

Live the Life of Your Dreams

Tom Tortorich

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

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 see our lives from a radically different perspective, a positive perspective.

We can all discover what the Life of our Dreams looks like and how to take the steps necessary to achieve it. Change starts from within.

By changing ourselves, we change the world, and the cultural shift already underway spread its wings. A new spirituality is sweeping across culture, rooted in the fundamental truth that consciousness affects reality. This concept is found everywhere from Buddhism, to the Jedi Knights of *Star Wars*, to *The Secret*, to *What the Bleep Do We Know*.

The source of this idea—which has the power to transform culture—is *Bön*: The Tibetan Art of Positive Thinking, which pre-dates Buddhism by approximately 15,000 years.

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.



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