



# "The 8 Truths That Stopped My Pain and Revealed Inner Peace & Joy Beyond Belief!"

By Cindy Teevens, Author of *Alchemy* and *The Happiness Lie*

## 1. You are not your thoughts.

- ✓ Is thought aware of you, or are you aware of thought? Notice that you existed before a thought. Notice that thoughts come and go continually, in your presence, which does not come and go.

## 2. Thoughts are options.

- ✓ Your brain generates 40,000 thoughts a day. That is its job, to offer you thoughts as options—otherwise you'd have no options! Ever notice the same thoughts seem to replay, as if stuck on a broken record? Neurologists have a saying: "what fires together, wires together," and the more you fire-up certain thoughts with your power of attention, the more often the brain will offer them up to you.
- ✓ Even though some thoughts may come to you more easily and more often now, they are still options and if you withdraw your power, those neural networks will fade and others will become stronger.

## 3. What hurts is not people, things, or events, but your believed thought *about* things, people, or events.

- ✓ Look closely at what is going on, and notice that your thought *about* something, person, or event *is not the thing, person, or event*. Notice it is just a thought. Notice it was not there a moment ago. Notice the pain started when you put your power of attention on the thought.
- ✓ Notice the pain stops when you stop putting your power of attention on it. Learn [\*Alchemy\*](#) to discover how to not put your power of attention on it.

## 4. We have confused things, people, and events for feeling.

- ✓ Things are not feelings. There's not one ounce of "happy" in the two-tons of metal in a new car. Notice, where is the happiness *actually* located? What is the source? What type of thought accompanies happy feelings?
- ✓ We may want things for practical or esthetical purposes, but to think we need them to be happy is a grave mistake. We don't want things, people, or events. We want the feeling we mistake them for.

## **5. You can give yourself whatever you want.**

- ✓ Since we established you don't want things, then you must want a feeling. But since you believe you want things, you can use that, initially, to access the feeling that is already available to you, any time—*without getting the thing*.
- ✓ It's just a flip switch of attention from a thought about something you don't want, onto a thought about something you do want. You can do this because thoughts are options.
- ✓ Eventually all attachments release, and you don't even need a thought about something; your natural peaceful, joyful state is simply undisturbed by painful wanting.

## **6. You are capable of joy beyond belief.**

- ✓ Because our society believes the happiness lie that things, people, or events make us happy or unhappy, we operate under the strategy of the false happiness hierarchy, in order to be happy.
- ✓ This is a law we have personally and collectively agreed to that says your happiness is limited for small things like an ice-cream cone, compared to a new car, which you can be much happier with, right?
- ✓ The hierarchy is false because it's not true—you can experience high states of happiness, love, bliss and even ecstasy for no reason. It is your birthright simply because your body-mind is capable of it—nothing more is needed.

## **7. All pain is from the past, projected into the future—now.**

- ✓ Watch closely when hurting. Look at the painful thought-feeling present. It is either a thought about the past, which you think about and hurt with now (even though what happened is not happening now), or it is a thought about the past projected into the present or future.
- ✓ All of it is unnecessary. The present will unfold and take care of itself no matter what you are thinking or feeling. How resourcefully you respond to the now depends on how much pain you are feeling (until you free yourself from that too!)

## **8. The Three Powers You Were Born With have been ignored**

- ✓ Most people are not even aware they have powers of Awareness, Attention, and Interest, never mind how they function. When you aren't aware of your power of attention, it goes on autopilot, with whatever habit is present.