

## HOW TO SAVE YOUR LIFE

Here is the easy way: **Change your mind.**

**To do that, know 3 things:**

- 1:** When you feel a bit of worry (by any name), ask yourself  
“What’s *that* all about?”

Guaranteed, it’s your judgement that something or someone,  
Including you, is not performing up to your **expectations**.

- 2:** Understand that your *expectations* are dreamed up by your **MIND**,  
Are always unrealistic, and will never be fulfilled.  
They sneak into your **EMOTIONS** and latch on,  
Attach as if they were true, real, and manifesting.

That means “expectations” become “emotional investments,”  
Attachments, on some Inner Level.

***Here’s the kicker:***

Your brain, where **WILL** is located, can’t touch **EMOTIONS**, but  
Can whip those erroneous **EXPECTATIONS** closer to truth:

**Simply begin thinking that what **IS**,  
Is the way it **SHOULD** be.**

- 3:** All things are always the way they are supposed to be.

We know, because they are **not** some other way.  
It’s a “duh!” we overlook in the “NO ACCIDENT” book.

*Changing your mind*

*To align your expectations with what **IS**,  
Avoids unnecessary misery and literally  
saves your life, Baby Love.*

