



Live the Life of Your Dreams

*Nothing's holding you back except that cr*p you can't let go of*

Author: Tom Tortorich

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About the Book

Taking a common sense approach, *Live the Life of Your Dreams* combines elements of Buddhism with The Force (yes, from *Star Wars*), and shows us how we can all live the Life of our Dreams.

In 2014, Tom Tortorich quit his day job to pursue his dreams. Drawing from personal experience, Tortorich shares his story about how he was able to let go of all the cr*p holding him back. Through easy-to-learn techniques for accessing our meta-conscious mind, including meditation, we can all learn how to "let it go."

We can all discover the Life of our Dreams and learn what steps are necessary to achieve it. Tortorich proposes that we have always known what the Life of our Dreams looks like. We've

merely forgotten and gotten lost on side paths.

Change starts from within. By changing ourselves, we change the world. As more individuals align with their True Path, the cultural shift already underway spreads its wings. A new spirituality is sweeping across culture, rooted in the fundamental truth that Consciousness Creates Reality. This idea is found everywhere from Buddhism, to the Jedi Knights of *Star Wars*, to *The Secret*, to *What the Bleep Do We Know*.

Through the power of positive thinking, mindfulness and meditation, we can all re-discover and learn how to align with the Life of our Dreams.

About the Author

Tom Tortorich is an author, motivational speaker, coach and consultant. He is a student of Bön: the Tibetan Art of Positive Thinking and has been called a "Positive Enabler" by many people who he has inspired to begin pursuing the life of their dreams.

In 2014, he quit his day job as a highly paid web designer to follow his dreams of becoming an author, coach and motivational speaker.

It has been his dedication to that vision has been the key ingredient in manifesting that reality.

For more information on Tom's books, public speaking engagements and coaching, visit www.PositiveEnabler.com.

Live the Life of your Dreams is Tom's fourth book. His other works include a novel titled *Time Without End*, and two collections of essays titled, *A People's History of Capitalism* and *The Evolution of Thought*.

All four are available on Amazon and Kindle, and are published by Green Effect Media, a publishing company Tom helped found in 2008 to help independent authors with a vision to change the world find a voice.

Green Effect Media was formed when an author approached Tom with her manuscript for an inspirational autobiography. Tom agreed to apply his skills as a professional graphic designer and marketing consultant to publish the book. Little did he know it would launch Green Effect Media.

That book, titled, *Why Mommy Why: Dissociative Identity Disorder* by Jodi Thomas is an autobiography about surviving and recovering from severe childhood abuse. Eight years later, the title continues to sell successfully worldwide on Kindle.



Live the Life of Your Dreams

How Our Thoughts Affect Reality

Speaker: Tom Tortorich

Described as a "Positive Enabler," Tom Tortorich's first national speaking tour combines elements of motivational speakers such as Wayne Dyer and Tony Robbins with Buddhism, meditation, and spiritual awakening, in the spirit of Alan Watts and Adyashanti.

About the Talk

The belief that thoughts affect reality is an idea found everywhere from Buddhism, to the Jedi Knights of *Star Wars*, to *The Secret*, to *What the Bleep Do We Know*.

Drawing from elements in his recently published book, *Live the Life of Your Dreams*, Tom's talk begins with a first-person account of how he quit his day job in 2014 to pursue his dreams.

One by one, Tom explains and dispels a number of reasons most of us feel that pursuing the life of their dreams is good for some people, but not for them.

Through easy-to-learn techniques, including a simple meditation exercise, we can all learn how to discover the Life of our Dreams and learn what steps are necessary to achieve it.

Tortorich proposes that we have always known what the Life of our Dreams looks like. We've merely forgotten and gotten lost on side paths. On those side paths, we've learned:

1. A fear/aversion to change
2. To take too much comfort in satisfaction, at the expense of true happiness
3. Analysis paralysis
4. And most powerfully:
A series of limiting beliefs that hold us back

Our Thoughts Affect Our Reality

For over a hundred years, we have been thinking of our mind as consisting of two parts: "conscious" and "sub-conscious."

Recently, there has been a widespread interest in methodologies such as meditation, the Emotional Freedom Technique (Tapping) and neuro-linguistic reprogramming.

These techniques suggest that by tapping into the sub-conscious mind, we can learn to change our behaviors.

Scientific research supports this, showing that the "sub-conscious" mind is at least 1,000 times more powerful than conscious thought.

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The "Meta-Conscious" Mind

If it really is more powerful, Tortorich proposes that a better term would be: the "meta-conscious" mind.

By tapping into our meta-consciousness, we can learn very quickly how to identify and change limiting beliefs and overcome our conscious mind's irrational fear of change.

Hard science and spirituality both supports this notion.

Bön: The Tibetan Art of Positive Thinking is an Eastern Philosophy that pre-dates Buddhism by approximately 15,000 years. It was the first philosophy to suggest that our thoughts affect reality, an idea which has finally made its way into mainstream culture in the form of books and movies such as *The Secret*.

But many criticize this notion. For example, critics of *The Secret* have often asked, "If thoughts create reality, then why can't I manifest a million dollars out of thin air?"

Bön teachings reveal the answer, as well as teach the way in which thoughts do work to affect reality.

Meditation is like Lasik Surgery for Consciousness

In summary, Tortorich discusses:

1. How to identify our limiting beliefs
2. How to overcome our limiting beliefs by tapping into our meta-conscious mind
3. Just like Lasik corrects our eyesight, easy-to-learn techniques such as Meditation help us see our lives more clearly. These "gateways into the meta-conscious" allow us to become aware of our deepest desires and change our lives.
4. We can all learn how to identify and take the steps necessary for pursuing and achieving the life of our dreams.

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