Key Points From
The Ultimate Key To Happiness

Key Point:
I’m not being critical or judgmental of the products, services, authors, speakers, experts, or therapists I just referred to. I’m simply speaking The Truth about what you see if you look closely at what happens when most people follow those paths.

Key Point:
The only thing that matters is what you actually EXPERIENCE during and after reading this book.

Key Point:
Everything I share in this book is real, possible, and do-able, including by YOU!

Key Point:
Happiness is the most elusive desire in The Human Experience.

Key Point:
The path to True Happiness looks nothing like what you’ve been taught and accepted as true.

Key Point:
The emphasis here is ALWAYS on what you actually observe in your own personal, direct experience – not ideas, concepts, or theories.

Key Point:
What most people call “happiness” is just one of the frequencies the movement of energy in Inner Space can be tuned to.

Key Point:
Feeling only one frequency of emotion in life would be boring and would cheat you out of much of the richness of what I call “The Human Story.”

Key Point:
True Happiness is not about experiencing a limited number of emotions. It’s about Experiencing the full range of emotional movements and frequencies in all their glory.

Key Point:
You’re invited to simply look at The Mind Machine in the way I depict it here, and resist the temptation to compare it or cobble it together with other ideas and concepts like subconscious, unconscious, ego, etc.
Key Point:
It is important to look at everything I share about The Mind Machine as a metaphor, a model designed to point to something that’s impossible to define precisely with words, ideas, and concepts.

Key Point:
If you resonate with what I share in this book, you’ll have the opportunity and ability to slow the activity in Inner Space enough to see The Mind Machine in motion.

Key Point:
As long as you believe there really are positive and negative emotions, the positives are good, the negatives are bad, and happiness is one of the positives, you’ll never be Truly Happy.

Key Point:
The fact that the pure, raw experience of emotion is “neutral” isn’t an idea or a concept. It’s what you actually Experience when you Experience The Truth.

Key Point:
Ultimately, when you experience True Happiness, you’ll perceive all movements and frequencies of energy as being welcome and “pleasurable.”

Key Point:
Pure, raw experience always appears first in its pure, raw state ... and then ... The Mind Machine hijacks it and tells a judgmental story about it.

Key Point:
This is precisely how I and many other people worldwide are experiencing emotions right here, right now.

Key Point:
You can’t force pure, raw experience to separate from the story. There’s no technique, strategy, or magic bullet for making it happen. It will happen on its own once The Truth Virus has worked its magic.

Key Point:
You don’t need to take my word for any of this. It doesn’t matter if you agree, disagree, understand, or don’t understand. You can Experience this for yourself once The Truth Virus completes its work.

Key Point:
This is in no way meant to minimize or demean love or loving. It’s just an observation of The Truth of what you See if you examine that specific appearance with brutal honesty

Key Point:
Love doesn’t go away when True Happiness waves begin to ripple out.

**Key Point:**
The Mind Machine observes EVERYTHING that appears in Inner Space, including itself.