

101 WAYS TO AVOID READING SELF-HELP BOOKS

1. A goose swallows a bottle. There's a bottle in the goose.
How do you get the bottle out of the goose without breaking the bottle or harming the goose? Relax. You let the goose take care of the bottle.
2. Imagine writing your own self-help book.
Who knows best who you are?
Who knows best who you ARE?
3. Spend time with a trusted (older) friend, real or imaginary.
4. Sit quietly for a while without trying to solve anything.
5. Talk to a tree in tree language. (Bark)
6. Imagine all the knowledge that is already available in your own genetic structure.
7. Hold up a rock you like and ask it what it thinks.
Listen to the stony silence.
8. Read tea leaves without knowing how.
9. Imagine that any 50 people in a public place are actually tarot cards.
See which one talks to you. See what it has to say.
10. Draw a picture and analyze it as if you know what you're talking about.

11. Imitate the voice of an advice columnist and answer all your questions.
12. Analyze the clouds as if they are Rorschach cards and then paint a picture based on your analysis.
13. Do something serious, JUST FOR FUN.
14. Do something silly, AS IF IT'S YOUR JOB.
15. Wave your hands in front of your face and picture who it is you are avoiding.
16. Get dressed up as someone with bad taste, and then tell them why they should dress like you.
17. Walk around your house backwards and gesture AS IF you're giving a speech.
18. Lie down on the floor, on your back, and talk to the ceiling.
19. Lie down on the floor, on your stomach, and talk to the basement.
20. Open your mouth, open your throat, open your lungs, and shout, without necessarily making a sound.
21. Instead of talking to yourself, listen to yourself.
22. Look at two strangers who are talking and imagine their conversation. Imagine a friend of theirs resolving their conflict. Report the details to yourself.
23. Smile in the mirror, as if your mouth is a TV and see what's on.
24. Imagine someone coming up to you and proposing love to you. What is the successful language of the proposal?

25. The sky opens up and a very soothing voice says directly and only to you, “Oh, and by the way....”
26. Your feet start a conversation with each other.
What do they say?
27. A bubble rises up from the base of your spine to your head and bursts as a message to some other part of your body.
Which part? What does it say?
28. Archaeologists discover the ancient village of your ancestors. In a cave outside of town, they discover hieroglyphics on the wall. One simple message made out of crude signs is the motto for all future descendants, right down to YOU. What is it?
29. You lose your hand in an accident, but the severed hand mysteriously writes a letter to you. What does it say?
30. Your fingers tap out morse code on your belly.
Tap. Tap. Tap. What’s the message?
On your heart? On your nose? On your what?
31. On a blank piece of paper, an image begins to appear out of nowhere. What is the message?
32. You discover the meaning of life, but there’s only one person on earth who can understand what you tell them. Who is that person, and what do they say when you tell them the meaning of life?
33. You need help in one important area of your life, but you don’t know who to ask about it, until you are circling the earth in a space capsule. Now you can see who that is, and your capsule picks up their instant communication. Quick, write it down before you land.

34. Every book you open turns into an audio tape of your parents singing.
What's their song?
35. You can see movies on the inside of your eyelids. You can see subtitles.
You don't need subtitles. You can understand the plot and the ending.
It's a complicated plot, but you can go straight to the perfect ending.
What's the ending of your movie?
36. You can walk through anything. You're not invisible, but you
can go anywhere. Where would you stop? Inside what or whom?
37. When you spin one way, you go back in time, when you spin the other way
you go forward in time, when you stand on your toes you step out of time.
Which one seems more interesting?
38. Your eyes can see out of any part of your body. When you do that kind
of seeing, that part of your body tells you what it sees. What can you see,
through the parts of your body?
39. Your body is a giant piece of paper.
Children are drawing on your body.
What do they draw?
40. Your skin turns into a highway billboard.
People are looking at the sign from their cars.
What is their reaction?
41. You have lots of hats, all different colors.
Each one makes you say different things.
Red hat? Green hat? Blue hat? Yellow hat? White hat?
All these hats make you feel very powerful. In what way?
42. You can make various people invisible by pointing at them.
Who do you point at, and what do they say when they
discover what has happened to them?

43. The President introduces you as the new Secretary of What? The first assignment is the one you've been hired to do, and you're eager to begin. What is it?
44. You invent a machine that entirely replaces some ordinary activity. What is it?
45. One day, when you wake up, you are twice as big as you are now, and every day after that, you get twice as big as that. How does the world react to your overwhelming presence?
46. You are named The Most Attractive Person in the World. Who wants to hang out with you? You hire someone to say yes or no to all the applicants for the position as your best friend. Who is the first person you say yes to, and who is the first person you say no to?
47. You suddenly understand who you are, in a way that has nothing to do with your personality or your experience. You discover the absolute truth of the perfect being that is your eternal soul. What do you do next?
48. You are walking on the beach, and you pick up THE ONE GRAIN OF SAND that affects everything else in the universe. What happens?
49. You comb your hair, and a fortune cookie message falls out. What does it say?
50. You are so tired that you fall asleep and you forget everything you have ever known. When you wake up, what do you want to know first?
51. The entire world is covered with sharp needles except for one spot, where you can stand. When you stand there, all the needles go away. What does that spot look like?
52. A panel of experts delivers its final report on YOU. Each expert gives a report of one word. You write down all ten words, one by one. What is the final report?

53. The world is a giant magic eight-ball, and you are standing on the window of the revealed message. What's under your feet?
54. You are the Creator of the Universe. You decide you are perfectly happy with this universe, but it's time to create another universe. How would you make the second one different from the first?
55. You are the center of the universe, and you look around. You notice that everyone else is also the center of the universe. What does the center of the universe that's standing next to you, say to you, who are also the center of the universe?
56. The two people who annoy you the most are standing next to you, talking to you about you. How would you change their opinions?
57. You are sitting quietly with one of the wisest people on earth. The wise one is looking at you. The wise one is smiling. The wise one tells you the single most satisfying thing you will ever hear in your entire lifetime. What is it?
58. Your genitals are humming. It feels wonderful. Your genitals are vibrating. Wow. It's great. Your genitals are erupting with pleasure. Fantastic. Your genitals tell you why they are so happy. And why is that?
59. Everybody who has ever harbored a grudge against you has changed their minds. Why?
60. Your tombstone describes you in words that make some people cry. What are those words carved on your tombstone?
61. A small child hears people talking about you and smiles. Why does the child smile?
62. A famous actor receives an academy award and thanks you for your inspiration. What does the actor say?

63. You give a speech to the United Nations, but no one understands what it is you are talking about. Why not?
64. You're a huge cannibal bird who likes to eat people. Who is your favorite dish? Who do you ignore?
65. You walk out on the street one day and everybody wants to shake your hand. "Thank you. Thank you. Thank you," is all you hear. At first, you can't figure out what all the fuss is about. Then, in a flash, you remember what you did last night. What was it?
66. A brilliant psychopath whispers in your ear, "I'm going to make your life an endless misery, and you know why I'm going to do that." What does the psychopath plan for you? What is the psychopath's justification?
67. You're lying on a perfect beach in an island paradise, but you are so unhappy, you can't relax. You make a phone call, so you can enjoy your vacation. Who do you call, and what do you say that makes you feel completely relaxed?
68. Think of the best thing you ever did. Think of someone you wish knew about it. Now they know. What happens next?
69. You did a shameful thing. It has made you hesitant about everything in your life, but you can do something that erases the shame. What is it?
70. You find out that your toenail clippings are worth a million dollars each. And, they keep growing! Clip. Clip. Endless wealth. Who do you send a million dollars to, just for the smile on their face? What do they do with the money?

71. An old lover of yours has a dream about you involving some animal. You have a dream about the same animal. What message do you give to the animal to pass on to your old lover?
72. One night, in the middle of the night, you wake up and you realize that you can see inside your pillow, where all of your fears have collected together. A sheep dog is keeping them rounded up. What is the power the sheep dog has over all the fears?
73. One by one, your fears get up at a celebrity roast in your honor and tell the audience what they think of you, as if it's all a big joke. Which fear gets the biggest laugh?
74. One day, you discover you can see everybody for exactly who they are. You can see everything as clear as you want. You see that some people have soul, some people have personality, and some people have a job. Which one are you?
75. One day, you are looking in the mirror, but instead of looking at your reflection, you're the one in the mirror who is looking out. You notice how fleshy and real you are. You even think you are wonderful and amazing. From the mirror, you tell yourself what you see. What do you see?
76. You get to go to your own funeral, and you listen to everyone talking about you. They are saying things about you you never imagined anyone ever thought about you. You wonder if you're at the wrong funeral, but there's no mistake about it. What's the thing, that someone says about you, that makes you feel you must have led a good life after all?
77. You think you don't know who you are, and nothing anybody says makes you satisfied. So, in your sleep you travel back to where you came from, before you were born, before you had a personality and a body. You look at the origins of your being. There's nothing there that you can think about, but you recognize something deeply familiar. So you stay in that place for a long time. How does it feel to be there?

78. You meet the person you were in your previous incarnation, (if you had one) and you introduce that person to the person you will be in your next life (if you have one).
How do these two treat you as you are now?
79. You've been put in charge of an apple tree.
A naked man and woman come up to the tree.
They are a little hungry and a little curious about the taste of apples. What do you tell them?
80. You are shipwrecked in the middle of the ocean, all by yourself.
You realize you can't swim to the shore. You realize that you are a dolphin and you are very happy where you are.
What do you tell your children about your previous life?
81. You realize you are getting older every day,
and you realize you can't get rid of the feeling that you are really, really young. So, what's the problem?
82. You get a brilliant idea, and you try to imagine where it came from.
You think you remember the idea that led to the brilliant idea.
You try to remember where THAT idea came from.
You look around the room at all the people, and you wonder where THEY came from. You ask yourself how you got to be so smart. Or how you got to be so dumb.
You ask yourself why you are even asking these questions.
Is the person, who wants to know, the smart one or the dumb one?
Is the person, who already knows the answer, but doesn't know where it came from, the smart one or the dumb one?
83. Watch the waves at the beach. Smile, or frown.
See the difference it makes?
84. Watch the clouds in the sky. Smile, or frown.
What's the difference?

85. Look at other human faces, as if they are waves on the beach or clouds in the sky. Any difference?
86. Think of your body as the water around the water in the center of the ocean. Think of how well your body of water gets along with the water around the water that's nearby.
87. Think of your mind. Now ask yourself which mind is doing the thinking? Which mind is more reliable than the other one?
88. Think about your heart. Now forget about the thinking part. What comes up?
89. When you're miserable, even suicidal, is there some part of you that is watching "miserable", watching "suicidal", and isn't either one?
90. Remember the last time you were truly happy, joyful, full of wonder? If you forget the details of the moment, are you still happy?
91. If you have lots of problems, and no matter what you do, you only get more problems, do you think about being a problem collector? You could become an expert and write a book. Sound exciting?
92. When you are deep asleep, what happens to your problems? Do you miss them then? Do you feel guilty when you wake up, that you have forgotten your problems? What do you think about this amazing forgetfulness that you do every night with no effort at all?
93. If you say, "I wouldn't wish my problems on my worst enemy," what does that make you?
94. If you had no problems whatsoever, what would you think of people who still had problems? Would you go and get some more problems, just to get along with everyone else?

95. If “self-help” is about helping your self, why do self-help authors write books to help you? (I’m writing this one because I like doing this sort of thing.)
96. If every human being is part of everything that is, what is the most direct source of knowledge available to you and everyone else?
97. How does anyone listen to the perfect wisdom that exists within the awareness of every single human being? If I asked you to look at the moon, would you ask me how to do that?
98. If there’s gold in your house, but the doorways are cluttered with junk, would you go next door and ask for a loan? A low-interest loan? A high-interest loan? Why would anyone borrow what’s already theirs?
99. If you already know where the answer is, what’s the use in looking for the answer?
100. If it’s true that recognizing the heart of your own being is the best self-help in the universe, what should you do with this book?
101. You are the author of your own life, and it is being ghost-written by your true self. Who is conducting the interview?