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Interview With...Gary Douglas

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Living a Zen Life

The illustrious best-selling author and international speaker, Gary Douglas, pioneered a set of transformational life changing tools and processes known as Access Consciousness® over 20 years ago. These cutting edge tools have transformed the lives of thousands of people all over the world. In fact, his work has spread to 47 countries, with 2,000 trained facilitators worldwide. Simple but so effective, the tools facilitate people of all ages and backgrounds to help remove limitations holding them back from a full life. Gary is the author of 8 books including the best selling novel 'The Place'. Phoebe and I were lucky enough to interview him for our website, what an inspiring and wonderful man!

Love Tez

What is your basic philosophy?

My basic philosophy is that life should be a sense of fun and joy at all times. I look around and wonder where the joy is. I wonder why people aren't choosing things that are fun, joyful or amazing.

How do you explain the notion of conscious living?

Consciousness includes everything and judges nothing, so if you are willing to include everything and judge nothing, then instead of having to look at what you want to separate from or reject from your life, everything can be a contribution to it. It doesn't mean you're going to like everything; it doesn't mean you're going to choose everything, but at least you know you can have it and you have an awareness of how it's going to be, what it's going to be like and how it's going to look.

How do you start to live consciously?

Hello



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How do you start to live consciously?

By asking questions. When you ask questions, you empower the Universe to give you the awareness of all the possibilities and all the choices that are available. The purpose of a question is not to get an answer, but to actually create an awareness of what might be possible for you, what might be possible in life and what you could really create.

What are a few simple ways to live a more fulfilling life?

Firstly, get up every morning and ask yourself "what great and glorious adventure am I going to have today?" not "what the hell do I have to do today?"

Secondly, don't make a list of what you have to do; be willing to do whatever it takes to get whatever you want in life.

Next, ask yourself "if I choose this what will my life be like in five years" and "if I don't choose this what will my life be like in five years?" Then feel the energy of what that feels like, how that might turn out, and you'll be aware of what's going to create the life you'd like to have, instead of the one you're getting.

Can you please explain your connection with animals, and how they can inspire healing?

The best way to explain it is to look at the big Asian Tsunami of 2004. Elephants who had been stacked to the ground for 30 years suddenly ripped the stakes out of the ground and ran for the hills – the humans went to the beach to collect fish. Animals are willing to be aware of what we are not willing to be aware of. We need to learn to be aware the way animals are, instead of thinking ourselves into the trap we create for ourselves every day.

Do you believe in the principles of the Law of Attraction?

No I don't, because I watched people try to think the positive thoughts and create the positive results, and they have to come to a lot of conclusions to decide what is positive and what is negative. The Law of Attraction works, but not always. What always works is choosing your life and your reality.

Why are there so many unhappy people in the world?

Because they like to be unhappy; they like to be miserable. Happiness is just a choice, so people could choose to be happy, but instead they choose unhappiness. They are validated for choosing unhappiness. If you are unhappy, people are like "Oh what's wrong honey? What's the matter?" but if you are happy people are like "What drugs are you on?" People think you have to be on a drug to be happy. No you don't, you can just be happy!

What are some of the mistakes you have learned from?

I don't think anything is a mistake. Every choice you make creates awareness, so there haven't been any mistakes in my life, only awareness that helps me expand. What's important to me is how I can expand beyond the limitations in my life.

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