

365 DAYS TO LET GO

Daily Insights to Change Your Life

by **GUY FINLEY**

THERE IS A SET OF MIGHTY, eternal principles that govern everything in the Universe. Just as the wind lifts a kite, readers can learn to use these principles to elevate their lives and effortlessly discover the happiness, love, and higher success they have always longed for.

In *365 Days to Let Go*, author Guy Finley reveals two of the most beautiful and elegant of these principles: the Law of Seasons and the Law of Scale. In four stirring chapters, one for each season, readers will learn how to harness the immense hidden powers found in Winter, Spring, Summer, and Fall to lift their lives into a whole new level.

Each chapter begins with a penetrating explanation of the purpose of that particular season, and continues with deep meditative insights specifically written to help a person find the power and the peace hidden within that particular day of the year.

Readers can use this special book every day for one season, one year, or for the rest of their lives, and watch as the mind grows sharper, days grow brighter, creativity takes on a fresh new spirit, and the heart becomes whole.

Praise for Guy Finley and *365 Days to Let Go*

"A wonderful book whose meditations will help anyone interested in 'letting go' and entering higher consciousness. Since the meditations are synchronized with the energetics of each season, they will be more powerful – produce greater results – than normal meditations. Mr. Finley's essays on the four seasons are well worth reading and by themselves are worth the price of the book."

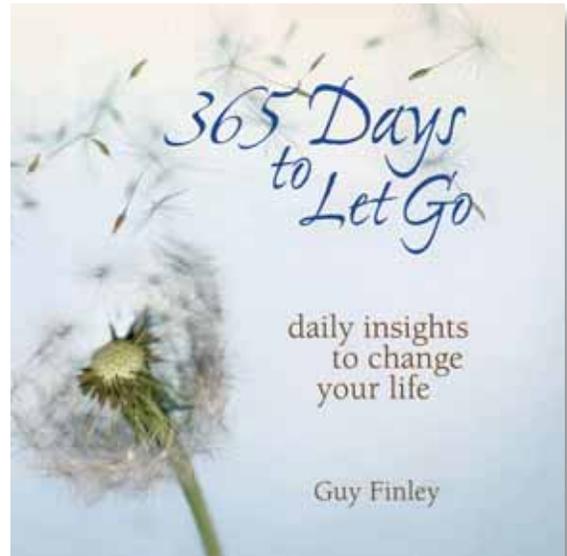
- Joseph Polansky, *Diamond Fire Magazine*

"If there is ever a Nobel Peace Prize awarded for outstanding work in the field of 'Self-Freedom,' Guy Finley will head the short list of nominees."

- Dr. William Colson, *Church of Religious Science*

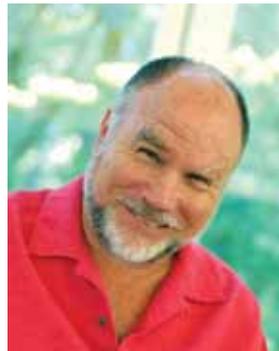
"For the gifts of insight which Guy Finley continually brings to our awareness, we are changed . . . and are truly, truly grateful."

- Carolyn Craft, host of *Wisdom Radio's Inner Wisdom*



Gift Book / Journal

List price \$16.95 / ISBN: 978-0-9745245-5-7



GUY FINLEY's encouraging and accessible message is one of the true bright lights in our world today. His ideas cut straight to the heart of our most important personal and social issues – relationships, addiction, fear, stress, anxiety, peace, happiness, freedom – and lead the way to a higher life.

Finley is the author of over 35 books and audio albums that have sold over a million copies in 17 languages worldwide. In addition, he has presented over 4,000 unique self-realization seminars to thousands of grateful students throughout North America and Europe over the past 25 years. Finley has been a guest on hundreds of television and radio shows including national appearances on ABC, NBC, CBS, CNN, NPR, Wisdom Network, and many others.

Finley is Director of Life of Learning Foundation, the renowned non-profit Center for Self-study in Merlin, Oregon, and his popular Key Lesson e-mails are read each week by 400,000 subscribers in 142 countries. His work is widely endorsed by doctors, business professionals, celebrities, and religious leaders of all denominations.

In addition to his writing and appearance schedule, Guy presents four inner-life classes each week at his Foundation headquarters in Oregon. These classes are ongoing and open to the public. For more information about Guy Finley and his life-changing work, visit guyfinley.org.

WHITE CLOUD PRESS
Phone: 1-541-488-6415
www.whitecloudpress.com



GUY FINLEY

Best-selling Self-Realization Author

"The limit of your present view is not the limit of your possibilities."

- Best-selling author of *The Secret of Letting Go*, *Secrets of Being Unstoppable*, and over 35 other books and audio programs that have sold over a million copies in 17 languages worldwide
- Founder and Director of nonprofit Life of Learning Foundation, a Center for Self-Study located in Merlin, Oregon
- Latest releases: *The Secret of Letting Go - Rev. ed.* (Llewellyn, 2007); *365 Days to Let Go: Daily Insights to Change Your Life* (White Cloud, 2007)
- Host of "Letting Go with Guy Finley" syndicated on numerous international networks, including Healthy Life Radio, World Talk Radio, and Contact Talk Radio
- Finley's popular weekly email newsletter reaches 400,000 subscribers in 142 countries
- Guest on over 600 television and radio shows, including national appearances on ABC, NBC, CBS, NPR, and many others
- Has presented over 4,000 unique self-realization seminars to tens of thousands of attendees throughout North America and Europe over the past two decades, and continues to give more than 150 seminars each year
- First career: Motown songwriter composing award-winning music for recording artists, including Diana Ross, Debbie Boone, The Jackson 5, Billy Preston, The Four Seasons

"There is something profoundly healing in the way Guy Finley talks to us, as if he understands what we have gone through and what we are now capable of." — Hugh Prather, author of *Notes to Myself*

"WorldTalkRadio is honored to welcome into our line-up best-selling author Guy Finley — one of today's brightest and clearest voices in the field of self-realization, empowerment and awareness for change. We look forward to broadcasting his message each week, and helping the world learn about his life-changing wisdom." — Ed Keyes, President, WorldTalkRadio.com

"Guy Finley is one of the most respected people in self development because he guides the seeker's soul with common sense, humor, and ultimate spirituality." — Linda Mackenzie, General Manager, Healthylife.net

"Guy Finley possesses a natural capacity to apply profound wisdom in everyday life situations."
— Michael Toms, New Dimensions World Broadcasting Network

"For the gifts of insight which Guy Finley continually brings to our awareness, we are changed...and are truly, truly grateful."
— Carolyn Craft, host of Inner Wisdom

"Guy Finley's books helped to give my life direction and guided me to meaningful change. On a scale of one to ten, Guy's books are a 12+!" — Larry James, author of *How to Really Love the One You're With*

"Guy Finley doesn't just talk about self-freedom...but leads you through the doors of yourself into a Higher World within yourself where you discover you are already free!" — Alan Corbeth, Executive Producer, Coast to Coast with Art Bell

"Guy Finley is a world-renowned expert at the forefront of human potential." — Nightingale-Conant Corporation

"Guy Finley has helped millions live fuller, more peaceable lives." — Barnes & Noble

To schedule an interview with Guy Finley or request content for publication contact Barbara Norby (barbara.norby@guyfinley.org, 541-956-8954). For more information about Guy Finley and Life of Learning Foundation visit guyfinley.org or call 541-476-1200.



Guy Finley Quotes

It only seems that there is something more important for you to do than to just quietly be yourself.

All things good come to those for whom the Good is all things.

Being fully present is the best guarantee for a bright future.

The limit of your present understanding is not the limit of your possibilities.

The strength of any weakness within us is the degree to which it is feared.

To know that every moment — regardless of how it comes wrapped — is a gift greater than you can give yourself, is to be well on your way to a life without fear.

The more time we spend considering the shortcomings of others, the smaller a person we become.

Real change isn't found in some new way to think about yourself, but in freedom from the need to think about yourself at all.

An unattended mind is the breeding ground of self-defeat.

From daisies in a field, to suns ablaze in distant galaxies: everything is always flowering. To sense this truth is an act of grace; to know it's true is divine.

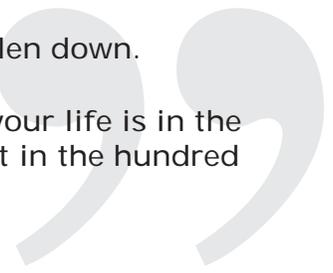
The Peace you long for also longs for you.

Never speak out of anger,
Never act out of fear,
Never choose from impatience,
But wait . . . and peace will appear.

The past is as powerless to darken the present moment as is a shadow to reach up and drag down the form that casts it.

No one rises above who he or she has been without first having fallen down.

The best time — in fact, the only time — to make a real change in your life is in the moment of seeing the need for it. He who hesitates always gets lost in the hundred reasons why tomorrow is a better day to get started!



MEDIA CONTACT

Barbara Norby * 541 956-8954
barbara.norby@guyfinley.org

Guy Finley Extended Biography

Best-selling "Letting Go" author Guy Finley's encouraging and accessible message is one of the true bright lights in our world today. His ideas cut straight to the heart of our most important personal and social issues – relationships, success, addiction, stress, peace, happiness, freedom – and lead the way to a higher life.

Finley is the acclaimed author of *The Secret of Letting Go* and more than 35 other books and audio programs that have sold over a million copies in 17 languages worldwide. In addition, he has presented over 4,000 unique self-realization seminars to thousands of grateful students throughout North America and Europe over the past 25 years and has been a guest on over 600 television and radio shows, including national appearances on ABC, NBC, CBS, CNN, NPR, Wisdom Network, and many others. He was the Key Note Speaker at this year's 9th International Conference of Science and Consciousness. His syndicated weekly radio program is aired on several international networks including Healthylife Radio Network, WorldTalkRadio Network, Contact Talk Radio International, BBS, Earthchannel, and Penguin Radio.

Finley is Director of Life of Learning Foundation, the renowned non-profit Center for Self-Study in Merlin, Oregon, and over 400,000 people in 142 countries read his popular "Key Lesson" emails each week. His work is widely endorsed by doctors, business professionals, celebrities, and religious leaders of all denominations.

Guy's career reached this point through a circuitous path. Born into a successful show business family, he is the son of Late-Night TV and radio pioneer Larry Finley. His childhood friends were the sons and daughters of the most famous celebrities in the world. As a young man Guy enjoyed success in a number of areas including composing award-winning music for many popular recording artists including Diana Ross, The Jackson 5, Billy Preston, and The Four Seasons, as well as writing the scores for several motion pictures and TV shows. From 1970-1979 he wrote and recorded his own albums under the Motown and RCA recording labels.

Throughout his youth, Guy suspected there was more to life than the type of worldly success that led to the emptiness and frustration he saw among his own "successful" friends and colleagues. In 1979, after travels throughout North America, India, and the Far East in search of truth and Higher Wisdom, Guy voluntarily retired from his flourishing music career in order to simplify his life and to concentrate on deeper self-studies.

In addition to his writing and appearance schedule, Guy presents four inner-life classes each week at Life of Learning Foundation headquarters in Merlin, Oregon. These classes are ongoing and open to the public. For more information about Guy Finley and his life-changing work, visit guyfinley.org.

"Guy Finley is...one of the leading experts at the forefront of human potential."
-Nightingale Conant

"Guy Finley has helped millions live fuller, more peaceable lives."
-Barnes and Noble

MEDIA CONTACT

Barbara Norby * 541 956-8954
barbara.norby@guyfinley.org

WHAT THE PROFESSIONALS ARE SAYING ABOUT AUTHOR GUY FINLEY

Professionals from around the country are realizing the power of Guy Finley's life-changing message of self-liberation. Here's a sampling of their comments:

"For the gifts of insight which Guy Finley continually brings to our awareness, we are changed... and are truly, truly grateful."
- Carolyn Craft, host of Wisdom Radio's Inner Wisdom

"Guy and I connected once again for a very powerful hour of radio. I always get a lift when we talk and the listeners obviously do as well. I have dubbed him, 'The resident philosopher' of the program. I look forward to speaking with him again in the future!"
- Jordan Rich of *The Jordan Rich Show*, WBZ-AM Boston

"Guy Finley's books helped to give my life direction and guided me to meaningful change. On a scale of one to ten, Guy's books are 12+!"
-Larry James, author of *How to Really Love the One You're With*

"My listener response was tremendous, and Guy's ability to explain difficult concepts with easy-to-grasp practical examples make him one of the truly important voices of our times."
- KABC, Los Angeles, CA

"The hour I spent with Guy Finley was inspiring. Bravo! He changed many lives that night. Fantastic job! He'll be with us again and again."
- WARA, Attleboro, MA

"Thank you so much for the terrific interview. After the show aired, more listeners called to get the address. You are incredible!"
- WEZC, Charlotte, NC

"Meet best-selling author Guy Finley. His books... have been described as navigational guides through the personal universe of self-conflict. He has helped millions live fuller more peaceable lives."
- Barnes & Noble Booksellers

"If there is ever a Nobel Peace Prize awarded for outstanding work in the field of 'Self-Freedom,' Guy Finley will head the short list of nominees."
- Dr. William Colson, Past President, Church of Religious Science

"Guy Finley doesn't just talk about self-freedom...but leads you through the doors of yourself into a Higher World within yourself where you discover you are already free!"
- Alan Corbeth, Executive Producer, *Coast to Coast with Art Bell*

"Our audience loved the insight of Guy Finley and responded with numerous live telephone calls."
- WJCW, Johnson City, TN

"Guy Finley's appearance on WBEN's *Newsday* generated many calls. It's obvious listeners are looking for this information."
- WBEN, Buffalo, NY

TWO DECADES OF MEDIA EXPERIENCE

Hundreds of Appearances on Local and National Radio/TV Programs Across America

Wisdom Channel, New Dimensions with Michael Toms, Coast-to-Coast with Art Bell, Entertainment Tonight, PBS, NPR, CNN, David Essel Alive, Talk Radio Network, USA Today, and Hundreds of other Talk Show Appearances including:

KOA - Denver, CO	WGR - Buffalo, NY	KMBC - Kansas City, MO	KABC - Los Angeles, CA	WAAM - Detroit, MI
KIDO - Boise, ID	WTNY - Watertown, NY	WVON - Chicago, IL	WRC - Silver Spring, MD	KMPC - LA, CA
WHIO - Dayton, OH	KDWN - Las Vegas, NV	WWKB - Buffalo, NY	WJON - St. Cloud, MN	WDZ - Decatur, IL
WLLH - Boston, MA	WWJ - Southfield, MI	KNST - Tucson, AZ	WTAX - Springfield, IL	WKEM - Dover, DE
WOKQ - Dover, NH	WCRM - Chicago, IL	WMHK - Columbia, SC	WICC - Bridgeport, CT	WBZ - Boston, MA
WERE - Cleveland, OH	WTOY - Madison, WI	WJCW - Johnson City, TN	WKBN - Youngstown, OH	KLOS - LA, CA
KFAX - Fremont, CA	WCEV - Chicago, IL	KDAL - Duluth, MN	KWAB - Boulder, CO	WLEA - Hornell, NY
WDLX - Greenville, SC	KOHO - Honolulu, HI	WJFK - Baltimore, MD	KSDO - San Diego, CA	KVEL - Vernal, UT
KTRY - Monroe, LA	WBUT - Pittsburgh, PA	KGAM - Palm Springs, CA	KSOO - Sioux Falls, SD	KVET - Austin, TX
WRVA - Richmond, VA	WAVG - Louisville, KY	WAPI - Birmingham, AL	KIEV - Pasadena, CA	WRRO - Warren, OH
WBKV - West Bend, IL	WNOX - Knoxville, TN	WNCI - Columbus, OH	WFBG - Altoona, PA	KPKF - LA, CA

MEDIA CONTACT

Barbara Norby * 541 956-8954
barbara.norby@guyfinley.org

**“Best-selling ‘Letting Go’ Author Guy Finley
Provides a Book of Daily Inspiration”**

*A Review of Guy Finley’s 365 Days to Let Go
by author and psychologist Dr. Ellen Dickstein*

We suspect that life offers us a gift every day. But how do we make that gift our own? The key is to quiet the mind and let the truth of the moment reveal itself to us. Best-selling author Guy Finley has now provided an invaluable tool to help us do just that.

Meditation is an ancient practice that is recognized today as a significant way to relieve stress and improve health and wellbeing. Many people find that their meditations are enhanced if they contemplate a higher idea while sitting quietly. In his latest book, *365 Days to Let Go: Daily Insights to Change Your Life*, Finley has written 365 nuggets of truth, one for each day of the year. But this is more than just a collection of beautiful sayings. What makes this collection of higher inspiration so unusual and powerful is that each of these quotes is matched to a specific day of the year to help the individual come into closer relationship with the unique gift of life that particular day presents.

One theme that underlies every aspect of the universe is transformation. Our own lives are meant to be a beautiful transformation into our celestial nature as we let go, one by one, of all the ties that hold us to our lower nature. This process is reflected everywhere we look, and nowhere more clearly than in the passage of the seasons. In *365 Days to Let Go* Finley tells us that, “Each of the four seasons, their countless stages, all the actors appearing there: clouds, rain, earth, grasses, sunlight, trees, fruit, seeds, winds, and dancing leaves—all serve to reveal a great, silent, and unseen story called ‘Letting Go.’”

As the year progresses, each day falls in a different stage of the cycle. The burgeoning of spring, the fulfillment of summer, the letting go of fall, and the withdrawal into winter where the new seed replenishes itself before beginning the process again – each stage has its own beauty and meaning that is necessary to the success of the whole. By focusing our meditation on the essential nature of that day’s role in the entire cycle, we bring ourselves in line with the higher power that drives the seasons and our own lives.

In addition to the daily quotes, Finley’s introduction to the book explains the meaning and importance of cycles, and his introduction to each season explains that season’s significance to the whole pattern.

365 Days to Let Go is a beautiful book, not only in its words, but physically as well. And because each quote is associated with a specific day, but the days of the week are not listed, readers can use this book year after year as a daily companion.

How encouraging to start off each day with a message that sets us off on the right path. For example, this quote for December 20 heartens the reader with the truth that entering winter is something to be welcomed, not feared: “When the love of God is your guide, you never step into a moment that isn’t what you’ve always been waiting for.”

365 Days to Let Go is in a new format that makes the author’s deep insight accessible on an intimate daily basis. This is a book to be treasured and referred to again and again.

MEDIA CONTACT

Barbara Norby * 541 956-8954
barbara.norby@guyfinley.org

**Ten Possible Questions for Guy Finley
about *365 Days to Let Go***

1. Would you explain the reason for creating a book in this format – a book of quotes centered on the days of the year?
2. What is the significance of the seasons in relation to our own lives?
3. What is the message in any particular season – spring, for example? Or winter?
4. Some days when our hearts feel like they're living in winter, what encouragement can understanding the cycle of the seasons offer?
5. You imply that the cycle of our own lives is part of a much larger cycle involving not only the seasons, but the birth and death of stars and galaxies. Would you explain?
6. How can we use our understanding of these cycles within cycles to elevate our own lives?
7. How should readers use this book to get the most advantage from it?
8. Why is it helpful for the reader to contemplate quotes selected for each day of the year?
9. Would you talk a little about the value of meditation and what the process is all about?
10. In all your writings you deliver the message that there's much more to life than we see, unless we learn to look for it. Will this book help people learn to look?

MEDIA CONTACT

Barbara Norby * 541 956-8954
barbara.norby@guyfinley.org

Additional Titles by Guy Finley

Books

The Secret of Letting Go (Llewellyn Worldwide, 1990, revised 2007)

The Secret Way of Wonder (Llewellyn Worldwide, 1992)

Freedom From the Ties That Bind (Llewellyn Worldwide, 1994)

Design Your Destiny (Llewellyn Worldwide, 1995)

The Intimate Enemy (Llewellyn Worldwide, 1997)

Lost Secrets of Prayer (Llewellyn Worldwide, 1998)

Seekers Guide to Self-Freedom (Llewellyn Worldwide, 2002)

Apprentice of the Heart (White Cloud Press, 2004)

Let Go and Live in the Now (Red Wheel/Weiser/Conari Press, 2004)

365 Days to Let Go (White Cloud Press, 2007)

The Essential Laws of Fearless Living (Red Wheel/Weiser/Conari Press, 2008)

Audio Programs

Heart and Soul of Freedom (Life of Learning Foundation, 2001)

The Turning Point (Life of Learning Foundation, 2003)

Liberation of Consciousness (Life of Learning Foundation, 2004)

Education of the Soul (Life of Learning Foundation, 2004)

The Illusion of Limitation (Life of Learning Foundation, 2005)

Secrets of Being Unstoppable (Life of Learning Foundation, 2005)

The Meditative Life (Life of Learning Foundation, 2006)

Living Now (Life of Learning Foundation, 2006)

Seven Steps to Oneness (Life of Learning Foundation, 2006)

The Genesis of Love (Life of Learning Foundation, 2007)

MEDIA CONTACT

Barbara Norby * 541 956-8954
barbara.norby@guyfinley.org

HAPPINESS

Sample Published Article

This article by Guy Finley was printed in the Fall 2006 Issue of Balance Magazine



you can change the world

A great secret
rests inside
the heart
of every
human being

By Guy Finley



Each of us is created with the power
to change the whole world.

Every human being is born into this world with a nascent interior light. We can think of this light as the power of higher conscience by whose compassionate intelligence we learn to discern what is helpful from what is harmful—to intuitively know the difference between what is good and true, and what is dark and destructive.

Your Higher Conscience

When we do our part to make this power active within us, we begin to realize the great truth that nothing on Earth has the power to hurt us. After all, how can any negative force prevail if the light of conscience reveals its unsavory character before it begins its punishing action? Just think of the promise in such a power! Fear, stress, worry, anger, regret, and resentment could hold no sway over our hearts and minds. We are liberated to do what is right and loving in any moment we choose—no matter the circumstances life brings our way.

Now, you may ask, "That's a wonderful idea, but what does my own higher conscience have to do with changing the world?"

In a word, everything! Consider this: Is there any speck of light anywhere in the universe that isn't part of all the light in the universe? The answer is "no." Our own common sense,



ancient wise philosophers and sages, and modern Quantum physicists all agree: Light is timeless and indivisible.

Building on this truth, let's ask another important question: Is there any speck of darkness anywhere in the universe that isn't part of darkness everywhere in the universe? Again, the answer is evident. For instance, is the dark hatred or fear that consumes a soul in Britain any different in nature from a similar dark state that consumes someone in Brazil—even though the two are thousands of miles apart? We can clearly see that they are both part of the same darkness.

Now, here's why this idea is exciting to those of us who truly wish to change the world: If we bring light into any darkness anywhere, is not darkness everywhere made less? Mustn't even the tiniest bit of light added to even the greatest darkness leave that same darkness not so impenetrable? The answer is a brilliant yes!

Positively Negate the Negative!

Once we agree to actualize the Living Light in our own individual life, everything around us, including those things beyond the sphere of our awareness, is altered in its fundamental makeup. Negating even the smallest negative positively changes the whole of reality. All that's required to realize this promising fact in our life, is that we first understand the possibility of changing the world, and then make the specialized interior effort to effect this grand transformation of life.

And here's exactly how we do it: we no longer allow ourselves to identify with any negative state, regardless of why that state tells us we must embrace its painful presence. We must become as ruthless in detecting and rejecting dark thoughts and feelings as they have been ruthless in wrecking our lives. Here is why this instruction is such an imperative if we wish to know the bright life.

Each time we say "I" to what is destructive or corruptive in us, we actually incorporate and reinforce that same dark state. For example, when we say, "I am angry," or "I am stressed out," we literally give consent for the dark force of anger or stress to live inside of us. We become the embodiment of the negative state, and it strengthens its hold on our heart and mind. I know this may seem like a radical idea, but if we observe this process in action, we find that it's absolutely true.

Whenever we identify with negative forces, we unknowingly provide them with two conditions they can't otherwise have: First, we give

these chaotic states a place to appear within a plane of reality to which they ordinarily have no other access. And second, at the same time, we lend them the vital life energies they must have to sustain their life-draining presence within our psychic system.

There is great power contained in this new understanding, for when we refuse to supply negative states with the vehicle and the life force they need to survive, they cannot flourish. Withdraw water from where weeds grow, and they will wither; it's a natural law. So, if we wish to end the relationship with what compromises us, we are only required to do one thing: we must no longer lend ourselves to the will of any dark state looking to use us as its vehicle.

Do the Light Thing

This means that in moments of trial, our first task is to wake up, become fully aware of ourselves, and then dare to do the light thing. Here are five simple exercises that you can use to prove this powerful universal principle to yourself:

1. Help make the life of someone else go a little easier in spite of it making yours go a little harder.
2. Refuse to criticize yourself—or anyone else—for not living up to your expectations.
3. Give no voice to any part of you that wants to complain about anything.
4. Catch yourself in a dead run to get something done and voluntarily drop out of the race by deliberately assuming a casual pace.
5. Take one difficult moment and use it as a place to start all over instead of a time to sink into self-pity.

By practicing with these five exercises, you will discover the great power behind the principle of not giving life to negative states. You will begin to see how, when we do the work to change ourselves, the whole of life begins to change for the better. Our health improves, our relationships improve, and we begin to realize our part in the great work of becoming a brighter and brighter embodiment of the light of the world. 

Guy Finley is the best-selling author of *Let Go and Live in the Now* (Red Wheel/Weiser) and 30 other works on self-transformation and higher success. He can be reached online at www.guyfinley.org.