

What people are saying about *Transformative New Thoughts*.

Jeffrey Hutcherson's book "Transformative New Thoughts" has taught me how to find the answers I have been seeking for many years in my life. I used to have difficulty finding ways to be happy. I turned to anti-depressants on and off and was in a perfect storm of anxiety, doubt, and frustration. Since reading this book, Jeffrey showed me how to turn the "impossible" into "I'm possible". Over the years Jeffrey has used his T.N.T. methods with me. He has challenged me to look at myself and that the answers are there and I just had to know the right ways to find and use them. Since this book and his teachings, I no longer rely on anti-depressants, and have empowered myself to a happier and motivating life. My wife has noticed it and so have my friends and family. I no longer have the fear and anxiety that I lived with for so many years. I know I can succeed. I thank Jeffrey for his help and encourage those out there to give T.N.T. a try. I truly can say from my experience it does work.

—C.Stearns, Wisconsin

Transformative New Thoughts—T.N.T—also stand for "dynamite." And that's what this book is: a small package that is packed with a joyful, fun-loving power. Author Jeffrey Hutcherson has taken some basic words used in the English language, such as release, or idea, and tossed them into a kaleidoscope of spiritual/transformative meaning. When we look at these common words through this new lens, we see that they can also form uplifting messages and emotions. Contemplative questions and suggestions for meditation follows each reconfigured word, with blank space for notes. The ideas and play on words are intriguing, but for me, it is Jeffrey's unwavering enthusiasm and love of life that shines through and showers the reader with delight, as he invites the greatness and perfection within each of us to come forward.

—Julie Clayton, www.ncreview.com

Jeff is very animated and convincing, in his presentation of ideas he helped reinforce things in me that I know are true and gave me a seal to take another step forward.

—E.P., Wisconsin

Transformative New Thoughts should be in the library of every serious seeker of Happiness and Self-empowerment. Many of us know the truth of

these ideas at a deep level, but still need to be reminded of them again and again in a world that challenges us to live that new reality day by day. To that end, Jeoff delivers a relentless barrage—a quick succession of hit, hit, hit—that gridlocks the left brain and speaks directly to the right. Read and meditate on this collection of positive perspectives and it cannot fail to lift your mood and push you to consciously becoming the greatest influence in your life. Jeoff is the real deal, and this book is the embodiment of that fact.

—Troy Stetina, Wisconsin

This book is a great map for the person who finds himself or herself lost in the rat race of life.

—K Puddicomb, Wisconsin

Jeoff's book, "Transformative New Thoughts," will, if you allow it, open up a whole new world of possibilities, fun, and joy. I, in conjunction with the book, used the audio version, which added a whole other level of intensity and fun to my experience. Jeoff's voice has the vibration to take you with him into his magic.

—Kornelia McIntosh, Wisconsin

Many people have the ability to read between the lines, but Jeffrey can show you how to "read between the words" to find secret codes and hidden meanings that will not only change the way you see, hear, and use them, but help you gain a new perspective on the language of your life ...

"Transformative New Thoughts" will lead you to your limitless potential.

—Dr. Cindy Solliday

Licensed Psychologist, Certified Body Talk Practitioner

www.mind-bodysolutions.com

**Transformative
New
Thoughts**



Transformative New Thoughts

**Discover T.N.T. for a
delightful, joy-filled
new reality!**

Jeffrey R. Hutcherson



Milwaukee, Wisconsin

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*This book is dedicated to
the free-thinking outlaws,
my fellow artists of life,
and the “street mystics” from
my old neighborhood.*

I thank you.

I love you.



FOREWORD

Jeff Hutcherson is a master wordsmith. Just as a locksmith is skilled at opening locks, Jeff's gift is opening words—and in the process, opening hearts.

Jeff has the uncanny knack of being able to uncover the deeper meaning within words—the hidden message behind the letters. Just as all good writers ask us to read between the lines, he invites us to find the magic of reading between the letters.

Jeff cracks the secret code woven into the innocent script of common terms. Thus revealed, the inner wisdom of each word activates the inner knowing of the reader. The heart blossoms like a flower in the morning sun. The intuition awakens to the beauty of each word and the truth of each insight.

As he releases the souls of words, he frees the spirit of the innocent phrase and he makes the whole journey fun!

That's because Jeff's power comes from

living these hidden truths every moment of his wild, wonderful, knockabout life. His talents are born from the explosion of his all-out exuberance for life. He's a word wizard practicing his wordcraft in a nitty-gritty, worldly way.

I found his book to be a quick, easy read with a ton of street knowledge and humor wrapped within a small package. Each sentence is uplifting and helps raise the reader's sights from hum-drum to ecstatic, from stuck to flowing, from ordinary to divine.

At first I didn't know why I had such a strong desire to read it again and again—and to keep it on the nightstand close to me. Then I understood. What every cell of my body was now experiencing was a new, electric energy revitalizing, rejuvenating, and stimulating me to get moving immediately. It's the energy that only the real thing can bring.

Jeoff shocks you, makes you laugh, and above all, makes you love. Before you read this book, be forewarned. It will upset your mental appplecart. But don't just read it. Feel it. Talk about it. Pass it on. It's the right message at the right time.

Transformative New Thoughts is a vital

book, just as its author is a vital human being. It is a breakthrough book. It is dynamically healing. It has inspired me to take action more than anything I have come across in years.

This is a book for everyone—the initiates as well as those still under the influence of the illusions of life. It's a book designed to awaken human consciousness. What a wonderful relief to know that it's never too late to start changing—and also that we're always fully in charge of this process.

People who've become acquainted with Jeoff over the years quickly recognize that his work is inspired by love, an unconditional love for a human race at a crossroads and desperately needing to redefine itself in order to survive. His entire work—and play—in life is dedicated to this purpose.

I know that as long as people like Jeoff exist, there's still hope for our planet to be saved, to continue its progress toward enlightenment and unity.

We're living at a time when people are searching for answers to fundamental questions in their lives. If applied, this book can be a roadmap to personal awakening and empowerment. It boosts

the frequency you are currently operating on. More importantly, it helps you see that you can manifest the changes your heart longs for.

In a time when we are desperately seeking harmony, *Transformative New Thoughts* provides a true recipe for joy. This book will not only change your perception of life, but will also result in a deeper understanding, empathy, and compassion for people, the planet and yourself!

God bless Jeoff for having the courage and wit to write this book.

Keep on musing,
Keith Varnum
www.TheDream.com

**Transformative
New
Thoughts**



*Thank you for sharing your creativity!
Esther and Jerry [Hicks] would like to
acknowledge YOU
and your part in benefiting All that Is!*

—Abraham-Hicks Publications



ACKNOWLEDGMENTS

I've been inspired by so many people who have helped me in their own ways, from my parents and family, to friends, the folks I hold closest to my heart.

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Gratitude to Jeffrey Seelman and Joe Tretow, my twin brother from another mother. Troy

Stetina—what an adventure life has been; got nothing but love for ya. We are just getting started!!

I feel so much gratitude to J.Z. Knight and Ramtha, Jerry and Esther Hicks and Abraham, Steven Hairfield, Sulana Stone, and Keith Varnum, all of whom have been a joy and a blessing in my life since the first time we met. Thanks for being so loving and caring, and for the gift of understanding the Gathering of Equals state of being.

To my friend, publisher, editor, guru on all things book-related, Kira Henschel. There is so much I could say. Let me start with “Thank you” for your smiles and excitement and belief in my way of telling my stories, thanks for knowing how to help me translate my insights and put my thoughts down on paper. Thank you for all of your hard work and commitment on our first project!!!!!! Thanks for believing in me—I love you.

And to Dawn Leader, my gift from the heavens, I have so much fun loving you. Thanks for playing along with me. It has been an honor to experience life with you; I have so much fun letting my heart sing around you. My eternal gratitude for letting your heart sing back.

Jeffrey R Hutcherson
“Hot Chocolate”



PREFACE

*Rely not on the teacher (person),
but on the teaching. Rely not on the
words of the teaching, but on the
spirit of the words. Rely not on
theory, but on the experience.*

The Buddha

Throughout my studies with different masters and teachers, it seemed as though I would hear a code within our language. I didn't know why, but sometimes I would hear words differently than the way they had been spoken. The words would shift in my hearing, almost as if my ears were somehow dyslexic. Within the code, I discovered new insights into words that seem to have been spoken in certain ways just for me. These code words make up a portion of transformative new thoughts I am about to share with you.

What I call **Transformative New Thoughts**, or **TNT**, come from the place I know that life is supposed to be fun. I have lots of fun with my life; I really love what I'm doing. Everything becomes a game for me. I'm playfully serious, but at the same time, seriously playful. Some people call me an "inspirational humorist." Others label me a "personal development coach" and that's fine, too. I've been known by other names as well, like "Puffy" and "Hot Chocolate," to name but a few. And those are just fine as well. The point is that no matter what anyone called me, what they were experiencing was Jeoff, just being Jeoff, in the way that I decided to be at that particular moment. For me, I was experiencing different levels of fun, as much as I could have, in that present moment.

The goal of this book is to give you an opportunity to choose, to look at life differently than you ever have before. Would you like to see things just as they are—and really have fun? No matter what you're studying, perhaps hearing these words in a fresh new way will give you a deeper understanding of how your soul communicates with you and how you can have fun in your life.

I personally believe that life is supposed to

be fun. It's supposed to be expanding and supposed to be really easy. I am fashioning my life according to that philosophy and knowing. I live and breathe fun, enjoyment, and harmony as much as I can every day. In addition, I'm becoming more aligned with my emotions and they are guiding me to the things I am asking for. Rather than getting frustrated because the things I desire are not here yet, I live with excited anticipation that they are coming. The information contained in this book can help you too decipher and really be in the Now, or present moment, so that you can stop all resistance to the things that you are asking for.

The intention behind this book is to show you how exciting and fun life can be. It is about listening to your emotions and your intuition. It will help you to first make a decision and then whatever you decide will be the right thing for you to do. You can feel confident that you decide and know what is best for you and your word is good enough for you. *You'll be less likely to second-guess yourself.* And most of all, this book is about sharing ways for you to give yourself the gift of knowing that you have easy, joyful access to everything that you need to know. You do have access to it; no one else needs to hand it down to

you. You will, with your divine love intelligence, harness the power of the Universe to give you any answer you seek. Lose yourself to the great teachings, rather than getting wrapped up in the teacher.

Guess what! We are not the powerless beings we've chosen to believe we are. Let's just get right into exploring our natural state, which is feeling good, which is being strong, which is being empowered, which is being unlimited. You are here to discover. Let's discover more together and let's have fun!

Jeffrey R. Hutcherson
CinnerG Systems



T.N.T.

**TRANSFORMATIVE NEW
THOUGHTS**

Welcome to the art of Transformative New Thoughts!

You will perhaps read things you have read or heard before, but you might not have acted on them. If you allow yourself to have a fresh new experience in this format, with these words, you'll open up new experiences in your life. It is not the words themselves that teach, but your own life experience that you bring to the words to give you the teachings.

It is your life, plus the words, that give you the understanding to the teachings. In other words, it is not my lessons, but the life you bring to the lessons that will give you the learning.

Enjoy exploring these fresh new ideas and expressions; incorporate them in your life. Pick

one word or concept a day or one a week, or one a month to focus on and see how your life transforms.

Now let's just have some fun right off the bat and jump into the biggest three controlling factors of our human experience. When I saw the following images and then was shown how they were all connected, an idea sparked in me as to how to get all of them firing on all cylinders in my life. I'd like to share those insights with you now!

The three biggest factors that we in Western society have been given are:



Look at the words stacked here like those in a crossword puzzle. You will see that going down the middle or all three words, the word ONE. The word MONEY also contains the word ONE.

You know that everything is related. Where we get caught up is with the question of why and or how they are related. In this context, the word ONE stands for your **Own Natural Energy**. Think of your Own Natural Energy being incorporated in all these things. They share the same energy of creation. We all come from a place of pure perfection, which is also our natural state.

Think of ONE, your **Own Natural Energy** as perfection, strength, harmony and laughter. Game on!

GOD: OWN NATURAL ENERGY

To know God, Source Energy, the Creative Principle—whatever label you'd like to call it—is to know it from your place of pure perfection, through your eyes and personality. God / He / She / It is known by you. You have the innate ability to open the doors to the Kingdom of Heaven, whatever that means for you. The Kingdom of Heaven lies within.

Look at the idea that God is perfect. Somewhere along the line, we began to believe that we were not perfect. If God is in everything and created everything, there is a serious contradiction to this great power.

In my world, God is within me. God is perfect, therefore I am perfect. My reason for being here is to express that same perfection with my unique personality. There is no preset plan for me; in fact, the plan for me is to enjoy life. And I can have whatever I want simply because I'm worthy. I don't have to sacrifice anything, because everything I want is here for me to have. My dreams are not for anyone else to take; their fulfillment is all up to me.

If you want to hear God laugh, tell Him your plans. Did you ever think that God was laughing so hard because He was so joyously overjoyed to tell you "Yes!!" I think He was. I think He still is. Isn't that a wonderful feeling to put yourself in that space of knowing that for everything you want, the answer is "Yes!?"

The answer is "yes" to everything you have inside of you. And...drum roll...you control everything inside you. Using your conscious awareness, the way you observe what's inside you,

you can make those changes and move toward what you find pleasing to you. You can choose from what you know will make you happy, rather than what you think will make you happy. God, in His joyously boisterous voice, tells you “yes” every single time.

Take the time to quiet your mind and realize the Heaven that lies within you is the perfection of God. That which is within you is your Own Natural Energy.

MONEY: OWN NATURAL ENERGY

With regard to money, what I’ve discovered for myself so far is that money is an idea. (We’ll play more with that idea later.) Money is a form of energy. When you’ve gone through the steps to figure out your own particular personality, you can make money by being who you are.

In his book *Measure of a Man*, Sidney Poitier wrote “You don’t have to become something that

you're not to be better than who you are." I'd also like to add that you don't have to become something that you're not to make the money that you desire.

When you make money that's in alignment with your personality, it means you're doing something that you love and you're getting paid for it. How wonderful is that? You can get paid to dance, to be in construction, to make music. We have people here on this earth whom we pay exuberant amounts of money to play games like baseball or basketball. The essence is that these people are making money by playing games. Whatever your chosen vocation is, you can decide to make money along that avenue.

Now to really make peace with the idea of making money, take a look how you view things concerning money. Engage yourself in the knowing that everything you want is here for you to have, and that there is enough for you and everyone else. Money, like energy, is limitless in supply.

Is fear preventing you from attracting money to you? Don't be afraid to make money. Don't listen to what other people think about you making money, especially if it's detrimental.

Get into alignment with what you think and feel money means to you. Why do you want it? What's it going to feel like having more than you can spend? Asking these and similar questions will activate your abundance within and spark new opportunities to attract what you want into your life.

Start expressing appreciation for what you have right now. Health, Joy, Love, Friends. In time, you will find yourself doing things to make room for more. Whatever your "more" is, it will be provided to you. As you continue to evolve, your understanding will show you that you are bringing money into your life with your own natural energy. You are at one with making money. When you are doing something you love, you will never work a day in your life! Everything you do will be fun and games.

Let's have even more fun with this. Our society puts forward that that there is work and then there's play. When people hear the word "work," they often give themselves the feeling that work is something that they have to do to make money. Guess what? That's just not true at all. You can choose to make money in a particular vocation just as easily as you chose to be there.

You can choose to be somewhere else. You can have the mentality of making your work more playful, more joyful, and making money doing it.

Look at all the things we did as children that adults take on as careers. We played doctor, cowboy, astronaut, policeman, fireman, or scientist (usually a “mad” variety). We could be our favorite superhero or a rock star. Our imaginations played and created our worlds. It’s no different now, just because we’ve added a couple of decades to the eight or ten years of our childhoods.

The difference between work and play is the attitude we have for making money. Using our Own Natural Energy to attract money into our lives is a joyful, fun and playful process.

Here is a fun quote I found from Swami Beyondananda: “I have good news and bad news. The bad news is there is no key to the Universe. The good news is that the door has never been locked!”

*Don't let the abundance rain; let it
hurricane!*

SEX: OWN NATURAL ENERGY

You may have heard that SEX stands for Sacred Energy eXchange. Let's put that into the context of our "Own Natural Energy."

We are all perfect beings with our own natural energy. Practicing a Sacred Energy Exchange is being recognized and exchanged with another human being. It could happen in a conversation, in an exchange of ideas, a touch, or the ultimate intimacy in a dance of the souls.

It means being totally in the moment, accepting yourself and the other person entirely. Each of you is expressing yourself through your heart's desire, your Own Natural Energy in a Sacred Energy Exchange.

Such an energy exchange also takes place between people—two or two hundred or two thousand, when ideas are shared. When a teacher teaches students, desire and inspiration meet and creation happens. Let me give you an example using a couple I know. The woman gets home from work, the guy is going downstairs to

exercise. The woman wanted to spend some time with her partner; the guy wanted to exercise. She talked with him about her day; he went down to exercise while they talked and connected. They were sharing and totally being with one another and ultimately ended up making love, the ultimate soul connection. They both got what they wanted and needed, perhaps not in exactly the way they had at first expected. Even the simplest interaction can become intimate.

Let's look at the matrix again:

	G	O	D	
M	O	N	E	Y
	S	E	X	

The common link is that they all share the energy of creation. They are within each and every one of us as our Own Natural Energy. Money is an energy with which we can create things like foundations, corporations, playgrounds, and so much more. Sex

is an exchange of energy that can create as well,
and pass that energy on to children and others.

You will soon discover that your Own
Natural Energy guides everything that you do,
every moment, every day.





THE T.N.T. PLAY ON WORDS

What follows is the T.N.T. Play on Words. It is another way of taking the words we use in our common English language and changing the meaning and emotions we give them.

Several years ago, as I sat in meditation, I was given acronyms for these words that offered keys to more profound knowledge about the meanings and power we give to our words—and ultimately our life. As you read through these pages, keep in mind the concept of your Own Natural Energy in each of the concepts. Let the words perfectly shape you in a way that works best for you. Or pick one word a day and incorporate that into your life, then the next day, open *T.N.T.* to another word and see how that can brighten and enlighten your day!

What I found so much is not the words that we use, but it's how we feel as we use them. Everything we have experienced in our lives, we bring so much of ourselves to, so the question is “how do you show up to the things that you are viewing?”

It's not the words themselves that hold the lessons, it's your life that teaches you. If you don't have a frame of reference about the subject you are studying, you may wish to have more clarity on that subject. As you take a closer look at the word you use every day, and incorporate some of the suggestions I offer here, your life will begin to line up the situations and the circumstances to bring you that greater clarity and understanding you seek.

Let me begin with some examples to get us warmed up:

RELEASE

(to let something go)

We hold onto different beliefs, different ideas, things that serve us, things that do not serve us. The word is the way, the sound is the thing. Sometimes it is in our greatest good to let go of a

particular idea or rule that might be limiting us. Think of letting go with “**real ease.**” The only thing that you need to do to let go of any uncomfortable thought is to think a thought that gives you comfort.

As we make a practice of finding relief by thinking good-feeling thoughts, we can release ourselves from the idea of struggle, with **real ease.** What makes this exercise even more fun is that we don’t need to get into the specifics of why we need to let things go, to release them. Simply **real ease**—the best way we know or can learn. We just let go of whatever no longer serves us with **real ease!**

IN-COMPLETE

We have been conditioned to believe that “incomplete” means we are missing something. Turn it around! I take this as confirmation that I am not missing anything. I am in a state of being “**in complete.**”

As I realize and know and live from the place that everything that I need is within me, I am joyously complete on the inside. I don’t need anyone or anything outside to complete me and make me whole, which brings us to the next word.

HOLE

Again, when we hear or see the word “hole,” we might believe that we are missing something. That we are beings walking around with a hole needing to be filled by ideas of things outside. Perhaps there’s a sense of lack or vacancy. Of not being complete.

It could be a physical hole—a hole in your pocket, a hole in your roof—or the hole could be a state of mind. Perhaps you are looking for relationships to fill some sort of perceived hole or hollow within. In a conventional sense, it’s looking outside ourselves to fill some sort of lack or gap. That’s the basis of walking around and thinking that you were missing something—that you had a hole.

When you actualize that you are incomplete, you are in the state of realizing that you are whole. (Did you catch the spelling change?) That’s right, W-H-O-L-E—you’re not missing anything. Since it is all inside of you, then you are a “wholy” (well, would you look at that! WHOLY...interesting) person. You function from your true self. You are comfortable with who you are, with what you are doing, and where you are in

life. You know who you are, because you are a whole person. You are in the state of being incomplete!

INNOCENCE

A common definition of innocence is “freedom from guilt or sin through being unacquainted with evil.” How many times have you heard that you must have the innocence of a child to enter the Kingdom of Heaven. When I hear “innocence,” it turns into “inner sense.” Therefore, when I am innocent, when I allow my inner sense of well-being to emerge, I know that the Kingdom of Heaven is within me, that I am perfect, and *in no sense* do I recognize good and bad. I see things just as they are.

In ancient Sanskrit, the definition of sin was “to miss the mark.” To repent is to have a change of heart. The word “evil” for me is a word that represents something that is lower than our divine, perfect nature. Play with me here: let’s look at innocence now as “Perfection is in all and all is perfection.” My *inner sense* is “I am love, all is well. I am complete.”

RESPONSIBILITY

This one is really fun. Many times, we hear the word “responsibility” and tend to get kind of bogged down, like it’s a bad thing, or that it’s linked somehow to the attitude of “have to.”

What we do then is to change our “response-ability,” our ability or way that we respond. We don't have to keep thinking the things we thought to keep getting the things we have been getting.

In other words, you don't have to believe everything you think. You can decide to respond differently to the things that would give you an excuse to feel bad, to say things like that make you feel anger or sadness or guilt or worry. And you can choose to not let things stress you out as they did in the past.

When you choose a thought that gives you some form of relief, you have taken responsibility for how you feel. This in turn is changing your “response-ability,” your ability to respond. You now accept that you are in control, and it’s your intention to put your attention on things that make you feel good.

Meditation Exercises

After each of the following re-interpreted words, you will find a brief suggestion or exercise that will help you find a “better-feeling” place about each concept. As you do the mediation, you will be embracing the perfection of who you are right now. Feel the passion. Give yourself the gift of wanting to know the fullness that you are, for clear recognition of what you are wanting on this subject, and allow the receiving of the gifts to be accepted by you, to you, from you.

In preparation for the meditation, as you go through this book, you might also wish to write a few words on the suggested topics (or triggers, which are thoughts you use to make yourself feel bad—or feel good to reinforce your insights). You might even want to create your own journal or notebook and make up your own interpretations of events or situations in your life.

Enjoy the following journey and let your intuition and spirit guide you!



IDEA

INTERNAL DESCRIPTION OF EXPANDING ALIGNMENT

Read that again: Idea = an Internal Description of Expanding Alignment. When explored this way, you take a notion, a flash of imagination, a picture, then combine that with emotion and internalize it. How does the idea make you feel? Allow it to feel good, right here right now.

For example, when you have your idea of “peace,” it can truly be yours and you don’t have to share it with others. It is your own internal description and sense of peace. You don’t need to convince anyone of your idea; it’s yours. Full of your Own Natural Energy. Free from outside influences.

Create internal pictures that work exclusively for you. As you do that, you can allow others to have their own experiences with your example. You can show them how important your idea is to you. They will, in turn, take your example, mold their own ideas to whatever makes them feel good and hold onto those ideas for themselves. What you have shown them is how you chose peace and then they can choose the peace that is right for them.

Again, think of IDEA as the *Internal Description of Expanding Alignment*. It is getting into alignment with you. You are in control. You don't need to let anyone else's outside influence control how you think about your life and yourself in any way. This concept might take a little getting used to, especially if you have not lived in this manner for quite some time. But it is fun to regain and realize how powerful you truly are. You can change your ideas about the world, about yourself, about love, about whatever you choose to do.

T.N.T MEDITATION ON IDEA

What new *Internal Description of Expanding Alignment* are you open to shape as your own natural energy? Where do you feel more passion coming up inside about the following topics?

Money

Relationships

Your body

Spirituality

*As you learn to reshape your
In-vironment,
the outside environment will echo
what you are feeling on the inside.*
—Hot Chocolate

Your Thoughts and Notes





EGO

ENERGY GENERATING OUTCOME

Read that description again: Energy Generating Outcome.

Ego is neither good nor bad: it just is. However, depending on whose doctrine you may have been listening to, the ego may be perceived as something negative, something to be given up, to be surrendered. Ego is nothing but the energy that generates the outcome.

In my world, I know putting the ego in the context of “it’s just the energy that generates the outcome” really helps me monitor my feelings in every situation. I ask myself what results I want to achieve, what feelings are driving my motivations.

The ego that you define is the beauty that you wish to see, the things you wish to have. It lets you know what it is you want from this life. It lets you know how you wish to express your joy.

I take full responsibility of my ego in how I'm creating, deliberately focusing on my personal power and getting into alignment with my dreams. I consciously remove myself from the practice of listening to others. Instead, I return to the knowing and the being of listening to myself, the part of me that is connected to infinite intelligence to understand that I have an internal guidance system.

I have emotions that tell me that I'm on the right track with my goals and my intentions. These allow my mind to open and reach the highest vibrations that I can attain to understand this energy that generates the outcome.

One of my teachers told me that the ego is nothing more than the line that divides the Yin and the Yang. In Eastern thought, Yin and Yang are the two complementary forces or principles that make up all aspects and phenomena of life. Yin is earth, female, dark, passive, and absorbing, while Yang is heaven, male, light, active, and penetrating. Together they express the interdependence of opposites. I love this description for I and I alone define what my ego is, just as you define what your ego is for you.

It is your intention that determines the outcome before you engage your ego. Do you have

an intention of giving love and joy? Do you intend to practice total acceptance or do you have the intention of manipulating someone else or letting someone else's ideas manipulate you? How would you define what you are doing?

Each of us has experienced beginning projects or activities with the best intentions, then no matter what we did, or how we tried to fix the situation, it just kept getting worse.

My take on such situations is simply saying “yes” to the circumstances. Regardless of what happens, you can change the situation. Perhaps you started to realize that what you were engaged in was not exactly what you wanted, and so it sparked another desire for you to achieve. Sometimes a spark is simply needed for you to get excited about your life in some way, to take control of your life and to stop being a passenger. Use your EGO to choose a place of joy and happiness.

T.N.T Meditation on EGO

*Your life will be defined by what
you allow your emotions to tell you
moment to moment.*

—Bruce Lee

What is your *Energy Generating Outcome* that
drives how you feel about

Life?

Money?

Relationships?

The world?

Your Thoughts and Notes



Your Thoughts and Notes





DREAM

DIRECT REALITY

EXPRESSED

AND MANIFESTING

Ready for a reality check? If I were to ask you if you were living your dreams, would you say “yes” to everything currently in your life? Is this how you once perceived reality? Through your perception, you have shaped the life you are living right now. What’s so amazing about this is, as you change, your current reality will change as well.

As you set your standards higher, your life begins to change immediately in those areas—but you really must decide to do so.

What’s really funny about dreaming is that when we were little children, we knew everything we needed to know to live our dreams. Then our caretakers began to offer their own opinions about

what we were doing, about what we wanted to do. They even began telling us what we could and could not do. Since we figured the people raising us knew more than we did, we took their words at face value, without questioning. Guess what? Their reality became our reality, whether it was a good reality or not, we made it into our experience.

As I've grown and evolved, I've come to realize that everything in life is voluntary. What I mean by that is: *we volunteer, we choose to believe someone else's belief systems and make them our own.* We choose to believe that whatever we take out of an experience, good or bad, we chose.

What powers us the most is sometimes negativity, sometimes yearning for love and acceptance. We volunteer to have money troubles. We volunteer to be in bad relationships. I know I may be ruffling some feathers here, but think about this for a second: *If you could take your standards and make them "musts," and then hold yourself accountable, you could see yourself as worthy of having what you want.* You can get it, have it, be it. You would know that it can be yours.

Through the media and social interactions, we've been so conditioned with the idea of instant gratification that we seldom experience the joy

along the journey. Take the pressure off yourself and bring the joy back into your life. DREAM again!

Make your decisions based on what you want in your life, not based on things or people you might be running from. Choose! Volunteer! Make your decisions based on what you know will make you happy!

I'm looking for volunteers—people who want to have more passion in their relationships—with themselves and with others. I'm looking for volunteers who want an outrageous amount of abundance in their lives. I'm looking for volunteers who want to have good food, great friends, and lots of fun. I'm looking for volunteers who are free and comfortable with who they are. I'm looking for volunteers to live the best life that they can and enjoy the process.

I'm looking for people who know that their natural state is strength, that they start every moment, every second of every day, totally empowered, totally at peace, totally supported, and loved. I'm looking for volunteers who are willing to find out more about these things within themselves. I'm looking for volunteers who understand how their direct reality expresses and

manifests, who are not afraid to live their dreams!
Are you one of those volunteers?

T.N.T Meditation on Your Dream(s)

As you play with this *Direct Reality Expressing and Manifesting* idea, you are telling yourself how you want things to be. So start off here:

What does a day in the life of your living dream feel like?

How is that expression living in your life right now?
In what area? Where can you feel more of it surrounding you now?

Sit with this comfortable knowing and have fun as you mix it up and create even more.

Your Thoughts and Notes



Experiencing yourself grow as you watch others grow is one of the most delicious ways to enjoy life.

—Hot Chocolate

Your Thoughts and Notes





BEING

BELOVED EXPANDING INFINITE NATURAL GRACE

BEING—translated as Beloved, Expanding, Infinite Natural Grace. BEING is another avenue for your personality to recognize total acceptance, to BE love and appreciation.

Love and Appreciation are two of the simplest and most highly vibrating words we can link to our expanded self, the entity we call “source” or “soul.”

BEING also means we are never-ending, naturally powerful. Infinite means forever expanding, forever knowing, forever growing, tapping into that universal law of advancement.

As a BEING, you are filled with a feeling of sheer appreciation. When you are being, you are experiencing the discovery of yourself, your true

glorious nature. You are in this present moment, a beloved, expanding, infinite, natural, grace-filled human...BEING.

T.N.T Meditation on Being

To embrace your **Being**, know the perfection of who you are right now. You are god/goddess consciousness in physical form. Play with that creation in your mind and note what you experience.



HAPPY HARMONIOUS ALIGNMENT PRESENTED PERFECTLY IN YOU

When you say you are happy, you are allowing your well-being to be expressed through your physical body. You are taking this opportunity to let the joy, your own individual, particular definition of joy, shine through your personality.

Being happy is passing on your particular smile. Telling others you love them and doing the things that bring you joy, the joy of giving to others and the joy that comes back to you from that same giving.

Harmony is also expressed and presented in that action. When you say “I am happy,” it is a statement that is in the total now, in the present moment, that expands on the real reason you came

into this physical experience: to live in joy, to be in alignment with who you truly are, to be happy with you.

Let your happiness be authentic, in whatever way it wants to present itself to you.

T.N.T Meditation for Being Happy

If you happen to be in a not-so-good-feeling space, here is a way to shift into a better-feeling place. Use your past to your advantage—go back for the good memories. I call this the “love rush.”

* * * * *

Breathing in, just allow your mind to go back and find moments where you did not have a care in the world.

Allow yourself to smile as you sit in this place. (*When you do this physically, your smile sends signals to your brain to release endorphins.*)

Feel the relief as your good feelings wash over you like a waterfall.

Let's move you to a time when things

worked out with grace and ease. Feel how good it is to recreate that sensation.

Feel how happy you are in that time and in that space. Allow the momentum to continue to flow.

Sense how wonderful it is to know that you are able to take control and shift your emotions.

Allow fond memories to flow with more ease and playfulness.

Breathe in and know—nothing has to change for you to feel good.

Allow more joy to flow to you in this moment and ask yourself, “What’s the best thing I can do for myself to be more loving to me?”

Feel the joy expand inside you, breathe in and feel your life’s giggle get louder inside.

Bring more happy thoughts into this moment.

Feel the juiciness of the moment. Let champagne bubbles of joy and bliss pop up inside you, like a hug from the inside out.

Breathe in that amazing sensation of happiness and feel it flood through your body. Ask yourself from this inspired state, “What do I need to do in this moment? What’s the best way for me to enjoy the process?”

Enjoy the state of inspired well-being as you receive the answers you are seeking, for they are within you. Open to a clearer way of thinking.

Breathe in and slowly come back into this space and time, and feel your belly relax, your smile on your face, and a feeling of true happiness throughout your being.



FAITH

FANTASTIC ATTITUDE

INSPIRING TREMENDOUS

HARMONY

The word “faith” has such a tremendous charge within our culture. My spin on faith is simply this: the faith I have is in knowing that everything that I need is within me. The only thing I ever need to do is enjoy this wonderful life.

Knowing that I have all the strength, all the creativity, everything I need to make my life work to my greatest potential and for the greatest good—is faith. It is being happy with me and who I am. I have faith that everything works in my favor. I have faith in myself. I possess the self-esteem to know that I can allow it to work, that I am truly supported and I can enjoy the unfolding of that process.

I am responsible for my life and everything I experience in my life. And I have faith that I will experience happiness, and abundance. These are the things that give me my faith: a fantastic attitude inspiring tremendous harmony.

Where is your faith?

T.N.T Meditation for Faith

What new Fantastic Attitude Inspiring Tremendous Harmony can you make for yourself in regard to

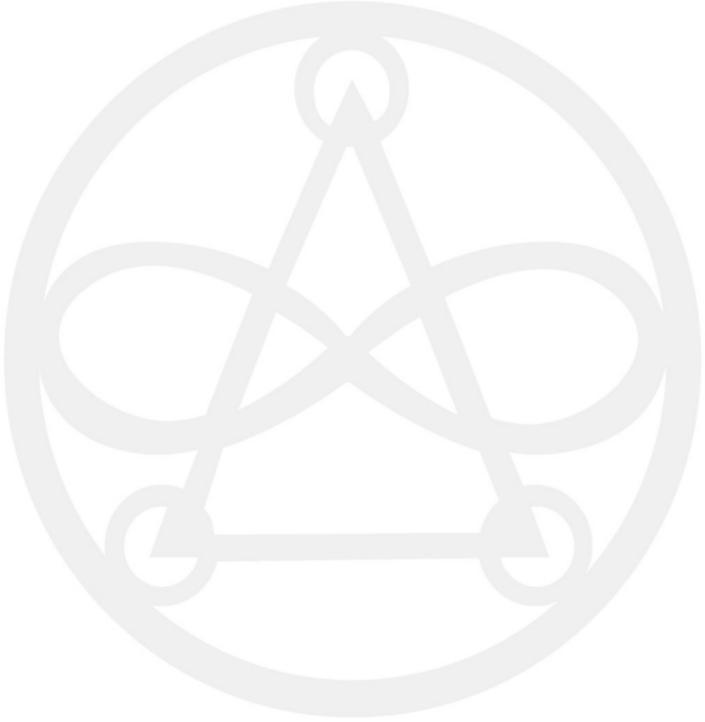
Money?

Your body?

Relationships?

Spirituality?

Your Thoughts and Notes



Your Thoughts and Notes





EQUAL
ETERNAL QUALITIES
UNDERSTOOD
AND LIMITLESS

We are all eternal beings. We are all equal beings in the natural order of our Universe. We no longer need to believe in the concept that one has to be better than the other, which is part of our man-made conditioning that causes separation and suppresses greatness.

When we are in a place of inequality, we need to make others smaller to feel good about ourselves. We have so many people in our world, so many different personalities. We can revel in the unlimited infinite knowledge that each of us expresses. Yet we've been conditioned to cut short and stifle ourselves because of those differences.

Several of my many wonderful teachers shared with me this one very powerful lesson:

If all things are equal, if all the wonderful divine beings are equal, what need does one have to stand out? If all are gods, we do not need to look outside of ourselves for love, acceptance and approval. In fact, my dear one, the only way for mediocrity to have any form of uniqueness and individuality. It must suppress all other mediocrities in acts that say “mine is the right way and the only way, and this way is wrong and do not follow those teachings, so do as I say.” So, then you are not pulling yourself out of mediocrity, but through those various teachings that teach along that line. What you are merely witnessing is that con game of abuse.

Thank you, Jerry and Ester Hicks, Abraham, J.Z. Knight, and Ramtha for those insights.

Because you need to be how I need you to be and I need to control how you are so that I may feel secure. As you express your eternal qualities understood and loved, perhaps you may find that you do not need to make someone else wrong for you to be right. You need not justify what you do or what you believe for you to do these things.

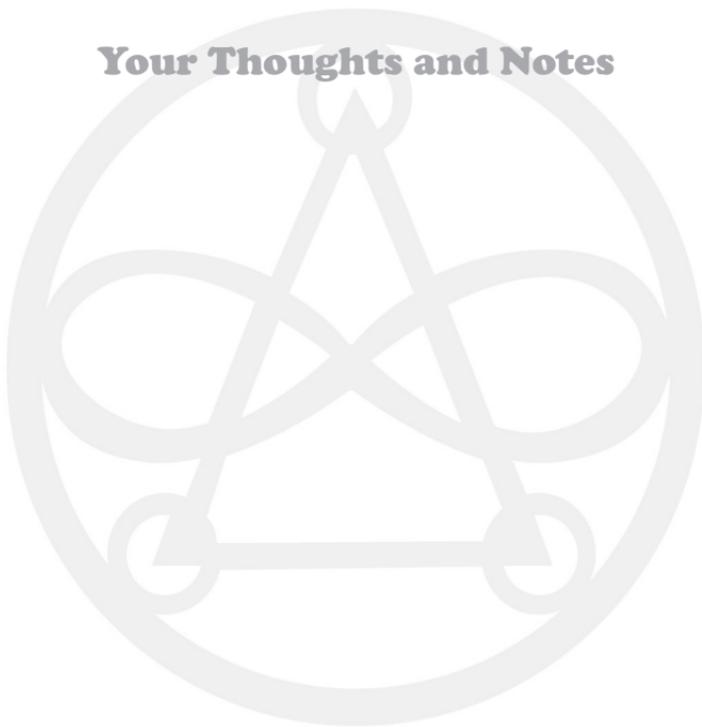
When you break out of the fear-based beliefs about others, such as “I need you to behave in a certain way so that I can feel better about myself,” and remove the conditions that prevent you from loving fully, you can allow someone else to live his or her life, because how that person lives his or her life is truly none of your business.

What is your business is how you live yours and how much joy you can express in each and every moment. You do not need to justify what you do or what you believe for you to live your life as fully and blissfully as you can. As you have total acceptance of yourself, you may find that you have total acceptance of others and that you and all things are equal.

T.N.T Meditation on being Equal

You are love-intelligence in human form. It is time to change the conditioned behavior of looking outside yourself for love, acceptance, and approval. Take a deep breath and quiet your mind. There is nothing outside of you that has more power than you give it. You need not look at any one thing and make it wrong for you to be right. You do not have to justify how you live to anyone, as long as how you are living is appropriate for you. You are love in expression. You can accept it all and all is well.

Your Thoughts and Notes





HOPE

HARMONY OBSERVED IN PERFECT EXPANSION

In that space of **HOPE** for me, I see all things as perfect. All things are in order. All is well for me.

Harmony Observed in Perfect Expansion is the awareness of my source energy.

There was a time in my life when I was troubled about a situation and could not think about how I could resolve it. I was trying many different things and activities, being flexible, using every skill I had acquired by that time to try to solve this problem with no positive results. Then I said to myself in a **HOPE**-filled, knowing place: “...and he lived happily ever after.”

In that moment, as I got into alignment with myself and let go of the idea of struggle I was holding onto so tightly, I allowed the Universe to

handle the situation. And I was left in my hope-filled, delicious place of **Harmony Observed in Perfect Expansion**. By the way, I truly continue to live happily ever after.

When you use this definition of hope, you rewrite yourself out of any bad situation... and you can achieve your happy ending!

T.N.T Meditation on Hope

To experience **Harmony Observed in Perfect Expansion**, allow yourself to be an observer of things and people without judgment. Notice what emotion you bring to what you are observing. Does this emotion make what you are observing pleasurable or uncomfortable?

It's what you bring to what you are doing that defines your experience.

Your Thoughts and Notes



Your Thoughts and Notes





BLISS

BE LOVING IN

SELF-SERVICE

To be in your bliss, you appreciate and love everything about your experience. You are connected to your divine nature. You see the delicious, glorious harmony in all things and you share this with your fellow beings. You find the pleasure of connected conversation, connected ways of being, and fine dining with a loved one. (When I was younger, I found my bliss over fish sticks and tater tots!)

To be that connected in bliss, to truly take care of oneself in a loving and appreciative manner, is to see the beauty in everything. It is joyously accepting the divine. It is total acceptance of your self-service, and I mean self-service in the

best sense of the word: Taking care of ourselves in the most amazing way possible!

We only perceive from the “self,” meaning who we have defined ourselves to be, from our learned behaviors and a little of what we think we want to be. Begin to choose from that place of your soul, rather than from your personality.

How do you do that? Well, when you make your decisions based on what you *think* will make you happy, that’s personality. When you make choices from what you *know* will make you happy, that’s your soul speaking.

There is also a beautiful moment when we experience the joy we receive when we give joy to another. This BLISS, this ultimate joy, comes in the same moment, in the same place.

When we perform the art of the “give-receive,” when we give, we receive at the same time, in the same moment, with the same emotion. When we give of joy in abundance, we receive abundance in instantaneous confirmation. When we give love, love is given back to us.

T.N.T Meditation on Bliss

*What does your soul most want to
experience next?*

—Keith Varnum

Choose the topic and let that question guide your
inspiration.



Your Thoughts and Notes





LIFE

LIVING IN FANTASTIC EXPANSION

Are you living a good life? Here's an idea of how it can get even better!

We are all here to live our lives, and to do that in our own unique, wonderful ways. Free from the conditions that taught us to look outside of ourselves for love, acceptance, and approval.

When we realize that we are the creators of our lives in all areas, and as we explore the “feelings” of why we want the things we do, we can feel good on our way to them. We will be all about joy and bliss and expansion and wonder!

Life can become the good feeling that leads us to the next good feeling, that then leads us to the next one. By approaching life as a journey from one magical moment to the next, we soon

discover that we are living in fantastic expansion.

Remember, it's your life to do with as you please. You are free to do what ever you want to do. It matters not what others think about how you live, but it matters what you think about how you live.

Have fun in living your life, very, very well.

T.N.T Meditation on Life

What excites you about your life right now? What could you be excited about in your life right now? Close you eyes and imagine the “best life for you” and bask in the well-being that flows.

Your Thoughts and Notes



Your Thoughts and Notes





FEAR

FORGETTING EVERYTHING IS ALL RIGHT A.K.A.: FANTASIZED EXPERIENCES APPEARING REAL

When I learned to take fear in another direction, to hear fear as “Fantasized Experiences Appearing Real,” it was as if a miraculous door opened for me.

What I heard one day as I sat in meditation was that fear can also mean “Forgetting Everything is All Right.” Those words made me realize there is nothing to fear, that fear is an illusion.

What is the essence of fear? The essence of fear means that we have thoughts in our heads that we think might mean experiencing something we

won't like, don't want, or is negative. If something happens that we fear, we might never know what it means to feel good again. We might wander off in a direction and not like where we end up, and not know how to get back home, to that "feeling good" place. We think we won't survive. Guess again!

No matter your age, you have experienced things in your life that you may have not liked. You may have experienced pain in many areas. And guess what, you remembered how to feel good. You remembered how to laugh. You remembered how to enjoy life, because as you think about those things you experienced in the past, they probably don't have the same energy as when you first experienced them.

Fear is a thought that keeps you stuck, that shows you that you're not being who you came here to be. You're not expressing your true nature. Remember that fear is all in your head.

To overcome that fear, that **Fantasized Experiences Appearing Real**, change your focus and think and believe and act in ways that reconnect you to your world of dreams, bliss, harmony, and love. There is nothing that can happen to you from which you cannot feel better and find joy.

When you're afraid, when you feel any fear, you have just simply "forgotten that everything is all right."

You will always be connected to joy. You will always be connected to your divine nature to your source energy in all ways and all days.

T.N.T Meditation on FEAR

You create all circumstances in your life; they do not make you. All fears you may have are self-imposed. They always hold the truth about how strong you really are when you go through them. Ask yourself:

"What is this fear showing me? What I'm ready to learn about myself?"

Allow the learning to flow with ease and grace.

Your Thoughts and Notes





DEMON

DEEP EMOTIONS

MANIFESTING

ONE'S NEGATIVITY

Up to this point, we've been addressing the positive ideas of our spiritual journeys. Let me address the idea of a “dark side” to the same journey—there isn't one.

We only choose to feel that way because we are not allowing our personal light to shine through. In addition to love, joy and bliss, we were given the junk of the “dark forces” that are manmade illusions, used for control by any form of misdirection, manipulation, and guilt.

How often have you heard someone say “*I am battling my demons*”? Well, I don't like that idea, because it puts people in the place of believing that they are not perfect, and that they have parts that need to be rejected or cleansed or

cleared. The essence of this is that they don't feel good. This is a contradiction to living in an all-loving Universe. Whenever you hear people refer to the term "demon," all they are saying is they are dealing with "deep emotions manifesting ones negativity."

Here, I mean "deep" in the sense of heavy-feeling emotions. Words like hate, prejudice, judgment, resentment, depression, or any bad feelings help create an opportunity to be offended. When we say and feel like we've have been possessed, we have focused on the deep or negative emotions for so long that we act as if we have been cut off from the good-natured person inside.

When we shift our thoughts, we will shift our feelings and rid ourselves of those demons that prevent us from achieving our bliss. It's just all a part about being human.

T.N.T Meditation on DEMON

If the thought you are thinking causes negativity, you don't have to believe what you are thinking. What emotion is the opposite of the fearful thought? That is the real lesson to learn. There is nothing greater than the fear itself, even as you experienced a fear and it passed, what lingers is what you keep playing over in your mind that makes it worse than the actual experience.

Your Thoughts and Notes



Your Thoughts and Notes





HUMAN

HARMONIOUSLY UNIQUE MANIFESTING ALIGNMENT NATURALLY

Harmoniously Unique, Manifesting Alignment Naturally. Now this is something that we just are in a positive sense and in the negative sense where you put your focus is what you're going to get. Can you see things differently with a fresh mind and new eyes? Can you give yourself the gift of not resisting the dark, but seeing more light in your life. There has been no right or wrong, just the things you wanted and did not want, and whichever you received is where your energy was or is.

To me, this gloriously amazing human being means having a completely unique perspective. You can see how you've aligned yourself with the things you want in your life—and those you don't

want. The power and control to create your environment has always been within you. Isn't it exciting to know that you are in control of your creating and manifesting?

T.N.T Meditation on being Human

Where the essence of God-Source and Humanity meet is where we are. We create with the thoughts, words, and feelings we use to reveal our self-actualization. How do you envision your world? Let it be shown to you through the path of greatest ease.

Your Thoughts and Notes



Your Thoughts and Notes





LIGHT
LOVE INTELLIGENCE
GENERATING
HARMONIOUS
TRANSFORMATIONS

Happy thoughts, happy feelings, happy manifestations. You make the ultimate decision to feel good in life. This is your creation.

As you choose to feel good in life, you will see everything from your happy and joyous and harmonious perspective. You will live from one marvelous moment to the next. Your lighthearted attitude will guide your actions and your thoughts.

Start today to take yourself lightly. Have fun with your life! Generate harmonious transformations with love and intelligence!

T.N.T Meditation on the LIGHT

Read the following words aloud and then repeat them to yourself as you relax in meditation.

I am the light

Light embrace my body.

I am the light.

Light guide my path.

I am the light that makes me whole.

I am the light.

This I am.



CREATION
CONSCIOUS RESONANCE
EXPRESSING ALIGNMENT
TO AN
INDIVIDUAL'S
OMNIPRESENT NATURE

You are responsible for what you create in your life. You are the greatest and best influence on your life.

In his book *Illusions—The Adventures of a Reluctant Messiah*, Richard Bach states that “the Is has imagined it quite a bit better than you have.” In other words, the Law of Attraction, the Universe, the Creative Principle, can see you and the vibration you’re holding, with everything you are asking for, and synthesize all the like energies around you. It then delivers to you your perfection at the level you are willing and allowing to

receive. You get what you are asking for at the level in which you will allow, in all things at all times.

T.N.T Meditation on Creation

The things you want to create and have in your life are driven by the thoughts of your believing and doubting you can have them. Pick a subject that has not come into your life yet. What are your general feelings about it?

Money

Relationships

Spirituality

Take full control of your Response-Ability. Be at peace with where you are. As you change and listen to your inner sense on this subject, as you change from within, the outside world will change to match you to your emotional expression... Allow the knowing to be revealed to you.

Your Thoughts and Notes



Your Thoughts and Notes





AUTHOR'S NOTE

I hope you had fun playing along with me on this journey. Please remember to live in a state of enjoyment, no matter what you're doing along your spiritual journey. I wish you love, life and happiness.

This book is designed to help you have more fun in life. Harness your own creative energies and have fun playing in and creating all the roles that make you happy in your life. Play with different points of view and learn how you generate understanding from the inside out, instead of from the outside in. One simple, powerful thought can change your life in such a profound way. Become your own best friend first, and the best, greatest influence on your life.



ABOUT THE AUTHOR

Jeffrey R. Hutcherson's dynamic presentations and coaching are interactive and uniquely adaptive, covering the spectrum from subtle, spiritual and enduring, to outrageously sidesplitting funny, to hammer-to-the-point intensity. He is also a wise and out-of-the-box soul, masterfully helping others trust that what they desire is valid. His vocabulary is familiar and funny. His advice is direct, not airy-fairy encouragement or nitty-gritty orders. As a matter of fact, it's more like airy-gritty. His intention is to get people going with the changes they want to make with ease and grace.

Jeffrey R. Hutcherson is available for private consultations and group events. To learn more about him, please go to:

www.jeffreyhutcherson.com or
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