

LET GO AND LIVE IN THE NOW

Awaken the Peace, Power,
and Happiness in Your Heart

by **GUY FINLEY**

JUST AS BRIDGES must be built between cultures and countries, so too must bridges be built to span the distance between the great wisdom teachings of centuries past and our own times. *Let Go and Live in the Now* is such a bridge. Its gentle but sometimes shocking revelations reach right into the mind of the seeker of the higher life, filling it with a palpable new light that helps bridge the distance between who we are at present and what we may yet become.

Each chapter is filled with timeless principles presented in a current context. These principles are made practical and are empowered by the numerous ways in which the author suggests their application to modern-day life. Much more than just a set of “how to” instructions, this is a book whose thought-provoking stories and penetrating insights work directly upon the heart of the reader, to help start the internal process of self-healing.

Let Go and Live in the Now is a living example of the timeless wholeness to which it leads its reader. It is gentle and striking, urgent and restive, serious and light-hearted. This book is for any person who longs not just to discover the truth of themselves, but who wishes to become a conscious participant in the great transformation of our Living Universe.

Praise for *Let Go and Live in the Now*

“What sets his book apart is the stillness that seeps into the heart from simply reading Guy Finley’s gentle insights.”

- Hugh Prather, author of *Spiritual Notes to Myself*

“If you want more happiness, joy, and fulfillment in your life, read this book and dance in the streets.”

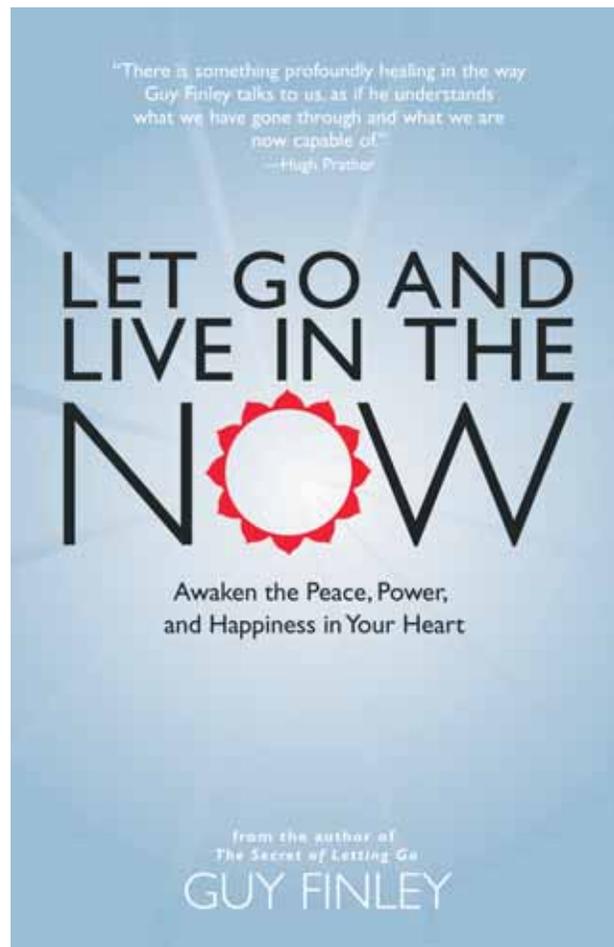
- Michael Toms, *New Dimensions World Broadcasting Network*

“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*

“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*



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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 30 books and audio albums that have sold over a million copies in 16 languages worldwide. In addition, he has presented over 1,000 unique self-realization seminars to thousands of grateful students throughout North America and Europe over the past 20 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. He is the director of non-profit Life of Learning Foundation in Merlin, Oregon.

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368 Congress St., Fourth Floor • Boston, MA 02210

Advance Praise...

***Let Go and Live in the Now:
Awaken the Peace, Power, and Happiness in Your Heart***

Guy Finley/Red Wheel

"There have been other books on the presence of Truth and the quietness of the means needed to experience this presence as our Self. What sets this book apart is the stillness that seeps into the heart from simply reading Guy Finley's gentle insights. There is something profoundly healing in the way he talks to us, as if he understands what we have gone through and what we are now capable of."

—Hugh Prather, author of *Spiritual Notes to Myself, Shining Through, The Little Book of Letting Go, Standing on My Head*, and many others

*"Guy Finley possesses a natural capacity to apply profound wisdom in everyday life situations. The great masters of ages past come alive in *Let Go and Live in the Now*. If you want to have more happiness, joy, and fulfillment in your life, read this book and dance in the streets."*

—Michael Toms, co-founder of New Dimensions World Broadcasting Network and author of *A Time For Choices: Deep Dialogues for Deep Democracy* and co-author of *True Work: Doing What You Love and Loving What You Do*

"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*

"Step by step we are escorted through beaming layers of Knowledge. We are led by experience, neither by observation nor by the mind . . . and we descend into the deepest layers of ourselves. With each revelation, Guy opens another door to our heart—a sense of calm overtakes the static prevailing in our everyday life. We are left still, with only the fullness of our breath . . . aware of every living thing . . . and more. Time stands still. Living is effortless. Our capacity for 'relief' expands . . . buoyant and free, we are overtaken and transferred to the dimension our soul yearns for. Life is not only good. Life is even better . . . rich with the newness of 'first' taste, touch, smell, and sight. There is understanding . . . every event, every person. Peace is born, lived, and goes beyond. 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®*

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About the Author

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 30 other books and audio programs that have sold over a million copies in 16 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 20 years and has been a guest on over 400 television and radio shows, including national appearances on ABC, NBC, CBS, CNN, NPR, Wisdom Network, and many others. His syndicated weekly radio program is aired on several international networks including Healthylife Radio Network, WorldTalkRadio Network, and Contact Talk Radio International.

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.

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, Debbie Boone, The Jackson 5, Billy Preston, 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

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An Excerpt From
Let Go and Live in the Now
by Guy Finley

We tell ourselves that we want a new life; in our minds we see ourselves reclaiming our right to live without limitations. We see ourselves walking away from destructive relationships and letting go of negative thoughts and feelings. And this is the very problem. We talk to ourselves about a fresh start and even plan the path we will take *when things get right* . . . but that's it. We think, but rarely act. We dream, but won't awaken to the one fact we must face if we would make a fresh start: *The new beginning we long for is now or never.*

There is no such thing as tomorrow for anyone who really has it in his or her heart to start over with life. There is only one place where we can hope to make a fresh start in life, and this has to be in that place where life itself is new all the time. But before we discuss where this fountain of fresh starts is found, we must grasp what may be a challenging idea: the true place of all new beginnings—the only one where it is possible for us to begin our life over anew—is, in reality, neither a *place* nor a *time*.

This thought may seem a bit confusing at first but, by calling on personal experience, we can confirm the truth of it. All of us know those high hopes we have that a new relationship, or change of career, will give us a new starting place in life. But we also know, at best, that these times and places in our lives are more like the momentary burst of a skyrocket than a permanent star on the horizon. And when the sizzle fizzles, we are right back where we started from, looking to change another set of conditions and calling this a fresh start.

As long as we look for some person or a point in time as the starting place for where we will make our new beginning, we cannot succeed. What is genuinely new is not personal, physical, temporal, or otherwise conditional at all. Such places that we long for are little more than illusions, creations of one's own desire trying to douse its own fires. And this is just the point: these longings for a fresh start are promise-driven, but powerless to deliver us to where within us a new life begins. This brings us to a key lesson.

The home of the new does not begin in the fading fires of the old; it is not a continuation of passing time or creature, but the secret ground from which these conditions arise. This teaches us that what is truly new begins only as the end of something is reached, a finding that calls to mind the myth of the fire-feathered phoenix resurrected out of dead ashes—a timeless image that amplifies the teaching that Real Life is never merely a continuation of what has been. This discovery that we must lose what *was* before we can have what *is* has meaning beyond what words can describe, but one of the ways we can apply this insight to our everyday life might look like this:

We cannot *plan* a fresh start in life; if we want a new life we must do something new. We must act in the *Now* . . . beginning with calling upon the light of our new understanding to go before us. Here is what this means to us in practical terms:

The fresh start we seek appears only as our old self disappears— only as we willingly die to who we have been.

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**Sample Interview Questions for Guy Finley
Relating to His Newly Released Book
*Let Go and Live in the Now***

1. Can you give us a simple example of what it means to “let go” -- and how learning to let go can help us to change our lives for the better?
2. Your description in chapter one of “eight indications of a broken heart” is a real surprise. Will you tell us what you mean by a “broken heart”, and what we can do to make our hearts healthy and whole again?
3. “Living in the Now” has become quite a popular idea these days, but what exactly does this mean? And how can living in the now empower a person to realize a happier and higher life?
4. Why do you think there is so little peace in the world today? What’s missing?
5. Would you tell us about what you call the “three thieves of peace,” and how they steal from us our right to be quietly content?
6. Everyone wants to be able to start life over. You write that we can uncover in ourselves what you call a “fountain of fresh starts”. How do we go about making a truly new beginning in our lives?
7. In chapter six you describe a secret that any of us can learn that can help defeat any discouraging thought or feeling. What’s the secret?
8. When someone hurts us, most of us feel it’s our responsibility to see that they get what’s coming to them; but you write that to seek revenge only wrecks us, and that higher laws see to their punishment. Please help us understand this unusual idea.
9. In the last 15 years, you have published over 24 original works. Is there some relationship between learning to live in the now and tapping into higher creative energies?
10. Near the end of your book you write that we can each help make our world a better place by becoming what you call the “light of the world”. How can we get started making our world a brighter place?

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Author Guy Finley Reveals How to Let Go and Live in the Now

Reviewed by Dr. Ellen Dickstein

In his new book, *Let Go and Live in the Now* (Red Wheel/Weiser, 2004, 224 pages, \$14.95), best-selling author Guy Finley makes two things very clear: first, that the loss of peace, power, and happiness in our hearts is not the fault of any person, power, or circumstance outside of us. Second, that we can regain all that we have lost, providing we do one thing: we must solve the mystery of ourselves. Only then will we learn the real reasons why life so often seems intimidating or dissatisfying, and why our hearts break as easily as they do. Fortunately, all of the crucial answers to these vital questions are waiting for us, and their beautiful, life-healing truth shines right through the pages of *Let Go and Live in the Now*.

This is the kind of book one can hardly put down. The inner-life secrets revealed are so deep, so powerful, so numerous — and yet are so simply expressed — that the reader is carried along effortlessly. Here are the keys to entering into a whole new relationship with life itself; even petty problems disappear as we learn to let go of a limiting sense of self by joining ourselves to the higher meaning of the moment. This liberating process not only transforms us, but also has the power to transform the very world we live in.

Guy Finley uses stories extensively to present his message. They are suspenseful, funny, uplifting, and quite effective at pointing out the foibles and folly of human beings, as well as the heights of strength and grace that can be experienced through an enlarged understanding.

Many of the stories involve children who are gently guided to a higher awareness by wise adults. These stories touch that nascent, developing part of the reader that is now only an unfulfilled promise, but that has the potential ultimately to rule our lives. It is this True Self that is realized and released when we at last learn to let go and live in the now.

Each chapter in *Let Go and Live in the Now* looks at the process of letting go from a new angle. Just a few of the revelations in this book include how to realize and release the roots of painful attachments, how to uncover the fountain of fresh starts hidden in you, and practicing the presence of peacefulness.

This book is perhaps the finest of Guy Finley's works — the culmination of over 25 years of teaching these principles and a lifetime of study. It is highly recommended to all who wish to understand their lives now, and who are seeking direction and inspiration to reach for the Higher Life that is our divine birthright.

Guy Finley has written over 25 books and audio albums that have been translated into 12 languages. For information about the author and his works visit www.guyfinley.com.

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WHAT THE PROFESSIONALS ARE SAYING ABOUT AUTHOR GUY FINLEY

Thousands of people from all walks of life are putting Guy Finley's powerful message of self-liberation to work for themselves. Here's a sampling of their comments:

"Guy Finley has achieved what may very well prove to be the quintessential work in the field of self-help, an important, don't-be-without, navigational guide through the personal universe of internal conflict. In his inspired manual, Guy's gift of insight shows us a simple and natural way to let go of our unnecessary suffering.... (something a \$200 an hour Beverly Hills shrink would be hard pressed to do!)"

- Tony Martin, Jr., Composer-Producer

"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 are essential for positive living and achieving your maximum potential."

- Suzanne Somers, Actress/Author

"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 Noble 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

"A world-renowned expert at the forefront of human potential."

- Nightingale-Conant, World's Largest Producer of Motivational Books-On-Tape

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WHIO - Dayton, OH	KDWN - Las Vegas, NV	WWKB - Buffalo, NY	WJON - St. Cloud, MN	WDZ - Decatur, IL
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WBKV - West Bend, IL	WNOX - Knoxville, TN	WNCI - Columbus, OH	WFBG - Altoona, PA	KPFK - LA, CA

This Guy Finley article was printed in the Fall 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.