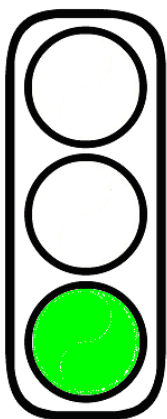


# GREENLIGHT



**YOUR LIFE**

*Awakening Your Higher Self*

# BRIAN GERMAIN

*Greenlight Your Life: Awakening Your Higher Self*

©2008 Brian Stuart Germain

All Rights Reserved

No part of this book may be reproduced, stored in a retrieval system, re-transmitted in any form by any means of electronic, mechanical, photocopy recording or otherwise, without written permission of the author.

ISBN: 097762771-3

ISBN-13: 9780977627714

Library of Congress Control Number: 2008908993

This book is dedicated to my fourth grade teacher,  
Mrs. Donatt, my Mom and my loving wife, Laura:

You were right.  
I do need someone to light a fire under my butt  
to get me going.

So it turns out, that someone can be me.

# Contents

<i>Part One: Beginning Again</i> .....	9
Turning Emotion into Motion.....	18
Green, Yellow and Red.....	23
From Red to Green.....	26
From Red to Yellow.....	29
Self-Actualization.....	32
Peace and Happiness.....	34
Non-Contingent Enlightenment.....	36
Your Vision.....	37
Invest Yourself in Yourself.....	38
Wake Up.....	44
An Amazing Life.....	45
The Magic of Appreciation.....	46
Specifics.....	48
“Aha!”.....	50
Put <i>Your</i> Life in Gear.....	52
Wellness and Laziness.....	53
Do It Better.....	55
 <i>Part Two: Who Are You?</i> .....	 61
You Are Your Higher Self.....	64
The Time is Now.....	65
Overall State of Wellness.....	67
They May Call You Crazy.....	73
You Are Your Focus.....	76

Mood and Thought.....	80
Anger is Information.....	82
Limitations.....	84
Being Happy.....	88
<b><i>Part Three: Your Personal Journey.....</i></b>	<b>99</b>
The Right Direction.....	100
We Need You.....	103
Where Are You Going?.....	107
Are You on <i>Your</i> Path?.....	108
Prosperity.....	110
Happy Vibes.....	113
Being Well.....	115
Surrounded by Goodness.....	125
Levels of Truth.....	126
Expand.....	127
Keep the Fire Burning .....	147
Using Your Power.....	148
Higher Stakes.....	154
<b><i>Part Four: Awakenng Your Higher Self.....</i></b>	<b>157</b>
Clear Out Your Mind.....	158
Active Awareness.....	163
Inspired Action.....	167
The Power of Meaning.....	169
Mental Training.....	174
Regaining Perspective .....	183

# Preface

One of the many hats I wear is that of an advanced parachuting instructor. I videotape my students' approaches and landings, and discuss their performance. Before I debrief them, I warn them of a few things, which I will now relate to you, the reader of this book.

I am here to help. I will be direct and honest, and tell you what you most need to hear. Please do not get offended by the degree to which I am straight with you. If I am to do my job, I must tell you the truth.

Sometimes the truth stirs up our defenses, and since we are not accustomed to teachers being so direct, we attribute their comments to some ulterior motive. This leads us to question the fundamental validity of the instruction. That is just our insecurity talking, but it can redirect the course of our experience. If we let our questioning undermine the aspects of the information that are beneficial to us, we deflect the positive impact that information might have on our lives. If we are to change, if we are to expand, we must remain open to anything and everything that helps us along to the next level. All I am asking you to do is try it on.

So, as I say to all my students, you must remember that whatever it is that I am pointing out that may need changing, it is not who you are, it is just what you did. Do not hold onto the way things have been. It is already the past, and your future is wide open to infinite possibility.

I honestly mean that. I have witnessed thousands of people make transitions to a higher level of prowess and joy in their skydiving skills. I know it is possible. I believe that we are equally capable of making such a transition in our lives in general. Through my honest belief in the possibility of the miraculous healing epiphany that will greenlight your life in the very near future, I am actually increasing the likelihood of this happening. I believe in the possibility of the enlightenment of all beings. If this is to happen, however, you must do your part.

*You must believe it is possible.*

*Further, you must believe  
that this has already happened,  
and that you are already enlightened.*



# Part One

## *Beginning Again*

When the words “Greenlight Your Life” hit me square in the forehead, I wrote them on a piece of paper in big magic-marker letters, and drew a traffic light above them. I put my name on the rough cover idea to make it a bit more real to me as an intention; to remind me that I needed to write this book.

Interestingly, I didn’t color the traffic light green right away. I left it in black-and-white for months. I realized that there were things I needed to do before I myself felt I was in a “state of greenlight.” I couldn’t give myself permission to open this new chapter of my life until I had gotten my whole house in order, so to speak.

So I worked on the many areas of my life that needed completion, working to shed my identification with my addictive patterns of thought and behavior, and dreaming of a better future. Meanwhile the drawing of the traffic light sat there on the table, colorless, staring up at me every day, building in expectation, building in the refinement of what that meant to me.

I realized that part of the reason why I hesitated to upgrade my life to the status of greenlight was that I was afraid. I feared the responsibilities that such a life would entail. I was afraid to change the way I had been living. I was afraid that my life would require more effort if I allowed myself to actually try harder. It has been

said that we are more afraid of our light than we are of our darkness. I believe this to be true. Nevertheless, if we do not change the way we are living and thinking, we cannot expect our lives to change for the better. We must break the inertia of the way things have been if we are to reach a new level of fulfillment and happiness.

When we decide to greenlight some aspect of our lives, or every aspect of our lives, we enter into a state of movement. The kinetic expression of our will—envisioning where we want to go and what we want to do, and doing it—is the most enjoyable of all human experiences. When we switch the greenlight on, we become more alive.

Are you in school? Do that. Get into it. Find a way to love it. Seize the opportunity to learn everything you ever wanted to learn. Do you have a job? Do it with your full attention. Try to do your job better. If you think you're already doing that, try even harder. Even if this particular job is not where you are ultimately headed, your life will get better simply because of your commitment to pay attention to your world and to do your very best. In short, whatever you are doing, do it better.

You must transfer your awareness from one action to the next, never allowing yourself to fall into the trap of half-hearted involvement in your actions. The thought that can enliven us more than any other is the following realization:

## *Wake up, you're not dead yet!*

Many people live out their lives without ever truly confronting death. They successfully avoid serious danger and therefore never tap into the great source of renewed perspective that occurs upon the realization of the moment of death.

As a professional skydiver and parachute test pilot, I have been fortunate enough to confront death on a fairly regular basis. There have been many moments in my life in which I have genuinely asked the question: "Am I about to die?" Although there is no more terrifying thought, the awakening such a realization brings is the most powerful of all pivot-points. I hope all people experience this at least once in a lifetime.

When you think you are about to die, it changes you. Perhaps you already know what I am talking about. As soon as this thought is entertained, your entire existence looks different. Many of the things that you had been taking so seriously now fade into the background, while others become much more important to you. Things that you wished you had said or done scream out at you for completion, and the big picture of your life comes into perspective.

What if you found out that you only had one year to live? What would you do with your final months? What would be most important to you? Would you finally write that book that you have been thinking about writing for years? More importantly, how would your life look in comparison to what you originally wanted to do? Are you the person you wanted to become?

What if you learned you were going to die one hour from now—what would you think about your life in *that* case? What would you do? Would you call someone to tell them that you love them? Would you call someone to tell them that you are sorry or to forgive them? Would you feel that you had brought out the essential aspects of who you are in the life you have lived?

Imagine now that you are confronted with the reality of your death within the next five minutes. Accept it. It is about to be over. Ponder that for a moment. Sit with it. It's over.

Imagine now that you have been granted a second chance to live. You have been given a fresh new perspective on your life, and the opportunity to use it. How would that affect your thoughts, actions, and dreams for the future?

I have been given this gift repeatedly, as my life flashed before my eyes and then was handed back to me. I now wish to give you this gift. Life is

not a certainty; your continued existence is a gift of unimaginable proportions.

## ***Do not waste it.***

Newsflash: You really *are* going to die. It may happen today, tomorrow or in fifty years from now. Use whatever time you have left to do things that have meaning. Create closure with the past and make peace with it. Let go of your suffering. Appreciate your life as it is. Love every minute of it.

Greenlighting your life is about using the power of this perspective to infuse your path with meaning, so that you can create a life truly worth living. Once in a while, you need to be like a prairie dog and pop your head up so that you can take in the broader perspective on things. Once you get your priorities straight, you will awaken within you a completely different perspective from the mundane one you have lived with up to now.

## ***Celebrate the fact that you are alive!***

Faced with the task of processing all the complexity of our daily lives, and carrying out all of the things that are required of us, it is easy to delude ourselves that our life's end is far away in the distant future. We do not consider the impermanence of it all because it scares us too

much even to think about it. The truth is, the *absolute* end of our existence is still very much in question, but the inevitable end of our specific lives, our bodies, and our story, is certainly going to reach a state of termination. It is this ending to which I refer. It is the realization of this ending that can return us to the original, inspired intention of who we truly are.

Your work here is not yet complete. It never will be. The process of revealing your character in the world is still in a state of becoming as you add to your vision of who you are. You must allow yourself to develop more awareness of your deeper ideals, and act upon your most powerful emotions, the ones that help you to see what these ideals are. You must rediscover yourself.

When you realize what it is that you want to do with your life, the epiphany will come packaged in huge emotion. The emotion will be so powerful, in fact, that it will cloud your way at times. Do not let that worry you; it's just the process by which we find truth. We must look beyond the thunderous clouds of emotion, and get on with the progression of becoming who we really are.

Emotion is our way of discovering what it is we truly love and hate. Both kinds of information are essential to a happy life. This means that we must allow ourselves to experience emotion, both positive and negative, so that we can realize how

we really feel, and who we really are. This means you will transcend your current conditions through the heat of your most powerful feelings. All you will ever find in your mundane, unemotional experiences is more of the same. If you want to live a truly extraordinary life, you have to allow yourself to experience extraordinary feelings.

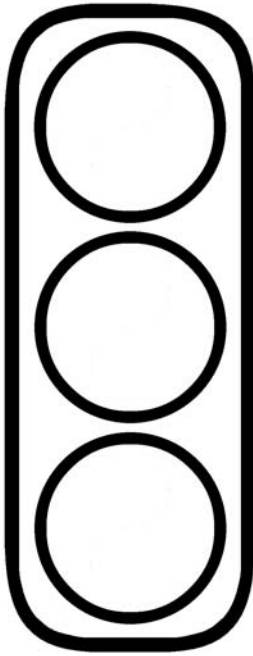


*You have two parts:  
your emotions  
and your intellect.*

*If you do not listen to both,  
you are not a  
complete human being.*

*Sanity requires balance.*

When you are ready



color the light green.