they decided.

“Sally,” said her mother, “we’ve decide to send you away to my sister, your aunt. She’s rich and you can have a wonderful life. Me and your Pa will make out best we can. Gonna be real hard but we know what’s good for you and we want you to have the best. So pack your bags. You’re off to your aunt’s.”

And so Sally left and didn’t look back. She would soon be a rich young lady and become a famous person for her aunt was not only full of money but knew prestigious people and had friends in high places. So that very afternoon she arrived at her aunt’s.

“Why Sally,” her aunt declared. “Take off those hideous clothes and put on the fine dress I’ve laid on the bed in your room. This Sally did and when she walked into the Aunt’s kitchen she looked almost a princess.

“Sally,” said her aunt, “I’ve just baked a loaf of bread and a group of young ladies from the rich homes are all taking loafs down to the poor people. I want you to go along with them.

“Must I? That seems awfully much like work.”

“No, no.” Said the aunt, “You will be meeting and socializing with the finest young ladies. Go ahead now.”

Sally took the loaf of bread and as the young ladies met outside of the aunt’s house, she stood in front of them all, looked them over and declared, “I’m the most beautiful. I will lead the way!”

They walked toward the poor section but soon came to a little brook. They cried. “What shall we do? The brook has grown too wide to get across.”

Sally tossed her loaf in the brook and declared. “I shall be the first across by stepping on the loaf.” But as she gingerly put her weight on the loaf a strange thing happened. She sunk in and the water was deep, very deep. She sunk and sunk. Down and down she went until she could just make out the young girls jumping across the brook. Then a stranger thing happened. Time began to pass very quickly. She saw her father die of his aliments and then she saw her mother die of starvation. Her rich uncle got a heart attack and her aunt died of a

disease. Time passed and passed and she saw no one cared about her or really even knew where she was or what happened to her. After what seemed like an eternity a Goddess appeared. “Would you like to go home?”

Sally began to cry. “Oh, if I could!” She wept and wept. “If I could be back with my mother and father, I’d do anything.” Immediately, she appeared back in her hovel home with her mother and father. A great pile of laundry was waiting before her. She hugged her mom and pa and turned to the pile.

“Let’s get started!” she cried and tore into the work.



TO HAVE MORE **LIFE IN YOUR LIFE SET YOUR HEART ON **FIRE!****

The stories above are old-time stories which were designed to ignite a fire in your heart. If you cared a little bit that Mary froze, or that Sally really loved her parents . . . now a spark has been ignited within you. It can’t be stopped, immediately as you work with this e-book and become more and more aware that you actually are a fantastic person and that you are much, much deeper than you realize . . . as this happens you will automatically begin to feel as if you have **MORE LIFE IN YOUR LIFE** . . . and in fact, **YOU HAVE MORE LIFE!**

EXERCISE 1: THE INNER SMILE



The inner smile is quite easy to do. You can do it in a meditation or you can do it standing in line at the market. All you do is make a big smile so your lips and eyes and cheeks actually make a smile. Now, relax that facial smile, but feel how you feel inside and remember that feeling. Do the big smile again, relax and feel how you feel inside. Do this over and over whenever you like and soon your neural networks, your memory, will have fixed the smiling feeling.

While you're doing this you can smile down to your feet and feel them warm up. Smile to your hands. Smile to your internal organs. Smile so the whole body feels like the broad open wonderful feel of your beautiful smile.

EXERCISE 2 – QUEUING UP



This exercise holds the hidden secret of enjoying life in the 21st century. Train yourself to enjoy waiting. **You can do this.** Everytime you get stuck queing up, no matter how long it takes, while you are waiting . . . practice feeling good. Relax as you stand. Let everything go. Don't be worried. Look around and see all the irritated people. Listen to them quibble and moan. They're burning up their energies, but you're conserving yours. In fact, what's the use in minding at all. You can't do anything about how fast the line moves. But you can relax and enjoy the fact that you're alive. This takes practice, but once you have it under control you begin to notice a definite change in the amount of **LIFE IN YOUR LIFE.**

Enjoy the wait.

You and your emotions are like a finely tuned high powered sports car. When you come to a stop, put your emotions into neutral and enjoy the rest. Why be like the crowd who rant and rave when the line doesn't move? Put it in neutral!



ENERGIZE YOUR BODY

Please refer to the disclaimer at the front of this e-book. If you have high blood pressure or any physical problems, please see a Doctor. Never overdo. The following exercise is designed to bring your body into the state of feeling more alive. It is to be done gently like playing.

How does a cat wake up? It stretches. Animals energize themselves by stretching. Right now, take a deep breath, pull your arms up and stick them out and stretch. If you're not already standing, stand up and stretch your back. A stretch sends energy to the bones and muscles.

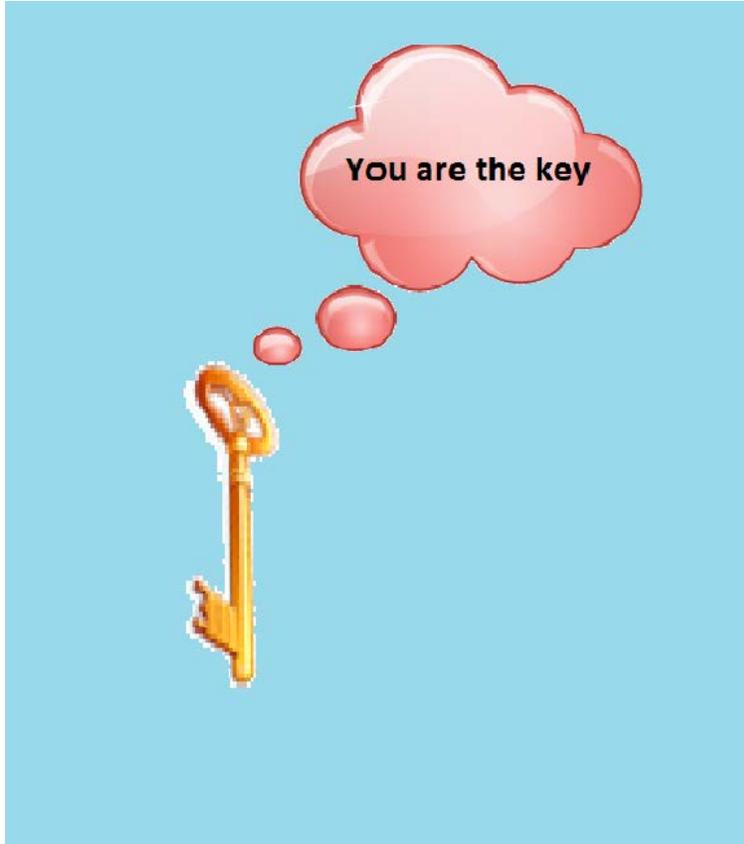
Lift one arm and gently tighten that arm. Relax. Take a breath and stretch that arm. Now, do the same for your hand. Tighten your hand. Relax, take a breath, and stretch out that hand. This rhythm of tightening, relaxing, breathing, and stretching is like a sponge squeezing out the old and taking in new water and.

Gently continue this with all the different parts of the body. This simple exercise, slowly as child learning to stretch by playing, by tightening and stretching, by feeling how good your physical being feels—this exercise will rejuvenate you. Done consistently as play, you will look younger, feel stronger and be suppler. In fact, **YOU WILL HAVE MORE LIFE.**

KEY INTO

THE **SECRET** OF MORE

LIFE IN YOUR LIFE



You are deeper and more marvelous than you know. Trust yourself. No matter where you are right now, no matter what difficulties you're having, if you feel bad, bored, or things look terrible, you are within yourself a wonderful person. You will have more love, friendship, freedom, joy and abundance.

We're here to help.



**THE SECRET OF
HOW TO HAVE MORE LIFE
IS
YOU ARE FANTASTICALLY
DEEPER
THAN YOU KNOW.**



Well, that's just about it. Oh yes, one more thing. We'd really love it if you could please share this free report. Here's the link

<http://wisdomgame.org/more-life>

if you enjoyed this free report, please copy the link below and paste it into an email and send it to your friends. To HAVE MORE LIFE means taking action, so sharing this information is extremely important.

When you start to share this information you will get closer to your purpose and closer to a life of love, freedom, joy and abundance.

Please share this on your Facebook and Twitter account:

How to have more life. Free report. <http://wisdomgame.org/more-life>

At Wisdomgame® we use entertainment to educate and enlighten. We believe the information in this report is important to share with your friends and family. What happens when you share this report is that you take a real step toward self-actualization. By doing this you take a stand that love, freedom, joy and abundance belongs to everyone. By helping others you help yourself.



Thanks. *Steve*



Please email me Steve@wisdomgame.org. I'd love to hear from you.
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