

Living the Life You Choose

*How to
become
director of
your life*



Dr. Ulla Sebastian

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Acknowledgements

Many people have supported and enriched my life.

Some showed me the way to go, some (have) accompanied and supported me and some were taught by me.

I learned from every one of them.

Their issues were often my issues and we created new paths, techniques and methods on our joint search for answers.

These techniques and methods have become tried and tested tools for thousands of people from very different backgrounds and many different countries all over the world.

The manual, the two accompanying volumes on love and sex, and the audio CD contain the fruits of these experiences, which I happily pass on to you.

I am very confident that the knowledge, instructions and exercises contained therein will help you achieve more joy, fulfilment and inner peace in your life.

It would be impossible for me to name every person involved with the findings.

For that reason, I would like to thank you all at once, without highlighting anyone in particular. I thank you for accompanying me on my journey, and for everything I have learned along the way, a lot of which has found its way into this series of three books.

I would be happy to share in any of your own experiences or things you have learned. Please send your feedback to contact@livingthelifeyouchoose.com

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Do you want to be perfect or human?

*Never regret your actions,
accept the consequences!*

Are you making mistakes or gaining experience?

I keep meeting people in my practice, who think they need to be perfect to be loved or valued.

This need for perfection, makes it difficult for them to accept failure or mistakes. Every mistake – even ones that only seem like mistakes – eats away at their self-worth and can lead to depression.

Being perfect means setting the bar so high that it is simply not reachable. In other words: failure is a certainty.

Needing to be perfect is therefore a classic depressive strategy: instead of success and contentment, you constantly face failure and the “I am not good enough” attitude.

The way out of this is your answer to the question: do you want to be perfect, or human?

Being human means that you are here on Earth to gain experience in your dealings with the material reality. You are here to learn, but you can only learn from experience, and that means you must also learn from apparent mistakes and errors.

The word “mistake” alone weakens you. It will make a big difference in your life if you tell yourself that you are gaining a new experience instead of making a mistake.

It reportedly took Edison more than 1000 attempts to invent the light bulb. He made no mistakes. He just figured out from his many attempts how NOT to make a light bulb.

And that is exactly the same for all areas of life. You need to allow yourself the freedom to discover how things don't work in life - be it relationships, work, family etc., so that you can finally discover what is important to you and how you wish to live your life.

If you can accept that you are in this school named "life", because you are not perfect, and because you need to learn, then this realisation can be very relieving.

- *How is it with you? Do you make mistakes or are you gaining experience?*
- *Are you your own defense attorney or the prosecutor in the following statement:*

You view other people's mistakes like a defense attorney, but become the prosecutor when it comes to your own?

The solution here is not simply switching the statement around, i.e. treating the mistakes of others as a prosecutor and being the defense attorney for your own mistakes. You have to step away from that attitude altogether.

There is no need for you to judge or condemn mistakes – make use of the treasure trove of experience instead!

Recognise your strengths and abilities and use them for the good of everyone

*If you have a lot
Share your wealth.
If you have little
Share your heart.*

There are plenty of things you can share.

Or are you one of those people who say: “What can I do that would possibly interest anyone else?”

Everyone has strengths and weaknesses. The question is whether or not you can recognise your own strengths. You may have to ask friends or acquaintances to help you find them.

This may be particularly important if all you ever heard about were the things you can't do. That would make it difficult for you to see your actual strengths and abilities, because you are aiming far too high.

I am always amazed at how much a friendly smile can accomplish.

- *Try for a day to smile at everyone you pass on the street, or greet everyone in your local café with a friendly smile and a “good day”.*

Since we do that so rarely, some people might find that a bit strange: what does he or she want from me? In my experience, however, people are generally very grateful that someone is giving them attention and being friendly.

Kind gestures can be just as effective as a smile to make everyday life that much nicer: a helping hand, a kind offer to assist someone, anything that shows people that they are being acknowledged.

So don't underestimate those small and yet so valuable social interactions of everyday life!

Apart from that, you probably have many other talents when it comes to dealing with your family or friends.

These talents are often overlooked because they don't provide any income, or don't conform to the socially recognised spectrum of achievements. However, it often is just these abilities that inspire and brighten life in a community.

- *Start with your interpersonal skills, and write a list of your talents, regardless of whether they provide you with any income or not.*

First and foremost, it is important to learn to appreciate that which you can contribute to the well-being of others, no matter what it is and what you can gain from it.

This can be quite a challenge for some people, because it means overcoming stagnation, resignation, and lack of inspiration.

Maybe you need to begin with yourself and use your skills to improve your own state of well-being if it feels like too much of a leap to approach others right away.

You may have to throw your well-established beliefs overboard, develop or repair your riverbed, or take steps to fulfil your own needs that were never fulfilled in earlier life.

To the same extent that you value your skills and utilise them for your own well-being, you will also be able to focus on new goals and begin to implement them with integrity, humour, and confidence.

The right aim is all-important in this process. Ideas take time to "flesh out" and to mature. If you take on too much too soon, then there is a danger that you might lose the energy you will need to follow through.

Choose your steps wisely - no matter how small they seem - so that each one is a success.

Strengthen your self-confidence

I guess it has become quite obvious by now that self-confidence and self-trust are not qualities we are born with.

They will develop when parents introduce their child to new tasks step by step with encouragement and praise. Trust and self-trust go hand in hand.

If you are one of those, who never got much praise or encouragement, then you can take these steps by yourself as an adult.

We now know that learning is possible at any age, because our brains are malleable and therefore able to change.

You can use your adult consciousness to make sure that every step you take is a success.

You may have to considerably lower the bar you have set yourself in terms of expectations, and you may need to learn to take even the smallest steps as a success. You may also need more patience and gentleness towards yourself - all this is achievable with your adult consciousness.

Trust yourself and go for it. Self-confidence and self-esteem grow with experience; an experience that teaches you what is and isn't successful. Both sides are necessary, so try not to rule out an experience as a mistake or failure. If you do, then you will only be promoting your old "programming" that was so focused on your failures.

Allow yourself the freedom to live out a "program" that strengthens you, and allows you to be happy and successful.