

THE F-ING SYSTEM®

YOUR FASTEST PATH TO FREEDOM

There are many folks who have their origins in the Mole Hill clan but clearly aspire to become Mountain Builders. These are the folks (not unlike my old self) that take the insult hurled at them by Aunt Bessie during a family picnic when they were six years old and make it into a lifestyle of self-doubt and insecurity. They have owned whatever dear Auntie said as if it were read aloud from the Gospel. Don't get me wrong, I'm not faulting anyone for the practice, it's one I've mistakenly subscribed to in my past. Now, however, since you wish to regain your superpowers, we have to shine a light on these self-made mountains in order to blast them from your reality.

You may firmly believe a lifetime of wrongs have been done to you. You may have suffered unspeakable circumstances and assaults to your person, your senses and sensibilities. And, you may have just held onto past wrongs for so long that they've have grown disproportionately in your mind. After all, there was that time in third grade when someone made fun of you and pushed you down on the playground. These memories (real and imagined) and the mountains you've made from them are your Kryptonite. If they're twenty years or five minutes old, they are crushing your spirit and quenching your super powers.

Our conscious mind tends to take the path of least resistance, rather than getting creative with a better solution. The lazy minions that occupy your subconscious like to suggest things to your conscious mind that you already know or believe as a solution to any situation that confronts you. This clear laziness (and insubordination) has a way of slapping on the handcuffs and throwing you in prison when

another response may be more appropriate and would certainly serve you better.

Here's an easy method to determine what is truly critical in your life. I've devised the 4F, 2F and 3F System (otherwise known as the F-ing System™). It's pretty simple, really, and don't we all love that?! If you're trying to determine how serious a situation may be, it's the system that cuts to the chase.

Here are the rules: There are 4F situations that require a 2F response. Every other situation requires a 3F response. Thus concludes the rules.

Now I'll explain all of the Fs. The **4Fs** are Fire, Flood, Famine and Ferocious Beast. If you are faced (right now) with any of these, the situation calls for a 2F response. Those **2Fs** are Eight or Elight. EVERY OTHER SITUATION calls for a 3F response. Those **3Fs** are Focus, Forgiveness and Faith.

Please make a note that nowhere in the preceding description of Fs is the word Fear. Although you are allowed to feel that emotion during a 4F situation. You are not allowed to carry it with you for the rest of your born days!

Focus deals with identifying and eliminating the negative self-talk swirling on a continual loop in your mind. Focus is about living in the moment, rather than reliving the past. It is the practice of mindfulness. Quite simply, wherever and upon whatever you place your focus will expand and reflect in your life.

If you focus on lack of something, you will continue to lack. If you focus on scarcity, it will continue to manifest. If you focus on failure, you will indeed fail. But, if you focus on the fact that

you are powerful, capable of anything and about to take flight, guess what will appear?

Have you ever noticed that when you buy certain car, you begin to see them everywhere? Or if you're pregnant, suddenly there are way more pregnant women walking the earth. If you think you are addicted to chocolate, candy bars and cupcakes abound. This one I know from personal experience! This F in the system is designed to have you notice where you're placing your energy through your thoughts. If the thought no longer serves you (brain baggage) it's time to let it go.

At the risk of mixing metaphors (and themes) just imagine you have a magic mirror, much like the Evil Queen in Snow White. *This* time, though, your magic mirror knows only one answer. That answer is YES! So, if you ask a question, the answer will be YES. If you make a statement, the mirror will affirm it to be true with a concurring YES! If you know the answer is always YES, wouldn't you take care how you phrase your statements and questions?

I created a "YES Oracle™" to remind me of this powerful truth. By placing a finger on its chin, it will nod an affirmation to me whenever I desire, for whatever I desire. I don't ask negative questions, and you shouldn't either. Never ask if, or state that, you will fail because the answer will be YES. Never ask if, or state that, you will become ill because the answer is YES.

This will help you cut through some negative self-talk. You'll begin to ask/say...will I succeed, or I will succeed, respectively. You'll begin to state with confidence that anything is possible because the answer/affirmation is always YES! Focus on your desires and dreams, and give thanks as if it were in the palm of your hand. They are finding their way toward you now.

Forgiveness is one of the most powerful of super powers. If it is not practiced, you will suffer through years of "taking poison and expecting others to die." Forgiveness means eliminating

shame and blame from your vocabulary and mindset. It's a proven way to get rid of brain baggage.

The best way to begin a lifetime practice of forgiveness is to pick that one person who hurt you the most. Start there. Recall the circumstances involved in the grudge you've made especially in their honor. Sit with it for a **brief period of time**. Then, imagine how it would feel to release them (the person and the heart-crushing experience) from your thoughts. How would your life change if you no longer held them responsible for your misery? Imagine being misery-free!

You are not punishing them by holding this negative experience in your mind and re-living it frequently. You are punishing yourself. If for no other reason, grant them complete forgiveness to heal yourself.

"Forgiveness is the fragrance the violet sheds upon the heel that has crushed it." — **Mark Twain**

Faith in this and every instance is **unconditional**, meaning absolute faith in yourself, your super powers and your God to get you through. This is mountain-moving faith. Faith confirms, regardless of what your five senses are presenting, you have an unwavering belief. I'm talking about blind, white-light faith that allows your beliefs to manifest into your reality.

"If you have Faith as a mustard seed, you will say to this mountain, MOVE, and nothing will be impossible to you." — **Jesus** (Matthew 17:20 NIV)

"When we meet real tragedy in life, we can react in two ways—either by losing hope and falling into self-destructive habits, or by using the challenge to find our inner strength." — **Dalai Lama**

"It's difficult to believe in yourself because the idea of self is an artificial construction. You are, in fact, part of the glorious oneness of the universe. Everything beautiful in the world is within you."

— Russel Brand

Let me further define Faith, in this instance. I'm talking about faith in yourself, your innate super powers (which you will develop/rediscover shortly) and the endless supply of magnificent miracles the universe holds. You cannot create a limitless life with the same thinking that placed you in prison or built mountains out of mole hills. You will have to expand your horizons, blow the lid off of what your conscious mind currently thinks is possible. Damn minions! They're responsible for your gloomy outlook on life. We will deal with them later!

I was lucky to have both a Mother and a Father growing up, at least until I was 12. I think children can fare very well with just one parent, but in my case, the melding of the two gave me a broader perspective.

My Mother was the one who told me I shouldn't try this or that to avoid certain ridicule, disappointment and failure. She was married at 16 and had all of us 3 kids by 21. She didn't work outside the home until I (the youngest child) was 12. Ironically, she often boasted about me being her daughter when I succeeded at things she didn't dare dream to try in her lifetime.

My Father, on the other hand, was the one who believed in me. He taught me that I could do anything I wanted to do, so long as I had a burning desire to do it.

I learned one of the most valuable lessons of my life one night at the dinner table. I was eleven at the time. To give you some background, we were poor but always had plenty to eat and a modest home to live in. I must have known we weren't rich, although I don't recall longing for anything at that time. I

know my father worked long hours to provide what I thought was a comfortable life.

We were the kind of family that gathered around the dinner table. It was the one time in the day we were all together. We had the best conversations at dinner. One night I decided, in my little eleven-year-old mind, that I would offer up a sacrificial lamb of sorts. I told my dad I really wanted to go to college, even though I knew we were poor and he and mom couldn't afford to send me. When he reminded me that we didn't have the money, I'm sure I said something like "Oh well, that's okay. I really don't need to go anyway."

That's when my father got angry!

He slammed his fists on the table, and my glass of milk spilled from the jolt. His words are indelibly etched in my mind to this day. He said "If you want to go to college, YOU WILL GO! You will not rely on us or anyone else to send you there." His words shocked and scared me stupid at the time. Who could have known how prophetic and powerful they would become for me!

My father died with a coronary heart attack the very next year at the age of 36. It was then that I found out what it was like to be *really poor*. I've never regretted being poor. I've always been of the mind that you have to be in the valley, looking up at the mountains, to really know the full magnitude of their beauty. When you finally climb to the top you have a broader, deeper appreciation for their magnificence and the journey you've successfully made.

Many things and people have inspired me to be a better person. When I was 14, I read "The Power of Positive Thinking" by Norman Vincent Peale. I soon found a copy of "Think and Grow Rich" by Napoleon Hill to devour. These two books changed my life. Norman and Napoleon taught me that nothing was impossible as they followed on the heels of my father's lesson. I still find inspiration in their words. Here are just a few for you to chew on:

"Whatever the mind can conceive and believe, it can achieve." Napoleon Hill

"The starting point of all achievement is desire."
Napoleon Hill

"Empty pockets never held anyone back. Only empty heads and empty hearts can do that."
Norman Vincent Peale

"Change your thoughts and you change your world." Norman Vincent Peale

I encourage you to find inspiration in their words, as well as those of anyone who inspires you to become a better person. These are the folks that awaken a desire in you to achieve more. They feed your faith! I've included a list in the appendix of some of my favorite authors, mentors and coaches. Many of my personal mentors are quoted throughout these pages. Feel free to follow their divine inspiration and wisdom or seek out others on your own. In this way, you'll be reinforcing everything you're learning and remembering about your innate super powers.

Faith is a flower that must be fed, it cannot grow unattended. Focus on keeping and building your faith. I find the Forrest Gump approach to be very effective in cultivating my faith or changing any engrained, outdated, negative belief I am harboring. It goes something like this...

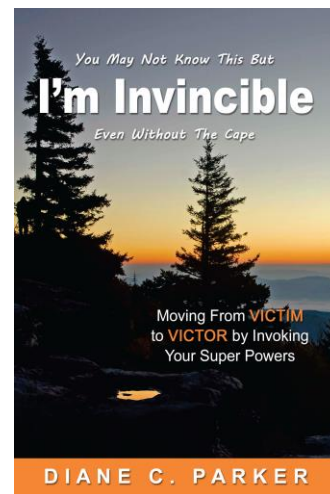
"Just for today, I know that I have innate super powers. I choose to continue believing and strengthening my faith in myself. I take little 'faith breaks' throughout my day (some people call this meditation or prayer) and dive deep inside my being. I discover magnificent ways that I am unique, powerful and amazing. I am thankful for rediscovering divine super powers living inside me. I am filled with happiness, peace, clarity and confidence. I've proven to myself, by doing this today, I can do it again tomorrow. I choose to do it again tomorrow."

Don't worry with the mechanics of how this deepens your faith just yet. You don't need

to know how it works to believe it does. It's really automatic. Just do as Forrest did and realize that since you've come this far, you "might as well keep on going." Pretty soon, you'll not be able to remember where you were (or how insecure, angry, tired, worried or depressed you were) when you started this journey. Start to notice the positive changes that miraculously appear as you feed your faith.

Let's imbue a new definition of faith for you to give to your minions to employ. Faith is giving thanks for the desires and dreams you will manifest in your life in the future. Faith is feeling the same feelings and emotions you will feel when those things are made of concrete instead of dreams. Faith is knowing, as sure as the nose on your face exists, so do these concrete realities. Tell the minions to bring them on!

Excerpt from I'm Invincible



Diane C. Parker

