

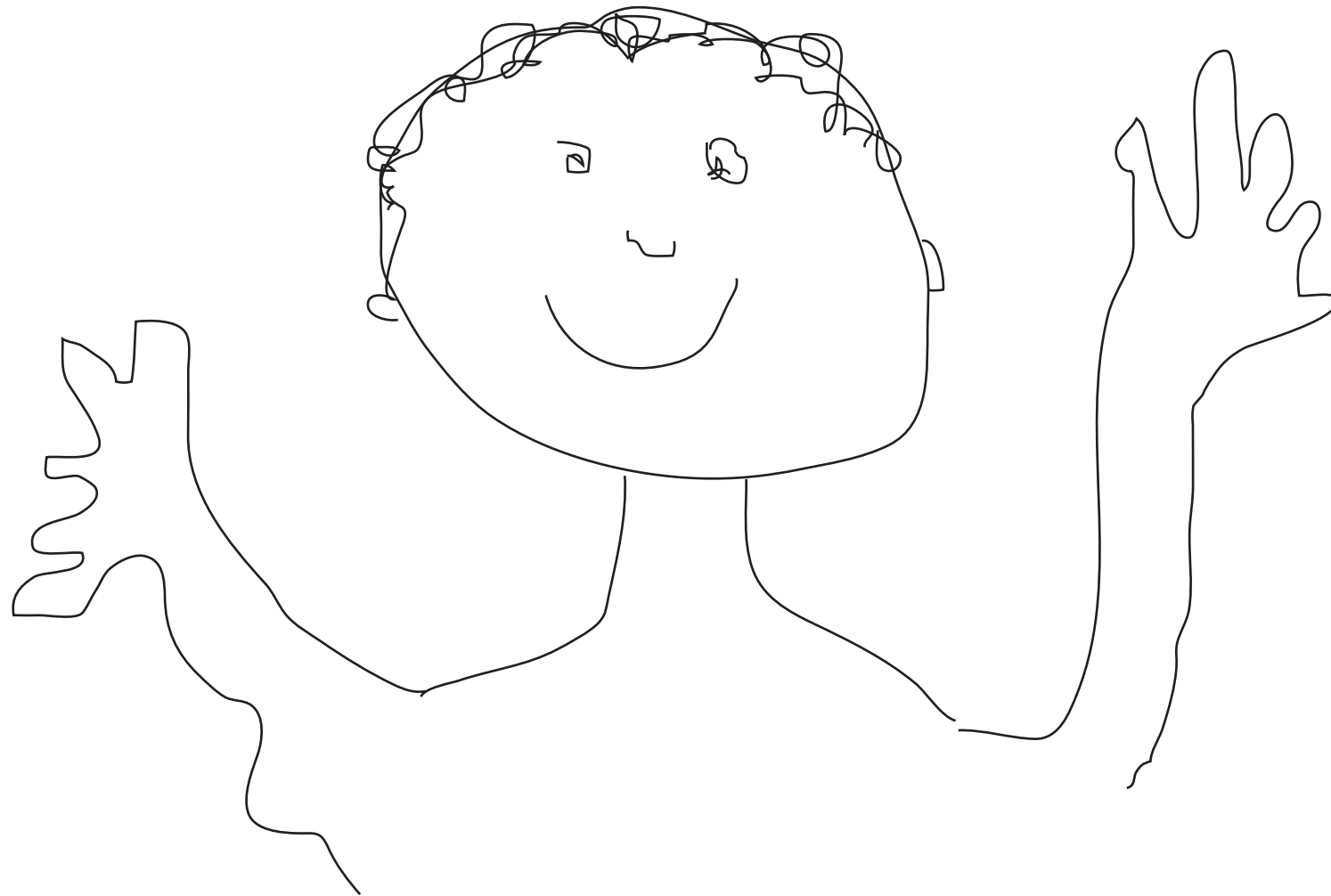
Lisa Esile

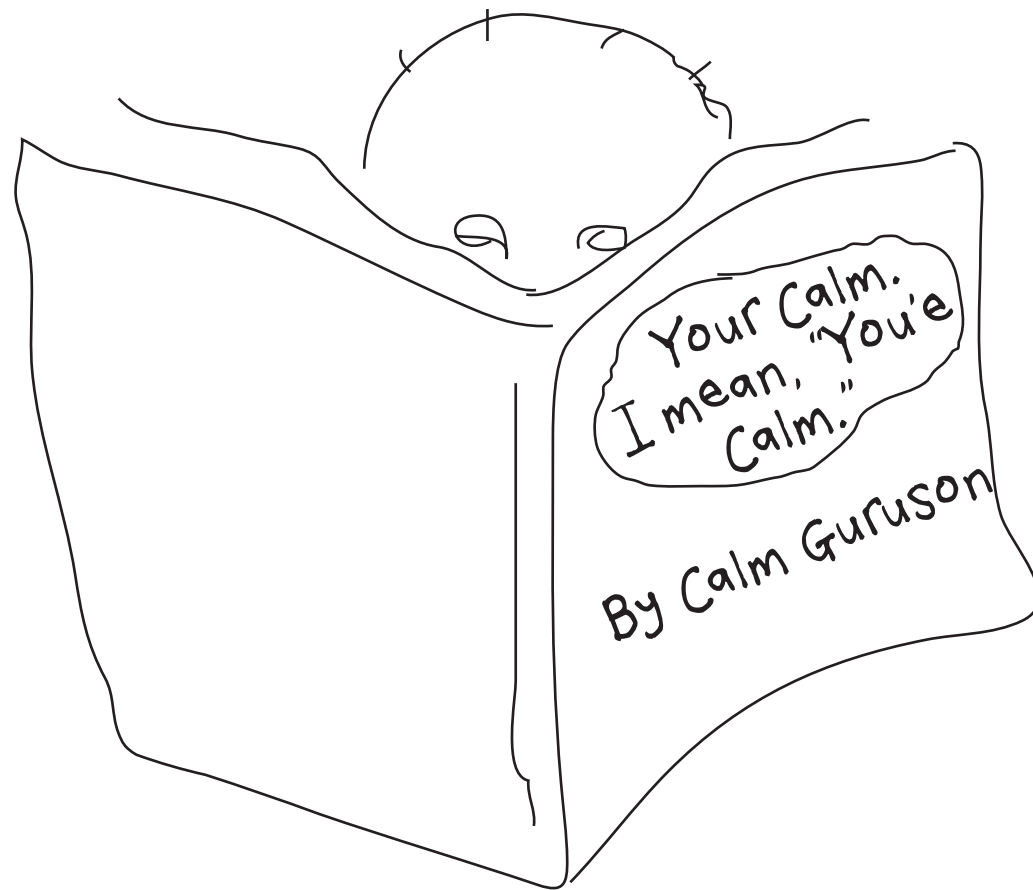
The SMART but LAZY
Person's Guide to Feeling
Awesome and Ultimate
ALL the time

No Experience Required
No Meditation Necessary



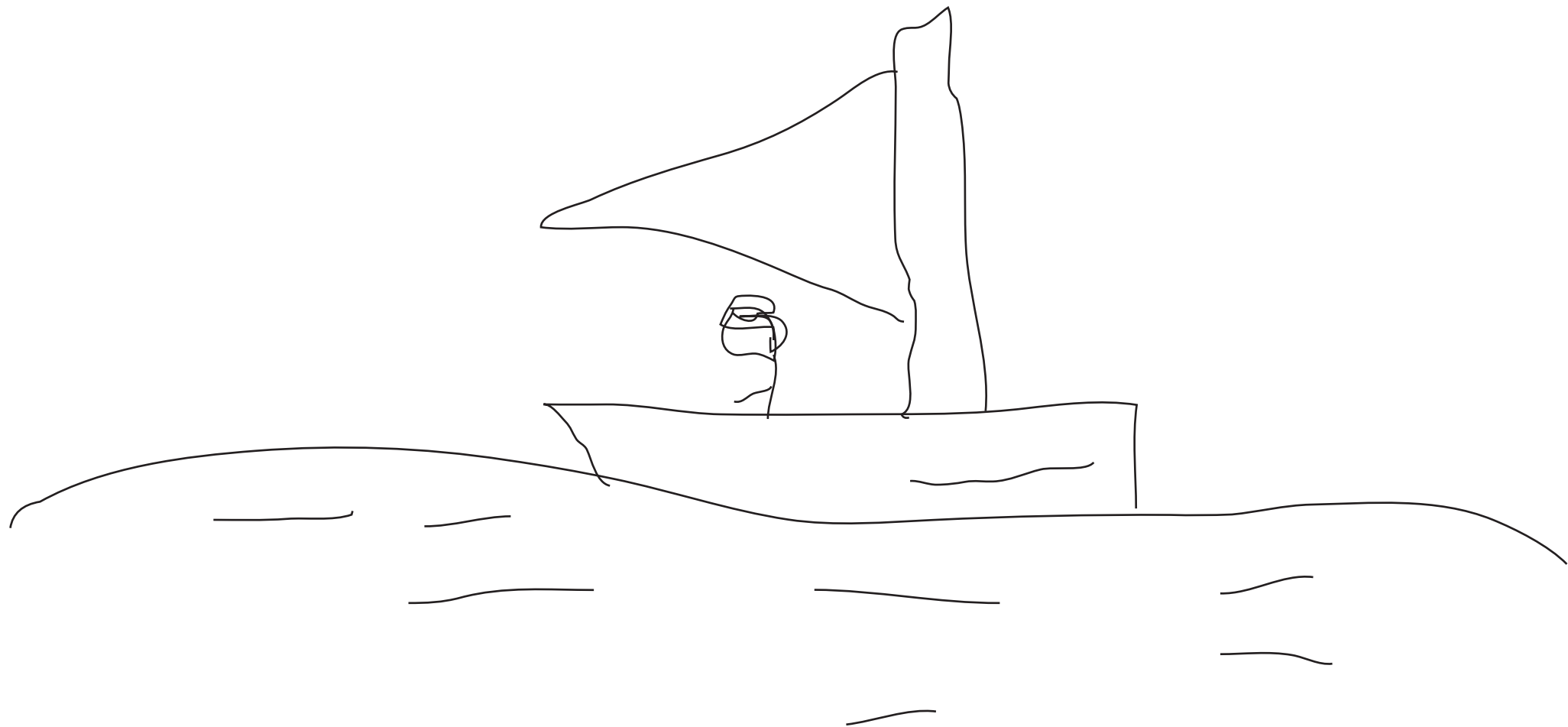
You know how sometimes you feel
AWESOME and relaxed
and on top of things?





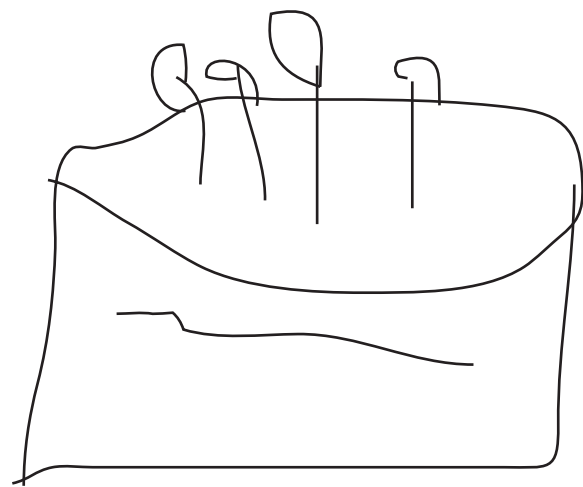
Like after you read a book about how to
feel AWESOME & ULTIMATE

or you've been out on your imaginary boat?



But then other times you don't feel
AWESOME or ULTIMATE.

Like when everyone forgets your birthday ...



Or when you remember how mean you were to a kid in high school and you can't believe what a bad person you are & your BAD PERSON FEELINGS get in the way of your CALM FEELINGS until there are no more calm feelings left. And even if you read 73 "How to Be Calm" articles you still can't find them and then you try & meditate but your silly bad guilty feelings keep poking their silly pokey nose in so that doesn't work either and when you go out on your imaginary boat the slap slap of the imaginary water is more annoying than comforting?

Or maybe you
suddenly
feel less awesome.

And you're left
wondering

Where are you,
CALM feelings??

It's pretty upsetting.

Not just because you feel non-AWESOME,
but because you know HOW to feel
AWESOME -you've done it before, you're
just sucking at being AWESOME and
ULTIMATE now.

The thing about feeling Awesome and ULTIMATE

ALL THE TIME...

(I'm watching Breaking Bad while I write this. This is why this page isn't as funny as the other pages.)

It can seem like everyone else
knows how to do this . . .


Or at least people who write about
how to feel calm and be AWESOME

- they know how to do this, right?

I've turned off the telly.
So I can be clear. And **SERIOUS**.

Don't believe anyone who
says they do

Here's why . . .

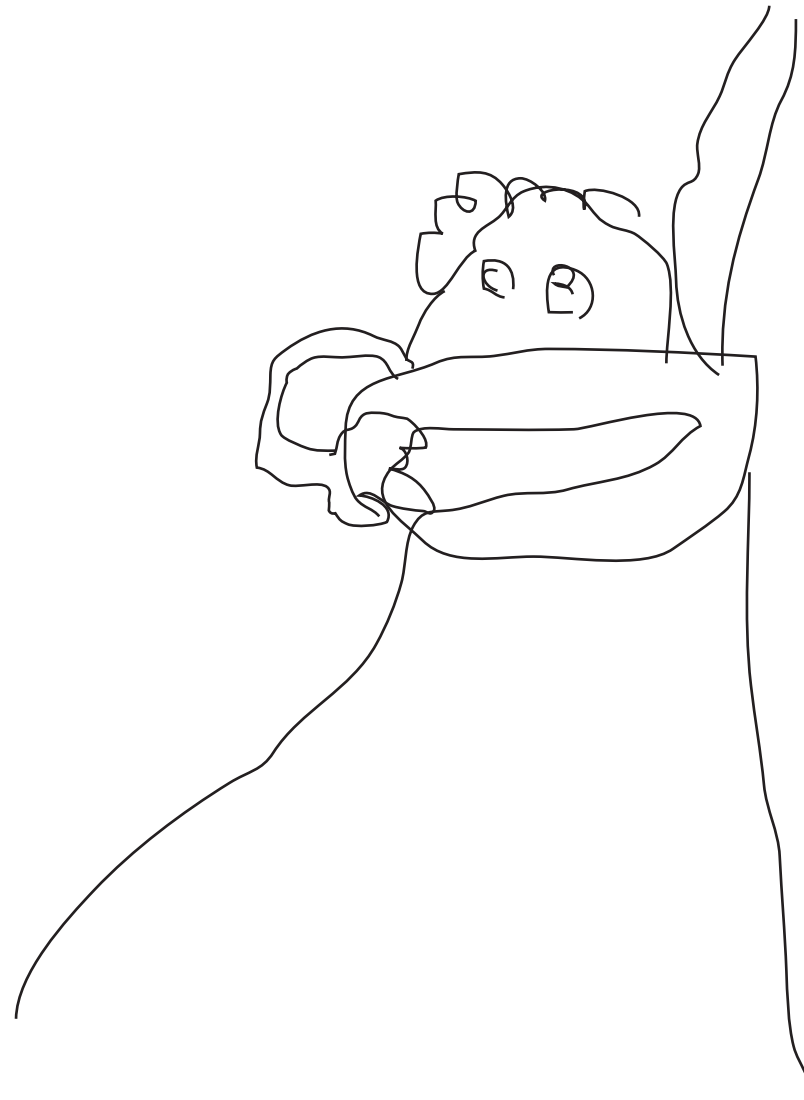


Feeling Non-Awesome
is normal
&
perfectly healthy.

It's like food poisoning.

Pooing and puking up a rotten chicken gibleet feels horrible.

Horubble (New Zealand)
Haw-rible (U.S)



But it doesn't make you think you're
FAILING at being non-pukey ...

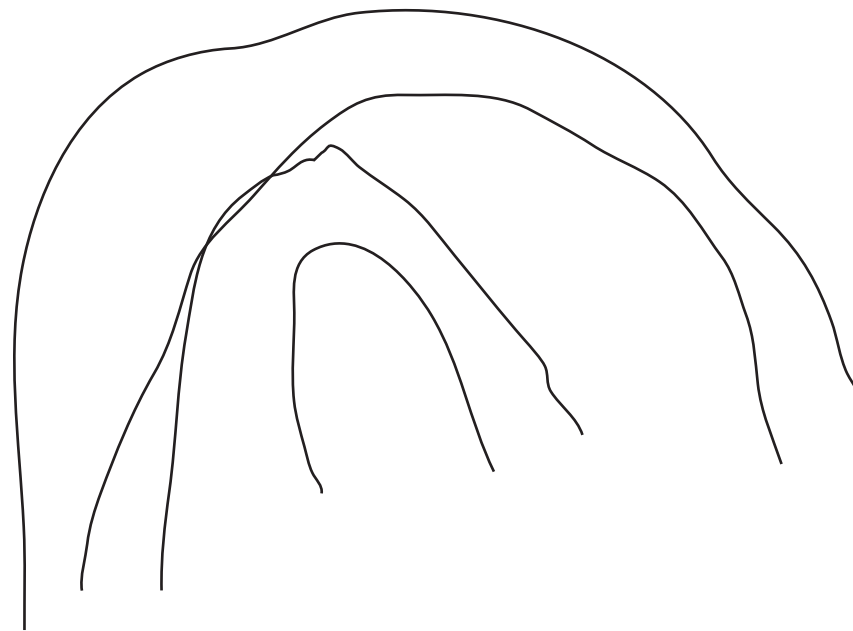
you just think oh well, I'm
having a pukey time right now.

The most common QUESTION I hear is:

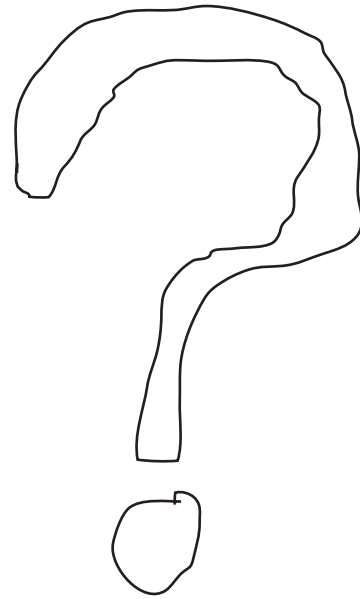
"I feel good sometimes but how do I maintain it?"

ANSWER: Stop trying to.

You're chasing after the wrong rainbow.



The QUESTION is faulty.
BUT within it lies the answer.



It's a clever question.

The question implies

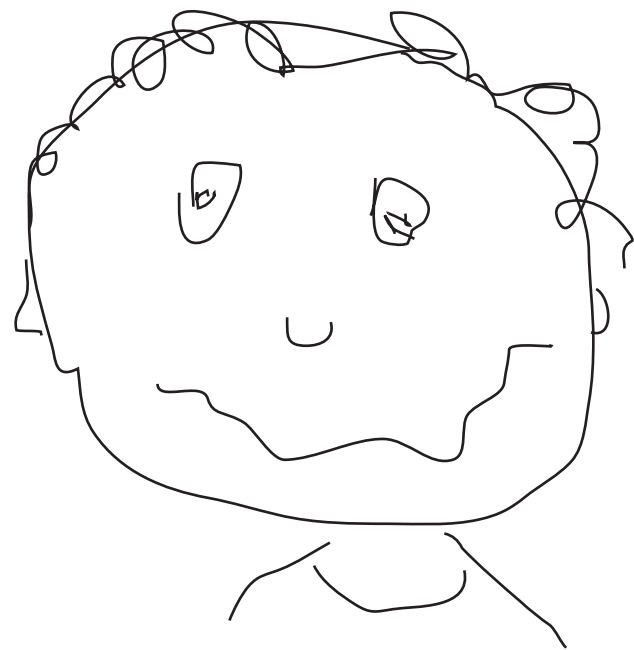
1. Feeling AWESOME is good and right.
2. Feeling non AWESOME is bad and wrong. AS if we're doing something wrong.

Try this, next time you feel non-ULTIMATE

Rather than think - OMG how can I change this, I'm doing something wrong.

Think -

ah, look at that, I'm feeling non-ultimate.

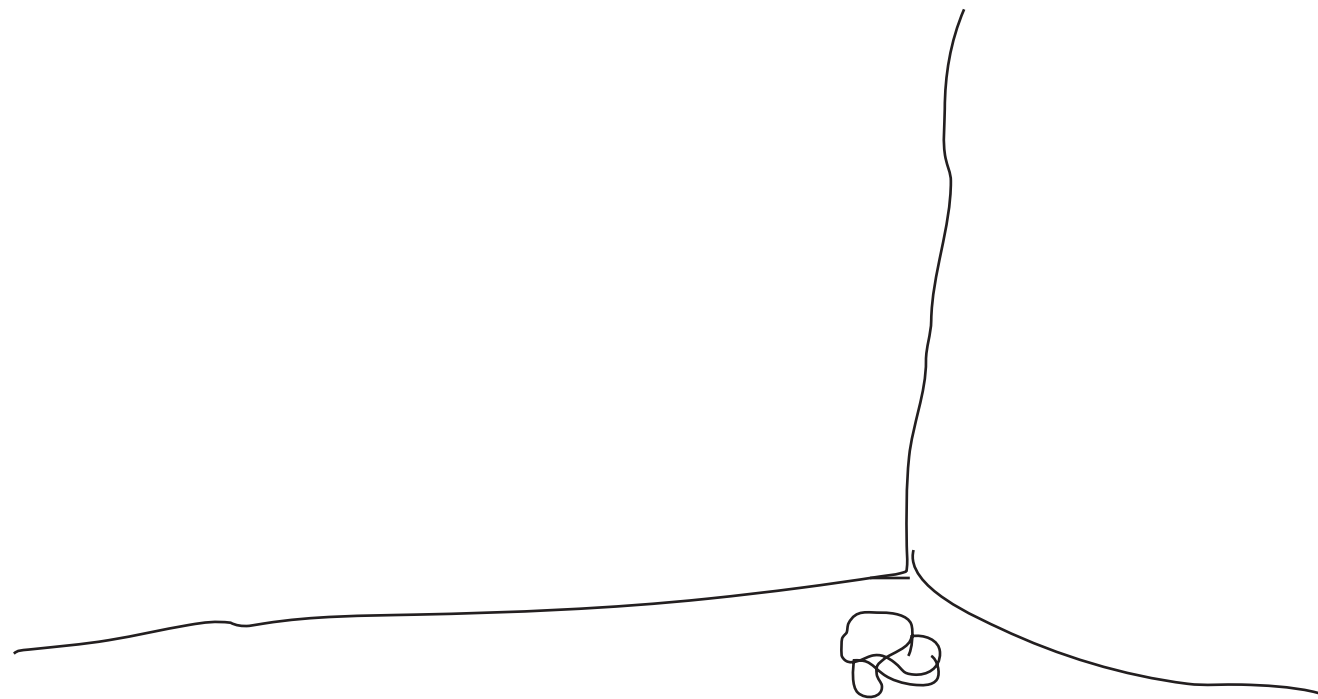


You are ALWAYS
AWESOME and ULTIMATE

The only reason you don't feel it at the moment is because of chatter TEMPORARILY happening in your mind.

You'll feel the awesomeness again soon. Very soon.

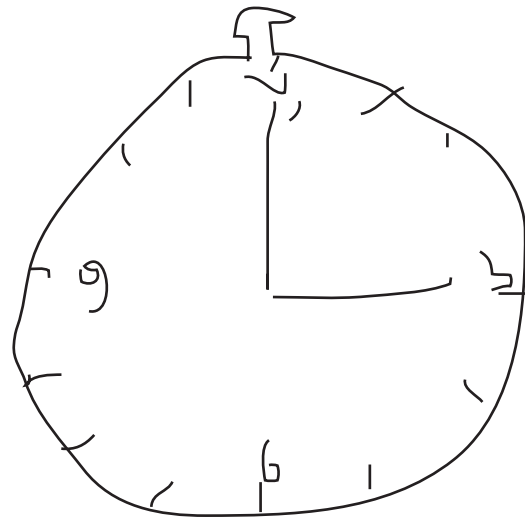
Put your pukey mind in the corner.
Let it be pukey. Remember, all the mean
things it's saying aren't true.



& be gentle with yourself.

It's very healing.

AND the more you "go with it" the quicker the spewing will stop.



I learned this during my mostly
silent year when I let my PUKEY thoughts
SPEW all over me.

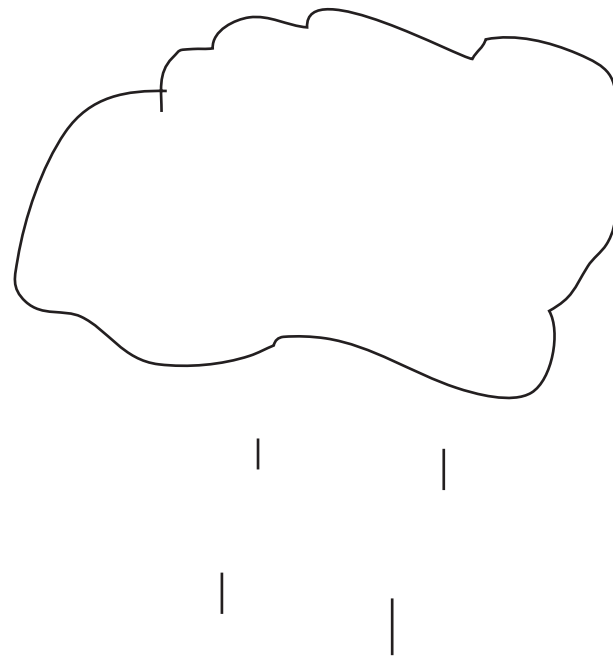
It shifted something deep within me.

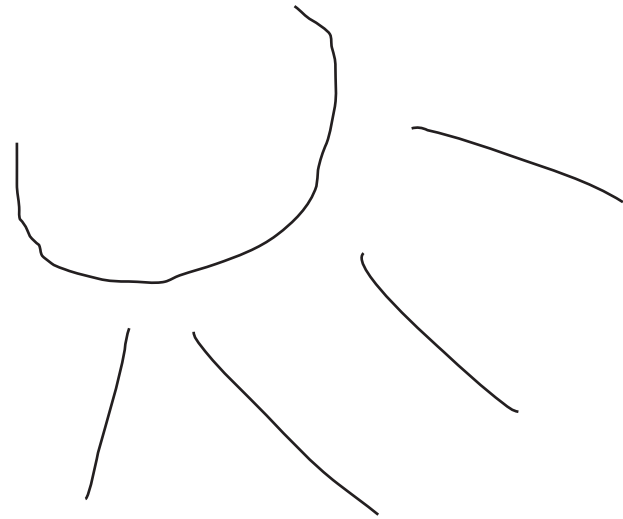
But you don't need a "YEAR of SILENCE" to practice this, you can do it anytime you have thoughts you don't like.

And slowly & gently something will shift within you too.

Cereal.

Enjoy the sun. And when it rains,
which it will, let the rain be rain.





You can go back outside after the rain. The sun will still be there.

PS: Last weekend my husband Franco and I went to the Venice Street Fair.

It was a very busy fair and the AMAZING PIZZA shop had a queue to the street.



Gluten Free Mushroom Delicious Pizza,
Half Vegan Half Dairy Lover.

The woman at the counter said she was too busy to make the kind of pizza we wanted.

But when we went outside we bumped into the owner.

He heard our sad pizza story
and went into the back of
the shop and made our pizza.



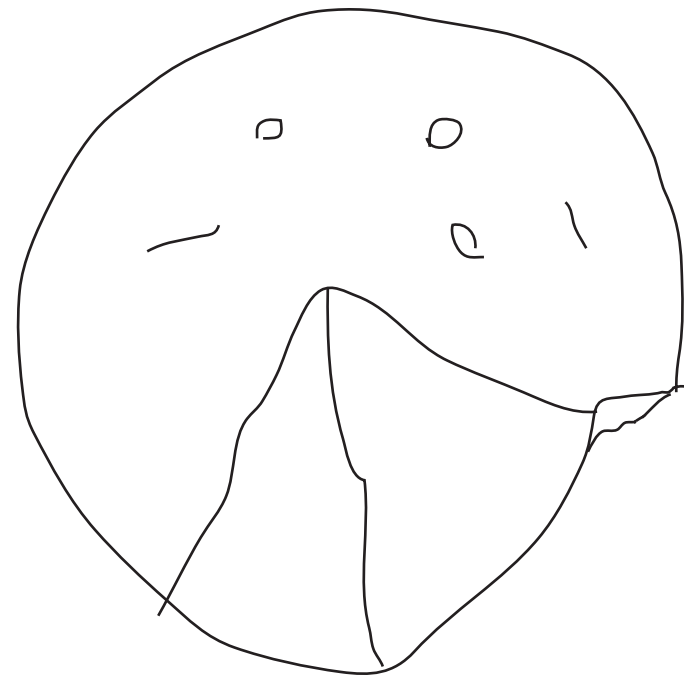
And it's like this with beliefs.
You gotta take the back door.

No matter how hard you try using the
same beliefs, you keep coming up
against the young woman who's just
doing what she's told and won't make
you a Gluten Free pizza.

(Which I totally understand on busy fair day.)

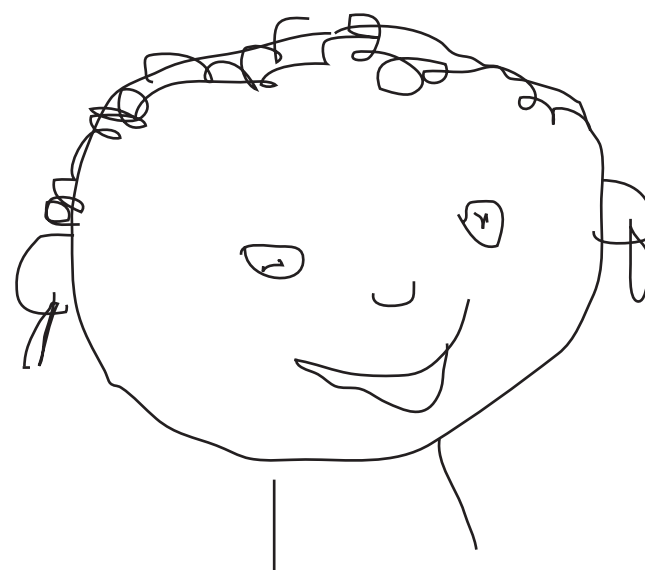
The BACKDOOR to feeling good is understanding, you won't always feel good.

Let the pukeyness happen when it happens. You're not doing anything wrong. It's just what's happening.



Happy Delicious Life Pizza

THE End.

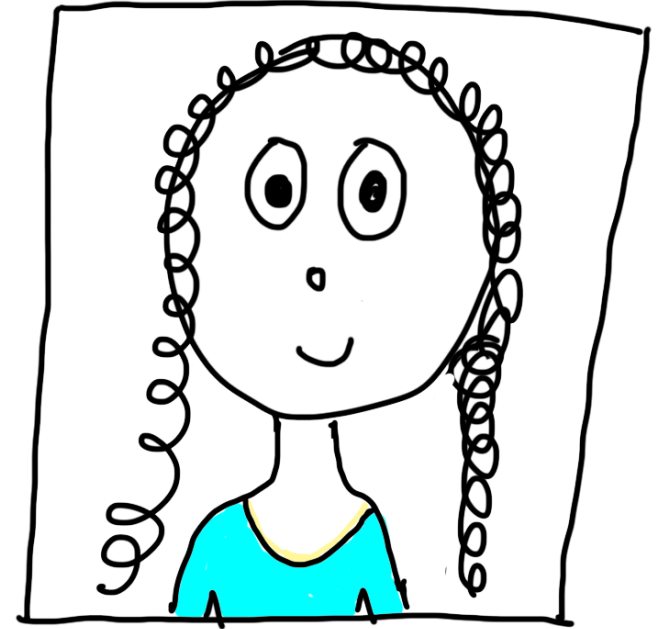


If you enjoyed this, visit us at

www.FrancoandLisa.com

ABOUT THE AUTHOR

LISA ESILE lives in Los Angeles.



Lisa & her husband Franco are the authors of **WHOSE MIND IS IT ANYWAY: GET OUT OF YOUR HEAD AND INTO YOUR LIFE** (Penguin Random House, June 2016).

Lisa is the author of **REACH YOUR BIG CALM: 52 POWERFUL MESSAGES TO QUIET YOUR MIND** (Joyland Media, 2015).

FrancoandLisa.com

