

# CHAPTER ONE

## *NOTICING*

Look around you...

Expanded is easy to see...

It looks like...



# When you are Expanded you are.....

- **Open**
- **Happy**
- **Excited**
- **Optimistic**
- **Feeling**
- **Generous**
- **Positive**
- **Loving**
- **Thinking of Others**
- **needs/desires**
- **Full of energy**
- **Enthusiastic**
- **Carefree**
- **Solution - oriented**

# Contraction looks like....



And when you are  
Contracted you are.....

- **Unhappy**
- **Discouraged  
or  
discouraging**
- **Gloomy**
- **Selfish**
- **Pessimistic**
- **Miserly**
- **Irritated or  
irritable**
- **Angry**
- **Frustrated**
- **Feeling grief**
- **Tense**
- **Depressed**
- **Worried**
- **Isolated**

How are you feeling?

Expanded?

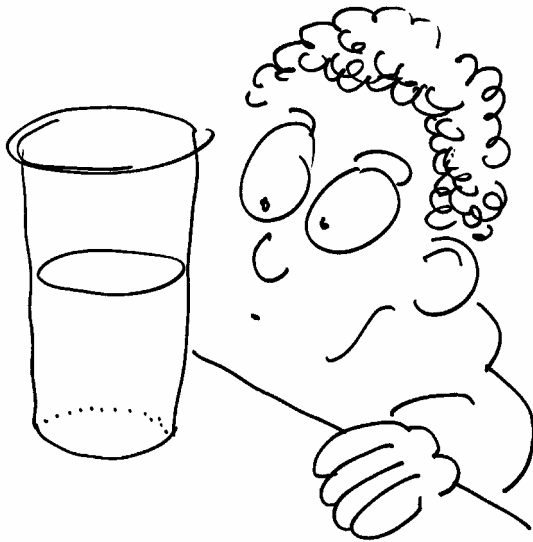
Contracted?

A little bit of both?

Or a lot?

Where do you live most of  
the time?

We have all heard the saying, “The glass is either half empty or half full.”



Another says, “One man’s  
treasure is another man’s  
trash.”



Most of us live as if our  
perspective is the only truth.

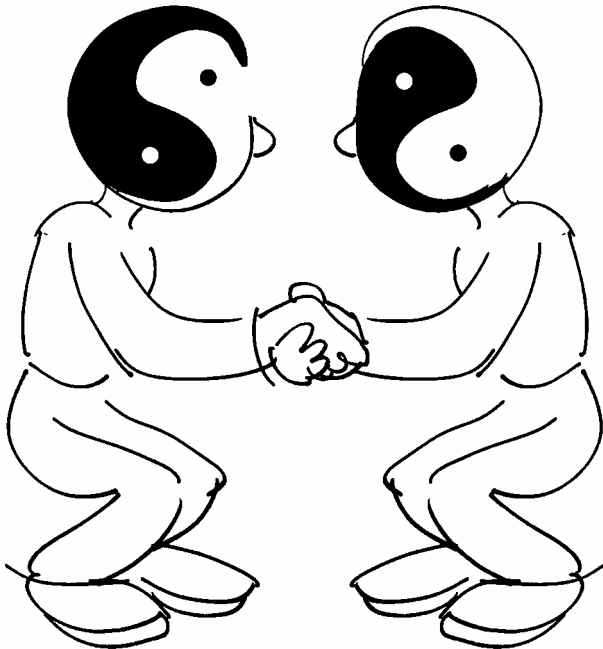
What else can we do, right?

All that we experience is  
colored by our perspective  
of life.



The truth is:  
the glass is half empty  
*and*  
half full  
at the same time.

Opposites exist together  
everywhere *at the same*



‘Good’ and ‘Bad.’

Up and Down.

In and out.

Yin and yang.

It’s all a matter of choice.

What you see is a choice.

Who’s choice?

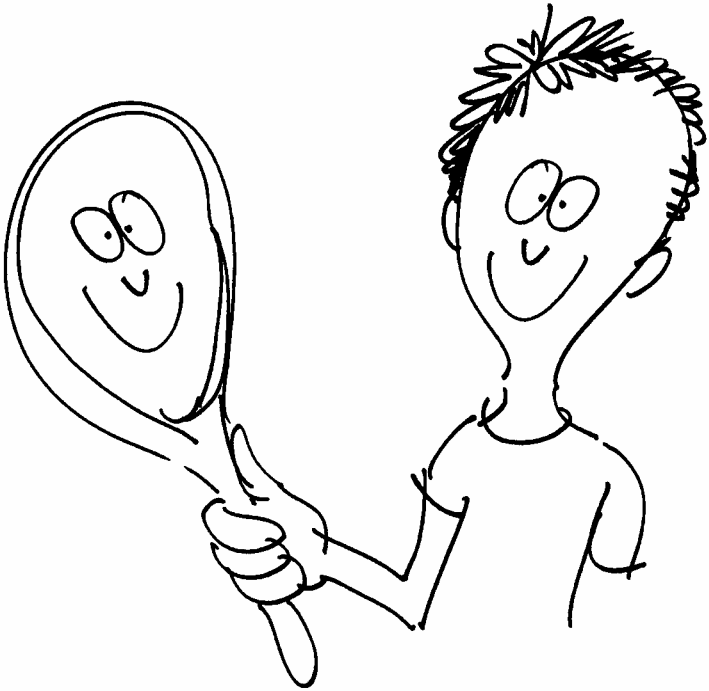
Yours!

And what you see is what  
you get.

You are the creator of your  
Universe...

Not your Mother,  
not your Father,  
not your lover,  
not anyone else—  
it's you.

You're the one you've been  
waiting for.



And that's choiceless.

Are you contracted  
or  
are you expanded?

What do you choose to  
create?!

Are you ready for a  
little truth?

Drum roll...



God is good and God is  
everything —

there are no mistakes in the  
universe.