

The Solution

A red heart symbol is positioned between the words 'The' and 'Solution' in the title.

Make a Difference and Change
the World with the Power of Love

Phillip Mountrose and Jane Mountrose

The Solution

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What People are Saying About “The Solution”

I loved this book! It's simple, clear and very inspirational. I felt love in each word and empowered to open up more my heart to love and to create a world of balance and harmony. I envision a world where each of us can be happy and co-create from love and not fear. I really liked the quotes at the beginning of each chapter. They allow the reader to go back in time, observe and understand that love has been and will always be the life generator, and the solution to any issue.

– Loola Mora, Transformational Wellness Life Coach

In this heart-centered and timely book, *The Solution*, Phillip and Jane Mountrose provide an essential and effective guide encouraging us to realize our innate magnificence as conscious beings of love. Each inspiring page shows us how we make a profound difference in our world when we come from love.

– Harold W. Becker, Author and Founder of The Love Foundation, Inc.

This powerful little book provides vital, timeless information that is applicable for anyone who wants to co-create a more loving world. The Mountroses provide sweet little nuggets of loving guidance that we can savor now and 20 years from now. It's so empowering and positive, you'll want to read it again and again!

– Gretchen Comer, Empowerment Coach

Notes to Our Readers

Welcome! And thank you for being open to finding a solution to the challenges we face in these turbulent times. We hope you will enjoy in this book. It opens a door to an opportunity to create a more loving and prosperous world than you may have imagined possible before now. We value your opinion and invite you to contact us at the website listed below with comments or suggestions on how we might improve this book.

You can help us to get our message out! Our goal is to make *The Solution* available to as many people as possible all around the world. If you want to share this ebook with your friends, please send them to the website listed below, where they can obtain a copy immediately for free.

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OVERVIEW

How to Change the World with the Power of Love

***“The way is not in the sky.
The way is in the heart.”***

- Buddha

We live in chaotic times when many people are fearful about their futures and the future of the world. This book offers a solution. It's something virtually anyone can do to make a meaningful difference in their own lives and in the world. And best of all, our solution is simple: open your heart and share the love.

You may wonder how love could make a meaningful difference. If so, the facts you'll find in this little book may surprise you. Love is the most powerful force for good in the world. And when you consider the potential impact of the power of love on the overwhelming challenges we face personally and collectively as a society, this solution may start to make sense.

Consider the alternative: a world torn asunder by division, war, hatred, and fear. With centuries of war in our history, it's clear that this isn't the solution. Hatred hasn't ever produced positive change, either. Consider this statement from unitednations.com: “The most effective way to diminish human suffering and the massive economic costs of conflicts and their aftermath is to prevent conflicts in the first place.”

And as we will clearly demonstrate, these things are not our true nature. You don't have to believe us. The truth is out there. For example, visionofhumanity.org describes a solution for war and division they call “The Peace Ripple Effect” this way.

“When we focus on building peace locally, we create a foundation for wider change. Peaceful communities are more resilient, prosperous, and better

equipped to handle challenges. They serve as models for other communities, potentially inspiring regional and even national change.

“Individuals who experience peace in their immediate surroundings are more likely to support peaceful solutions to larger conflicts. They’re also better positioned to understand and address the root causes of violence and instability.”

Things that increase our sense of aliveness and wellbeing on all levels - in body, emotions, mind, and spirit - can be viewed as indicators of what’s most natural and life enhancing for us as human beings. It just makes sense. We’re not here to struggle and suffer. We are here to live fully, to feel alive and positively engaged in the lives we are living. We’re here to thrive.

You Really Can Change the World

Fortunately, our history doesn’t have to be our destiny. Here’s what we find most exciting. Anyone can choose love and help to make the world a better place. The miraculous power of love became clear to us in the 1990’s, when we first imagined what the world would be like if everyone was motivated by love. At that time, we were just getting started in our current roles as holistic life coaches, healers, published authors, and trainers. When we envisioned a more loving world, we saw an image in our minds of the planet with people all around the world who were joyful, caring, healthy, and vibrantly alive.

This vision was an epiphany that changed our lives forever. With love as the guiding force, it became clear to us that there would be no hunger, because everyone would share from the generosity of their hearts and lack would be a thing of the past. From this awareness, a dream emerged that has stayed with us for three decades now. Here is the dream.

Imagine a world where love is the guiding force,
where the unique gifts that each individual brings receive honor and respect,
where all are nurtured in allowing their gifts to blossom, to manifest the joy
of living in each moment...

Imagine a world where all of nature is also honored,
so all may live in harmony and share an increasingly vibrant
and beautiful environment...

What we imagine we can create, starting in this moment.
This vibrant world will come into being as each of us empowers ourselves
to live the dream now and share it with others.

In this dream, there is no poverty, because everyone is nurtured and loved. This love also eliminates the focus on fear and separation as we bridge the divisions created by race, creed, and national borders so we can co-exist together in harmony. The environment synchronously benefits everyone, as people all over the world shift their focus to a more holistic approach that creates balance rather than polluting our home planet with chemicals and toxic fumes.

We now call this Awakenings' Dream, because it has become the mission of the IRS 501(c)3 non-profit organization we founded and direct to this day.

Opening more hearts is the key here. As Carl Jung noted:

***“Your vision will only become clear
when you look into your own heart.”***

This highlights the importance of stepping up to make a difference and sharing the love. In our vision of a more loving world, there also would be no war, because love would unite all of humanity in a spirit of caring kindness. The environment would also benefit, because the people would take loving care of their homes and surroundings. All of the creatures and vegetation on the land and in the seas would likewise benefit from the loving care of earth's inhabitants.

We couldn't ignore this vision, and seeing it become a reality became our dream. Ever since that time, we have devoted our lives to supporting people in opening their hearts and creating a more loving world.

You Can See It Too

Anyone with an open mind and an open heart can see what we see. Visualizing may be a somewhat new experience for some people, and that's fine. Everyone can imagine this loving world in their own way.

Just take a moment to imagine living in a world where love and happiness reign. It's a friendly place, where the unique gifts that each person brings are honored and nurtured, where people look out for the well-being of everyone around them, where everyone and everything can thrive.

It may feel clear from this perspective that there could be no poverty, because everyone would care for one another. There could be no war, because no one would have the heart to wound others. And through love, equitable solutions

to challenges to the challenges we face as a society would emerge. Overall, there could be no exclusion of any good thing for anyone or anything.

At first glance, this vision of the world may seem to be idealistic and impossible to attain. Many of the major cultural shifts throughout human history appeared to be impossible until they weren't. The fact is that life is a series of choices and decisions. The choices we make each day ultimately determine who we become, along with the quality of the lives we lead individually and collectively.

With love in your heart, is it an impossible stretch to believe that what we imagine we can create? Could humanity unite behind the possibility of creating a friendly world where everyone can thrive with love and with happiness? And if not this, then what? If not now, then when?

We can collectively make this choice of creating a more loving world the opportunity of a lifetime. And with some evidence of the effectiveness of this approach, it's possible that more and more people can open to this opportunity over time. With this in mind, we provide proof of the benefits here. Then you can experience them for yourself and if you choose, you can pass it on.

This brings us to a key point we teach as holistic life coaches.

Don't look where you don't want to go.

This is important because, as we commonly hear:

What you see is what you get.

Our minds are more powerful and creative than most of us realize. In light of this, our focus is on looking where we do want to go.

Proof that Love is the Solution

In the six chapters of this book, we'll explore the power of love and some of its closest allies – like happiness, gratitude, and kindness.

Part 1 provides tangible proof that love is the solution. You'll find evidence in each of the following models:

- **The Experiential Model:** You can start by experiencing the benefits for yourself.
- **The Scientific Model:** Recent scientific studies are demonstrating the power of love.

- **The Historic Model:** Profound wisdom that has come down to us through the ages all the way to present time affirm the value of this approach.

Part 2 focuses on becoming part of the solution. Now we focus in on practical ways that you can open your heart, benefit from the love, and share the love. Here's our strategy:

- **Take Charge of Your Destiny:** This is where change begins - with commitment.
- **Open Your Heart:** For this we have simple prescriptions for creating a more loving world that anyone can easily take.
- **Share the Love:** We suggest some simple ways to do this that anyone can do.

Becoming part of the solution is a choice, and it doesn't even have to be difficult. We'll highlight simple changes you can make in your personal life, for your family, for your community, and for the world.

Here's what one of our readers has to say about this approach:

"It is important to fill the mind with thoughts that train you to become the person you want to become rather than fill your mind with negativity. Kudos to Phillip and Jane for creating an easy to read and understand book with these important messages for others to become more positive and enlightened."

Throughout this little book, you will also find quotes with wisdom that speaks of truth and inspires us to move forward in more loving ways. These messages are uplifting. They can also help us to understand the value of this simple approach.

PART ONE

Perspectives on the Power of Love

1. Experiential Proof that Love is the Solution
2. Things We're Learning from Recent Science
3. What We Can Glean from Ageless Wisdom

CHAPTER 1

Experiential Proof that Love is the Solution

***“The way is not in the sky.
The way is in the heart.”***

– Buddha

Love is a somewhat abstract word, especially when you explore it in its purest form – love that is unconditional and even divine. As William Shakespeare once noted:

***“Love is not love which alters when it alteration finds.
Or Bends with the remover to remove.
O, no! It is an ever-fixed mark, that looks on tempests
and is never shaken.”***

This is a poetic thought and an important one. Here, Shakespeare describes love that looks beyond the kinds of superficial differences that so often divide people and communities.

Here’s another key point. Love and happiness go together as qualities of the heart. Experiencing and sharing love makes the heart feel happy. It’s like a marriage made in heaven. And when we feel happy, when joy wells up in our hearts, love and kindness prevail.

It’s really about resonance. There are a number of words that resonate with love. To illustrate, consider these words - kindness, gratitude, appreciation, abundance, miracles, opportunities, and connectedness. Just reading these words may lift your spirits.

Unfortunately, these kinds of words are relatively rare in many people’s vocabularies. Consider these words: fear, anger, lack, frustration, anxiety,

hopelessness, and stress. These words have an opposite effect on the heart. Later, we'll describe their impact on the quality of our lives, our health, and even our longevity.

Just about all of us want the same thing - to live life to the fullest, to learn and to grow in wonderful ways. We want to feel fully alive, happy, and free. We also want and deserve to be valued. These are loving qualities of the human spirit that we all have in common. The challenge is how we choose to get there.

Enlisting the Power of Love and Happiness

On life's journey, the thoughts that ramble around in our heads have tremendous power. They have a strong impact on our world view, and the direction we are likely to go in our lives.

Socrates explained it this way more than two thousand years ago:

“The mind is everything; what you think you become.”

If you think that anything is possible and life is miraculous, you're probably right. On the other hand, if you think life is stressful and your opportunities are limited, you're probably right again.

The idea that all of us are here to live fully and grow raises some key questions. What does it mean to live fully? And how can you know that you're heading in the right direction? We discovered that the most essential factor is aliveness – finding the things that make you feel most fully alive, specifically in your heart and soul, at the center of your being.

The Opportunity to Be Fully Alive

To us, the opportunity to be fully alive feels exhilarating. Aliveness is also known as Chi or life energy. You can recognize it in your body as physical vitality, which is a prime indicator of health and well-being.

The dilemma is how to achieve this exhilarating sense of aliveness. Here's the key. The things that hold the most energy for you in the depths of your heart make you feel the most alive. They are also indicators that you are heading in the right direction. When you pursue them, you are in effect becoming your own best friend.

On the other hand, if you are feeling dragged down by the weight of the world, feeling hopeless, de-energized, and alone, it suggests that you may be on the wrong track. Something needs to change. If this continues, you can become your own worst enemy.

Fortunately, aliveness (also known as chi or life energy) is universal. Its frequency is a match for love and it's free for the taking. If you recognize that what you think you become, you can empower yourself to choose the kind of world you intend to create. In fact, no one else can do it for you. On one hand, you have love, happiness, and a sense of connectedness with all of the good things in life. On the other hand, you have fear, stress, and feelings of division, which are much more where the world is now.

This is the way one of our students described how she remembers the love.

"I like to think that I walk in love, think in love, and act in love every day. But the world pulls me away at times. Fortunately, I'm learning how to easily get myself back there, to the love from which I am created.

"The love is always there, but I can forget or even choose to ignore it, because my awareness is "out there" and not "in here," meaning in my heart. I now know how to stay "in here" in order to change my world, and on a grander scale, the world around me. First and foremost, love is the key."

A Simple Experience of Fear vs. Love

To get a sense of this distinction, here's a simple experiment to try now.

1. Notice how you feel as you read these words that resonate with the energy of "fear, stress, and division":

*fear, stress, frustration, anger, loneliness,
struggle, confusion, resentment*

These are common words describing symptoms that many people experience on a regular basis. Read them a few times to experience their full impact on your body, emotions, mind, and spirit.

As you read these words, notice the following:

- What happens to your posture
- How you feel about yourself
- How you feel about our possibilities in life
- Most importantly, notice how alive you feel on a scale of 1 to 10.

2. Now read the following words that resonate with the power of "love, happiness, and connectedness " a few times:

*love, happiness, gratitude, miracles,
opportunities, connectedness, lightheartedness*

These are words that are less common in many people's vocabularies. Read them a few times to experience their full impact on your body, emotions, mind, and spirit.

As you read these words, make note of the following:

- What happens to your posture
- How you feel about yourself
- How you feel about our possibilities in life
- Most importantly, notice how alive you feel on a scale of 1 to 10.

3. Now ask yourself this question:

"How does your perspective on yourself and your possibilities change as you shift from fear and stress to love and happiness?"

Take a moment to really reflect on the differences and how important it is to make the right choices in relation to your thinking.

Isn't it remarkable how profoundly your perspective on life can shift in an instant, just with a handful of words? This suggests that if you focus your attention on experiences of love, joy, and kindness, everything in your personal world can start to change for the better. This is the way new thought pioneer Florence Scovel Shinn described this phenomenon:

***"The game of life is a game of boomerangs.
Our thoughts, deeds, and words return to us sooner or
later, with astounding accuracy."***

Think about it. This simple experience demonstrates why we believe that choosing love is one of the most positive choices you can make for yourself and everyone around you.

If the contrast between words like love and fear alone are not enough to convince you, consider the scientific evidence. Some of this rapidly mounting proof is in the next chapter.

CHAPTER 2

What We're Learning from Recent Science

***“The greatest science in the world,
in heaven and on earth is love.”***

– Mother Teresa

A few decades ago, when we first turned our focus to creating a more loving world, we weren't aware of any scientific evidence that would validate the relevance of this approach. Fortunately, in recent years, this has changed dramatically, as you'll learn in this chapter.

The Science of Stress

A good place to start is with the experience of stress, which is associated with fear, lack, worry, anxiety and other similar-feeling words. According to 2022 statistics from the American Institute of Stress, 75% of Americans experienced moderate to high stress levels in the past month. Chronic stress is so common it seems normal, but the body tells a different story. The American Institute of Stress also estimates that 77% of people experience stress that affects their physical health. This includes heart disease, asthma, obesity, diabetes, headaches, depression, gastrointestinal problems, accelerated aging, and even premature death.

If you are one of the unfortunate people who suffer regularly from symptoms of chronic stress, your quality of life is statistically heading downhill. Stress is not just unpleasant. It diminishes your body's natural healing powers and impairs your ability to think clearly enough to find solutions to the kinds of challenges you inevitably face in life.

And it is just getting worse. Consider these facts from the American Institute of Stress:

“The 2024 results of the American Psychiatric Association’s annual mental health poll indicate a growing sense of anxiety due to stress among U.S. adults. In 2024, 43% of adults reported feeling more anxious than the previous year; many of the surveyed adults attribute this anxiety to increased stress. Their top 5 stressors include:

- Current events: 70%
- The economy: 77%
- The 2024 US election: 73%
- Gun violence: 69%
- Personal and family safety: 68%”

In short, stress is an epidemic. Unfortunately, more people report having overly stressful lives than happy ones. It's reducing peoples' ability to life fully - with vibrant health, loving relationships, and dreams of a better world. Though the people who think it's normal don't realize that they have a choice in the matter, they actually do. Their fate is in their own hands.

This brings us to a simple truth. You alone generate your responses to the world around you. When you understand how powerfully love and happiness support longevity and a higher quality of life, becoming part of the solution makes more sense. As Mahatma Gandhi observed:

“Where there is love, there is life.”

Love and happiness are also our best tools for making the world a better place. Opening your heart and sharing the love is a wonderful choice, and there's more scientific evidence of the power of love.

The Science of Love and Happiness

Science has shown that love and happiness can have a positive effect on your life and your ability to create a bright future. In addition to being their own reward, love and happiness produce life-enhancing chemicals in the body that heal and even increase intelligence.

A study conducted by The International Society for the Study of Subtle Energies and Energy Medicine found that deep feelings of love are so life-enhancing they actually impact the structure of the DNA. Isn't that amazing?

How the Heart Generates Spiritual Intelligence

Scientific findings continue to grow showing the heart is much more than a physical organ. As also noted in many spiritual traditions, science is showing how the heart generates spiritual intelligence.

Here are a few of the findings:

- The heart contains around 40,000 neurons (nerve cells), forming its own nervous system or "heart brain." It creates many energetic, neurological and biophysical pathways throughout the body.
- Most neural pathways run from the heart to the brain. So the heart plays a bigger role in sending information to the brain than vice versa. This communication influences emotional processing, decision-making, and self-regulation.
- When the heart and brain work together, coherence results which heightens intuition and awareness.
- The heart's electromagnetic field is hundreds of times stronger than the brain's.

These findings were drawn from "Heart, Mind and Spirit," Mohamed Omar Salem; "What is Heart Intelligence?" Gabriel Gonsalves; "Discovering the Intuitive Intelligence of the Heart," Radiance Talley

The HeartMath Institute has found practices like slow breathing and focusing on compassion and gratitude open one's awareness and sense of equanimity. Greater resilience in the heart, which is called heart rate variability. Heart rate variability (HAV) refers to the intervals between heart beats, showing how adaptable a person is. It is also linked to longevity, with such biomarkers as lowered blood pressure, improved immune response and less inflammation. All of this has been shown for people to feel and live better regarding their life, purpose and health.

This evidence gives us a glimpse of the power and magnitude of the heart, much of which is still not understood or discovered. We do know this organ generates deep connection, coherence and wisdom to help us understand and be aware of ourselves and others.

Growing and Improving the Brain

Being in a peaceful, loving state can actually grow the brain and improve its functioning. Researchers and authors Lisa Miller (*The Awakened Brain*) and

Dawson Church (*Spiritual Intelligence*) have shown that practices like meditation, slow breathing, and calming the mind actually thickens the brain's cortices, which are the outer layer of gray matter covering the whole brain. Growth in these areas is associated with resilience and well-being, including protecting against depression. Connecting with the brain in such ways quiets inner mind chatter, allowing for greater awareness and more expansive states.

The brain responds favorably to practices that make you feel good, relaxed, feel flow, and bond with others. With positive activities, your mindset improves. This, in turn shrinks your brain's stress circuits, while expanding what Dawson Church calls the enlightenment circuits. By contrast, stress, which heightens fight-flight-freeze responses, shrinks the brain's areas that can activate higher awareness, closing off areas which promote inner guidance, connection and purpose.

The Heart as Your Most Important Resource

Consider the heart, at the center of your being. It plays an essential role in our health and well-being. And we have felt for many years that it is more than just an organ.

Modern science is clearly starting to agree. As noted above, recent research at the HeartMath Institute has shown that as our hearts become clear, filling with love and gratitude, amazing things happen. Our heart rhythms shift, bringing the whole body into a new state of harmony. This reduces stress and relaxes the organs, producing positive effects that even offset the impacts of aging. This "coherence," as it is commonly called, also engages the higher cognitive functioning of the brain and increases intuition. Finding that it possesses a complexity that's even greater than the brain, science is even exploring the heart as a second brain.

The profound nature of the heart is another place where you can see that there is much more to life than most of us realize. Albert Einstein, who was clearly a very wise man, once said:

***"Few are those who see with their own eyes
and feel with their own hearts."***

Isn't it a relief to consider the possibility that your greatest and most important inner resource is readily available in the truth that resides in your heart, at the center of your being? The heart simply knows!

When you're stressed and confused because you can't figure out what's right for you, you may feel lost. You're not in a resourceful state for creating the life

you desire. We had this experience and when we opened to the love in our hearts, everything changed. The simple wisdom that emerged from our hearts brought new life. And the essence of that wisdom is love.

Try it yourself. Focus on love and happiness and notice how your heart feels. Then shift your focus for a moment to fear and stress and notice how your heart feels.

The Importance of Choosing Love and Happiness Over Fear and Stress

Only you can determine the importance of this choice, between creating a life filled with love, happiness, and a vibrant sense of aliveness – or settling for a fearful, stressful life, where the future is likely to look dim. In your heart, you may even feel, as we do, that the contrast between choosing love and happiness versus fear and stress is similar to living or dying. It's powerful for every aspect of your being – your body, emotions, mind, and spirit!

This choice doesn't require you to hold a specific set of spiritual beliefs. It just requires you to be open-minded and steer clear of the thoughts that create stress. When you open with love to new possibilities, your life can change in magical ways.

In the next chapter, we will turn from a view of the impact of love on our personal lives to the big picture. We'll explore how many of the wisdom traditions support the importance of loving and caring for one another.

CHAPTER 3

What We Can Draw From Ageless Wisdom

“Love is the beauty of the soul.”

— St. Augustine

If we want to create a more loving world, the ingredients are all here. In fact, the vision of a more loving world is like a secret hidden in plain sight. You can find it in the ageless wisdom that has come down to us through the ages all the way up to present time.

People commonly talk about "getting to the heart of the matter" and "following my heart," but we rarely consider what this means. In the spiritual traditions of India, the heart is seen as the doorway to our essential and ultimate nature, the Supreme Consciousness, what many in western philosophies refer to as the "seat of the soul."

The Loving Power of the Heart

It's no coincidence that the heart resides in the center of our being, sharing our lifeblood with every cell of the body. Some even refer to the heart as a spiritual bridge. In this regard, you could view the heart as the bridge to the new way of being. It is through the love and aliveness that light an opening heart that we access our true nature. When we follow the callings of our hearts, we discover our greatness, our purpose, and our connection with Infinite Intelligence. Through the wisdom in our hearts, we can tap into a higher understanding of ourselves, our potential, and an intuitive knowing of what is right for us.

When we think of wisdom principles, another thing that comes to my mind is the Golden Rule, which exemplifies loving kindness.

This is the Golden Rule:

“Do unto others as you would have them do unto you.”

This simple principle is also one of the most profound and beneficial guidelines anyone can use to create a more loving world. Many cultural icons agree. In his book, *The Law of Success in Sixteen Lessons*, new thought leader Napoleon Hill described the Golden Rule as "the Guiding Star." Oprah Winfrey has described it this way:

***“In order to have a meaningful life,
you have to choose love.”***

The Unifying Message in the Golden Rule

As you’ve seen, the Golden Rule is a simple guideline. Jane still remembers when her father sat her and her brother Kenny down and wrote the Golden Rule on their little blackboard. She was probably about 6 or 7 at the time, but she can still recall it clearly. She and Kenny had been fighting about some silly thing, and the words in the Golden Rule put it all into perspective for her.

If a child who is just 6 or 7 years old can understand the Golden Rule, surely adults can, too. It isn’t obscure or hard to understand. Quite the opposite. As you’ll see, it is a foundation for most of the philosophical and spiritual traditions all around the world. And it’s clear that if we took it to heart – if we all treated others with the love and respect we would like to receive ourselves – the world would be a very different place.

Just about all of the religious traditions teach versions of the Golden Rule. It may seem absurd that a fundamental key for correcting many of society’s problems can be found in the same institutions that divide it. Fortunately, change is possible.

***“Never give up,
for that is just the place and time that the tide will turn.”***

– Harriet Beecher Stowe

We live in a time of great division when it’s easy to feel hopeless in the face of hatred. On the other hand, this may be one of those times when the tide is preparing to turn.

The Golden Rule is a central focus in Christianity, Judaism, Buddhism, Islam, Native American Spirituality, Hinduism, Taoism, Sufism, and more. It is also found in the philosophies of Epictetus, Plato, and Socrates. You can even find it in the timeless writings of success gurus like Napoleon Hill, who devoted an entire chapter to the Golden Rule in his book *The Law of Success*.

To provide some examples, here is a list of statements from different sources that echo the essence of the Golden Rule.

Statements from Great Philosophers

- **Epictetus:** "What you would avoid suffering yourself, seek not to impose on others."
- **Plato:** "May I do to others as I would that they should do unto me."
- **Socrates:** "Do not do to others that which would anger you if others did it to you."

Statements From Some of the World's Major Religions

- **Buddhism:** Hurt not others in ways that you yourself would find hurtful."
- **Christianity:** "Do to others as you would have them do to you."
- **Confucianism:** "Do not do to others what you do not want them to do to you"
- **Hinduism:** "One should not behave towards others in a way which is disagreeable to oneself."
- **Islam:** "None of you [truly] believes until he wishes for his brother what he wishes for himself."
- **Judaism:** "What is hateful to you, do not to your fellow man. This is the law: all the rest is commentary."
- **Taoism:** "Regard your neighbor's gain as your own gain, and your neighbor's loss as your own loss."

Related References in Modern Culture

- **Oprah Winfrey:** "Real integrity is doing the right thing, knowing that nobody's going to know whether you did it or not."
- **Wayne Dyer:** "Whatever the question, love is the answer."

- **Marianne Williamson:** “The Golden Rule isn’t just a prescription; it’s a description of how the world works.”

A Positive Vision for Humanity

It's heartbreaking how often religion fosters divisions, hatred, and fear rather than togetherness, acceptance, and love. Fortunately, the past is the past, and we look at life this way.

***There's no time like the present
to choose love as our guiding star.***

Imagine what might be possible if more and more of us embrace the unifying message of the Golden Rule and pass this inspiration on to those around us. Earlier in life, this kind of thinking wasn't convincing to Jane. She didn't think anything she did mattered at that time, but she feels differently now. Having opened her heart and recognized the possibility of inspiring others to follow their hearts, she realized that she could double her impact if she touched just one more person with the message of love. Then she thought, why limit yourself to touching a single life when you can reach out to many? And if you can inspire others to pass it on, there's even more power here.

This is the opportunity we share here. You can probably make bigger difference than you think. And you are free to share this little book with as many people as you like. The more the merrier!

If you are still in doubt, consider these questions. What other options are there? And what can you do personally that might make a difference? With the understanding that love is the solution and every one of us matters, the path becomes clearer. We also look at it this way: our thoughts and actions are our vote for the world we want to create. And we choose to vote every day for a more loving world.

“Be the change you wish to see in the world.”

— Mahatma Gandhi

When Gandhi's call to action touches our hearts, each of us finds out unique way to make a difference. Here's a poignant story one of our associates shared with us recently, saying **“It was a really profound moment.”**

A Poignant Story

It was 2021, in the middle of COVID pandemic, when the church Barbara May-Clark was a part of for 15 years folded. At that same time, she synchronously came across Awakenings Institute's website. Intrigued, she felt a stirring in her heart and aha recognition as she contemplated our mission:

*Imagine a world where love is the guiding force,
where the unique gifts that each individual brings receive honor and respect,
where all are nurtured in allowing their gifts to blossom,
to manifest the joy of living in each moment...*

Deep down, Barbara (also known as Babs) had known that love was the solution, but she had never seen it articulated the way it was on Awakenings Institute's website. Her former church was more institutional and externally oriented, emphasizing religious rules and rituals. Babs knew there was more depth to explore in spirituality.

Awakenings Institute's website expressed a deep connection to source and truth in a way she hadn't experienced before. It was a truly profound moment for her. It confirmed the truth in her heart. And, as we got to know each other, she became a valued associate and board member.

Many things in her life began to flow and come together. Babs more easily radiated the energy of love, compassion and joy. It was a true and heartfelt path for her that gave her much comfort and support. Her life became more of a mystical journey, bound by love and connecting with others and nature in visible and invisible ways.

A Special Bonus for You

Before we go further, we want to thank you for your interest in *The Solution*. If you want to take what you are learning here a step further, we have a free Special Report for you entitled:

***Three Missing Keys
for Activating the Power of Love in your Life and in the World***

This insightful report provides priceless keys for unlocking the door to a better future for us all. To receive your free copy, go now to:

<https://getthesolution.org/444report/>

One Meaningful Step at a Time

We welcome everyone to be part of the change in whatever way is meaningful. We can take one step and another and another together. It has to start somewhere, and for growing numbers of individuals, it is. Millions of loving people in this world who are looking for opportunities to create a more loving world.

It's time for us to take charge of our destiny, and this takes us to Part Two.

PART TWO

Becoming Part of the Solution

4. Taking Charge of Your Destiny
5. Ten Prescriptions for Feeling Good Every Day
6. The Next Steps for Humanity

CHAPTER 4

Taking Charge of Your Destiny

***“They say time changes things,
but you actually have to change them yourself.”***

– Andy Warhol

In previous chapters, you’ve seen proof of the power of love from different perspectives – personal experience, science, and ageless wisdom. Now, we’re ready to turn to recommendations for taking charge of your destiny. If you want to live fully and grow, there are some things you can do right away. And there’s no time like the present to take your next step.

***“The journey of a thousand miles
begins with a single step.”***

– Lao Tzu

You'll never know how valuable focusing on love can be over time if don't try it for yourself. If this intrigues you, you probably know that it takes more than just wanting to see the change. As Mahatma Gandhi noted, you must be the change you wish to see.

Being the Change You Wish to See

This thought may inspire you, as it does countless people around the world. Most likely, you would like your life to be different – with more love, more peace, and more happiness – and you probably want the world to be different, too. It's really just a decision away. As more of us decide to be the change we wish to see, we turn the tide more and more in the direction of the loving, more joyful, and more peaceful world we deeply desire.

Harvardmagazine.com describes the evolution of scientific studies on positive psychology that include love, peace, happiness, and more.

“For much of its history, psychology has seemed obsessed with human failings and pathology. The very idea of psychotherapy, first formalized by Freud, rests on a view of human beings as troubled creatures in need of repair. ...

“A watershed moment arrived in 1998, when University of Pennsylvania psychologist Martin Seligman, in his presidential address to the American Psychological Association, urged psychology to “turn toward understanding and building the human strengths to complement our emphasis on healing damage.” That speech launched today’s positive psychology movement.”

Now the positive benefits of focusing on happiness, for instance, are described as a science.

According to positivepsychology.com:

“Scientific studies have begun to reveal a host of physical health benefits surrounding happiness including a stronger immune system, stronger resilience in the face of stress, a stronger heart and less risk of cardiovascular disease, alongside quicker recovery times when overcoming illness or surgery. There is even a body of research that indicates being happy may help us to live longer lives.

“Here's a question for you. If the time is now for you, what can you start to do today that will make a meaningful difference in your life? You may be surprised how easy it can be to make some simple changes in the way you think and feel. And when you do, amazing things can start to happen.”

Here’s what one of our readers said about the power of love and happiness:

“I can attest to changing my life with positive affirmations and setting a positive intention every morning, which I have been doing for many years. It is important to fill the mind with thoughts that train you to become the person you want to become rather than fill your mind with negativity. Kudos to Phillip and Jane for creating an easy to read and understand book with these important messages for others to become more positive and enlightened.”

The Heart of Our Approach

Here's the essence of our approach to life:

Good things happen when you feel good.

This is where the role of happiness comes into clear focus, along with why it's a key for creating a more loving world. Your thoughts and emotions (feelings) are connected. When your thoughts about yourself and your life are positive, you feel good. The world feels like a friendly place and happiness reigns. And in the big picture, you are broadcasting love out into the world, making it a better place.

Our recommendation is to explore ways for love and happiness to overcome stress and fear. It's practically guaranteed that your life can change in wonderful ways if you focus often on feeling good – loving and happy. And we'll share some simple, time-tested ways to do this.

The next chapter focuses on our prescriptions for getting started with simple steps for resetting your focus during the day. The tips are like doses of love and happiness you can take to transform your life and your world.

As you start to follow our prescriptions, think of yourself as being on an adventure into a whole new way of being. As mentioned earlier, Oprah Winfrey describes the adventure this way,

***“I believe that every single event in life happens
in an opportunity to choose love over fear.”***

You may agree. Yet if you're like many people, it's easy to get overwhelmed with too many options. What to do? Where to start? These are common questions that tend to create frustration dealing with a sea of information about personal growth.

For this, we have another experiment that may strengthen your commitment to taking the opportunities you'll explore in the next chapter.

Your Vision of the World

To set the stage for the prescriptions, take a few moments to do this experiment. It takes the word experiment you did earlier to a deeper level, exploring the impact of the vision you hold of the world.

1. **Imagine for a moment that you live in a dangerous world** where you constantly fear for your life and accept chronic stress as your normal way of being. Allow your posture to reflect the way this kind of thinking makes you feel. From this stressful perspective, notice the following:
 - Your posture
 - Your sense of well-being
 - How energetic and alive you feel
 - How powerful you feel in relation to realizing your dreams and creating the life you were born to live
2. **Now take a few nice deep breaths and shift into imagining that you live in a friendly world** where love and happiness prevail, and allow your posture to reflect the way you feel now. You may notice a dramatic shift in the way you hold your body as you imagine living in this friendly world. From this relaxed perspective, notice the following:
 - Your posture
 - Your sense of well-being
 - How energetic and alive you feel
 - How powerful you feel in relation to realizing your dreams and creating the life you were born to live
3. **Notice the difference between these two realities.** Also ask yourself "Where am I now?" As you notice the reality in which you've been living, you may also notice that change is possible. Your mind could go either way with this question. You can actually choose which reality you want to live in! You may also notice that if you straighten up your posture, you automatically feel lighter, happier, more powerful, and more creative. Energy is flowing through your body and you feel good!

As Hawaiian Huna philosopher Serge Kahili King advises:

***"Be aware that the world is what you think it is,
so decide what you want to believe today."***

Once you decide that it makes the most sense to choose to live in a friendly, supportive world, everything that follows is much easier. You feel better about your possibilities and better about yourself. The simple fact that you have this kind of choice illustrates the power of your mind.

When you focus on the unconditional love and gratitude that reside in the depths of your heart, the picture looks much brighter. The heart is a resource that society has failed to recognize, even though it's in full view. And one of its central messages is that all of us are worthy of love. Consider this story.

"I Am Finally Able to Love My Body"

As noted in her online article "How Gratitude Transformed My Life: I Am Finally Able to Love My Body," Elena Resnikoff grew up disliking her body. It became her enemy. She fought against her body by having bad eating habits and incessant negative thinking. The vicious cycle of feeling worthless and treating herself badly was reflected in how others unfavorably treated her as well.

Until Elena hit bottom. One day she woke up and the light burst through the clouds: she realized that her body was truly miraculous. By changing her perspective, her body could work with her, not against her. Befriending her body could help her heal and act positively.

In sum, Elena shifted her set point, which is the automatic default attitude of feeling like she had no control over her body. She wasn't a victim, a prisoner of learned helplessness. She could make better decisions. She could take small steps and make changes in her everyday attitude that helped her to feel good about herself.

She began a daily gratitude practice of writing appreciatively about each part of her body. She found ways to marvel at each organ, limb, system and her overall body. Just like all the cells in the body renew themselves, Elena felt reborn into a new life. This transformation let her breathe fresh energy into her life. It was now clear that this newfound awareness provided so many possibilities for her. Yes, she deserved care and love -- and could extend these wonderful energies to others. Elena's path opened up and she was now on a wonderful trajectory.

Elena's story may touch your heart, as it does ours. Loving oneself is a central focus for us as holistic life coaches and healers. With the heart at the center of our being, our perception of ourselves has a strong impact on each of our lives. Learning to love ourselves is a central aspect of personal and spiritual growth. As Oscar Wilde noted:

"To love oneself is the beginning of a lifelong romance."

Next, you'll get some of our favorite prescriptions for coming alive and enjoying life to the fullest each and every day.

CHAPTER 5

Ten Prescriptions for Feeling Good Every Day

***“People usually are about as happy
as they make up their minds to be.”***

– Abraham Lincoln

Now, we’re ready to share ten of our favorite ideas for feeling good and creating a more joyful and fulfilling life. They are all time-tested, and we use them ourselves.

We know that time and money are limited for many people. Fortunately, none of the prescriptions we provide here take more than a few minutes to complete. Some don’t take any time at all. And they are all free for the taking. Even better, they are free of the kinds of dangerous side effects people face with conventional prescriptions that don’t get to the heart of the matter.

This means there are no excuses. Whatever is happening in your life, you can begin to benefit right away. And science agrees. Here’s how Dr. Deepak Chopra describes the benefits of focusing on positive thoughts and feelings in his book *Quantum Healing*:

“We already know that the living body is the best pharmacy ever devised. It produces diuretics, painkillers, tranquilizers, sleeping pills, antibiotics and indeed everything manufactured by the drug companies, but it makes them much, much better. The dosage is always right and given on time; side effects are minimal or nonexistent; and the directions for using the drug are included in the drug itself, as part of its built-in intelligence.”

Just imagine the chemicals you might be able to produce by enlisting the power of your mind.

Doses of Love and Happiness

We sometimes call our prescriptions “doses” of love and happiness. Your body is a chemical factory and you can make lots of positive chemicals, maybe even outrageously positive chemicals. They’re free, which makes them easier to take than doses of prescription drugs, and, as mentioned, there are no side effects. So why delay? If you want to enjoy life to the fullest, the time to start is always now, even if it’s in the smallest of ways.

***Small changes can lift your spirits
and transform your perspective on life over time.***

Ten Prescriptions for Feeling Good

The following list includes some of our favorite prescriptions for feeling good. You may want to try some of them or all of them. These prescriptions are so simple, they can enhance your life quickly, maybe even starting today.

For best results, we recommend taking some doses of love and happiness every day. If you can just feel a little better, then a little better again, your life can change in surprising ways.

1. Make feeling good your main focus and enjoy each day.

Effort you invest in achieving or improving anything in your life when you are feeling bad is a waste of time and energy. It simply won’t work. Stress can only create more stress, which means the key is in the turnaround.

You can start to turn things around right now by recalling one of the happiest moments of your life and feeling now what you felt then. Describe one of them to yourself, maybe even aloud. Recalling this time should make you feel good now. You may also notice that when you re-experience this happy moment, every cell in your body feels more alive!

To make the most of this idea, continue to recall this happy moment and others like it often and watch a smile come over your face.

2. Focus often on gratitude.

It feels good to begin the day with feelings of gratitude. The energy of gratitude opens your heart and harmonizes your entire being. Think of something you are grateful for and notice what happens.

As noted in Chapter Two, focusing on gratitude generates coherence between the heart and the brain. This powerful energy also activates parts of the brain that pave the way for higher awareness and inner peace. Dr. Robert Holden, an expert on positive psychology and well-being describes the power of gratitude this way:

“The miracle of gratitude is that it shifts your perception to such an extent that it changes the world you see.”

If you don't feel gratitude, look at it this way – you can be grateful for anything, including a roof over your head, food on the table, or a car to take you where you want to go. 100 million people are homeless worldwide and as many as 1.6 billion lack decent housing. There is much for us all to be grateful for.

3. Slow down and breathe.

Just about everyone feels like life is moving too fast, like they literally can't stop to breathe. This isn't true. Slowing down and taking a moment to just breathe takes your focus off of the thoughts in your head and into your body. With love in mind, you can also use this moment to breathe love into your heart. You can even imagine sending love into every cell of your body.

You're already breathing, so stopping to breathe doesn't have to take extra time. It's another way to relieve stress and give yourself the much-deserved gift of love.

Another option is to breathe and imagine rising to a lofty mountaintop, where the air feels clear and crisp, where you have a panoramic view of the world around you. The focus here is on expansiveness. As you imagine rising upward, it tends to expand your perspective, as does the panoramic view on the mountaintop.

On a related note, going to a place where you can get a long-distance view produces similar results, offering you a more expansive view of your life. Hurry and worry pale into insignificance in the face of the big picture. And wherever you are, breathing calms the mind and quiets the ego. It opens up a more heart-centered space.

4. Place reminders and/or inspirational quotes on sticky notes in places where you will see them.

You can remind yourself to focus on feeling good, on gratitude, and/or on

breathing love. You may also find that inspirational quotes like the ones in this book can also lift your spirits.

5. Go with the flow and cooperate with the things you simply can't change.

Going with the flow is practical, powerful, and in the long run essential to your success. Notice how the word feels as you say it to yourself. One of our favorite phrases to tell ourselves is “My life is in the flow with joy and ease.”

Though many people seem to believe stress, anxiety, and the like are normal, well-being is your natural state. And this is true on all levels – in your body, emotions, mind and spirit. Resistance to what is reduces your well-being and causes stress. The more you stop resisting what is, the better you feel and the more easily you can open to the love you hold in your heart.

This reminds me of the life-changing Serenity Prayer:

***“God grant me the serenity
to accept things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.”***

If this little prayer brightens your spirits, you might want to write it down and post it where you can see it often. Memorize it and repeat it to yourself when you find yourself resisting what is. It will retrain your mind to respond in a positive way. Go with the flow. This will reduce your day-to-day stress dramatically and life will become much more enjoyable.

6. Don't sweat the small stuff.

It's interesting how easy it can be to allow some small thing to spoil your day. This is a simple strategy and there's even a whole book about it. Deciding to refocus when a negative thought gets stuck in your head can change your life. The key is to shift your attention to something that makes you feel better.

7. Dance, jump, play with a dog, feel the joy of being alive!

Life feels better when your attention moves strongly in a positive direction. Excitement moves energy, and you feel most alive when you get excited about something. In the end, following your heart and listening to its callings

can become the main source of your excitement. Regardless, there are lots of simple things you can do to feel excited about life right now.

8. When you are stressed or hurrying and worrying, stop for a moment, breathe, and notice something pleasing around you.

Momentums like this prevent you from feeling good and enjoying life to the fullest. They also throw you off center. Stop and breathe. Stretch. Hug yourself or pat yourself on the back. Say a few kind words to yourself in a mirror or just in your mind. Hug a friend. Notice the simplicity of just letting go for a moment.

When you break momentums, you can reclaim your sense of balance and choose to feel good. You can make this easier by putting things around you that make you feel good, like flowers, inspirational quotes, and beautiful pictures. Regardless, there are probably things around you that you haven't noticed before or in a while. Look around. Notice the sights and sounds around you.

9. Straighten up and avoid slouching.

Whenever you think about it, notice your posture and sit or stand up straight, like a string is pulling you up toward the heavens. You'll probably feel better right away. It's surprisingly hard to feel bad when your posture is good.

Also focus on walking lightly and briskly, like you're enjoying yourself and like you have a lot of energy. This can change your state, too. Maybe even skip or jump. Silly as it may sound, you'll probably feel much better.

If you look around, you may notice that people's posture reflects their frame of mind. People who slouch don't generally feel too good. The opposite is also true. It's hard to feel bad when your posture is straight, and you walk lightly. Try it! Good posture also supports the flow of energy through the body, so it's beneficial for your health.

10. End the day on a positive note.

As you prepare to retire, focus on the positive side of your day. Ask yourself questions like these:

- What went well?
- What was the best part?
- What was successful?

- What can you be grateful for?
- What positive word or phrase can you say to describe the day? (like refreshing, illuminating, insightful, joyful, etc.)
- What can you make even better tomorrow?

Most of us forget to celebrate our successes. Focusing on what went well is an important way to build self-esteem. As suggested in the questions, the end of the day is also a great time for expressing more gratitude. You can also be grateful for the blessings that are coming your way in the future.

The Value of These Prescriptions

As mentioned, these prescriptions are all time-tested, and each of them can change your life. Some, like “don’t sweat the small stuff,” have entire books written about them. Here, you’ll find a variety of opportunities for having a great day every day. Or if that’s too big a stretch, you can aim to feel a little better each day. Small wins can be easily achieved. They may also stimulate ideas for your own prescriptions. Then, you can share some of your own prescriptions with your friends and enjoy sharing what you discover with those you love.

Above all, this is an opportunity to move in the direction of the life you want to create every day. Each step sends a message to your deeper mind about the life you intend to create.

Learning, Dancing and Flying at 90+

Here's an inspiring example of living happily. It demonstrates how keeping your spirits up and having a zest for life can make all the difference. As reported in the *Los Angeles Times* article “Here’s your 2019 fitness inspiration: She’s 95 and is doing the splits,” Phyllis Sues kept learning and growing throughout her long life (which may also have been one of the keys to her longevity).

Earlier in life, Phyllis was a successful professional dancer and fashion designer. But even retiring didn't slow her down. She learned Italian and took up the trapeze. By age 90 you could find her dancing while playing the violin. And there was more, including yoga, writing a book and even skydiving in her 90s.

This is what she found. Staying curious and following your interests, trying new things, was a key to happiness. There is then always something to look forward to and enjoy. Regardless of your age, you can continue to find joy, purpose, excitement and love in your life. Keep learning, keep growing. You can do it.

Also remember that you don't have to be a gifted dancer or athlete to be happy. You have your own path to happiness. Daily actions have immediate and long-term benefits. They add up to having a fulfilling and radiant life, in the way that is right for you.

Now, as we prepare to discuss the next steps for humanity, consider this advice from new thought pioneer Wallace Wattles:

***"The very best thing you can do for the whole world
is to make the most of yourself."***

The question now is, how do you see yourself playing a part in this simple shift to love and happiness that can also transform the world? You'll learn more now as we explore the next step for humanity.

CHAPTER 6

The Next Step for Humanity

“Never look down to test the ground before taking your next step; only he who keeps his eye fixed on the far horizon will find the right road.”

– Dag Hammarskhold

You now have some great prescriptions for feeling better every day. So where to next? It's time to turn to the big picture - to explore ways following your heart and sharing the love can play a substantial role in humanity's future.

The Power of the Heart as the Next Frontier

Is it possible that accessing the power of the heart could be the next step in human consciousness? You've seen proof that love and happiness can transform lives. You also have ways to bring more love and happiness into your daily life. We've shown that love is actually proving to be a practical solution. People all around the world are awakening to the heart as the next frontier.

The wisdom of the heart is a real-life phenomenon you can experience for yourself, as countless others have. When you're stressed and confused because you can't figure out what's right for you, it's impossible to feel this wisdom. You're out of touch with the truth you hold at center of your being. Maybe you've felt this way – confused and not knowing what's right for you – as most of us have. In a very real sense, it's heartbreaking.

People have explored the highest heights of the tallest mountains, the deepest depths of the oceans, and the vastness of outer space. But few of us have explored the vast frontier that is calling from within us – in the heart and soul. Your heart is like your inner compass. It can light up your life and point you toward what's right for you. When you're feeling like you're off center –

stressed, confused, etc. – returning to the love in your heart at the center of your being can change everything. Consider this question:

***Is what you're doing now
taking you where you want to go?***

If not, opening your heart and following the call of the heart could change your life in miraculous ways. Many have heard this call, but few have slowed down long enough to respond to it effectively. Yet, as you just saw in the prescriptions for love and happiness in Chapter Five, it's relatively easy to do. The goal of feeling a little better every day is more than worth the price. This can be life-changing, because love is the ultimate solution.

What is the Ultimate Solution?

For changing lives, our focus is on implementing the most effective solutions we can find. Like many people, we have been exposed to superficial approaches that have some merit but end up as disappointments. Applying targeted, time-tested solutions can save weeks, months and even years of wasted effort.

Yes, the challenges our world faces are monumental, and it could take some time to make significant changes. But what choice do we really have? If we continue to focus on marginally effective solutions, we may continue to fall short of the goal for years and decades to come. Fortunately, looking back at the worldwide impact of the Renaissance, for instance, we can see that we don't have to wait for everyone in the world to change.

Areas of influence from the Renaissance include education and history, art and science, and popular imagination and culture. We can see from this period that a few people with a vision influenced the creation of a more enlightened world. This may also be true for us now, as more and more people open to the power of love. Life is a series of choices and decisions. The choices we make each day ultimately determine who we become, both individually and collectively.

We've found that it's possible to begin to get results quickly, even with the speed of thought. We just need to open our minds and be creative in our approach. Albert Einstein had this to say about creative thinking.

***"Creativity is seeing what others see
and thinking what no one else ever thought."***

What might this mean? We generally focus on asking a few key questions to uncover the ultimate solution. Here, you could say we're looking for the ultimate solution to the ultimate problem, but the steps are the same.

Three Key Questions for Finding the Ultimate Solution

1. **What is the primary cause of the problem?** This is important, because you can't reach the ultimate solution if you haven't identified the root cause of the problem.

We live in a world where people are divisive and where the minority of people who are in control of the planet's vast resources maintain power over the majority. The root of the problem is fear – fear of lack, fear of loss of power, etc.

2. **What is the fastest, easiest, most effective, and most complete solution for addressing the primary cause?** The answer to this question may not be readily apparent. This is why so many people settle for partial solutions to complex challenges or solutions that only mask the real problem.

While we tend to seek solutions outside ourselves, in this case, the truth lies within, in the wisdom we find in our hearts. The only way we can imagine the world changing in a monumental way is by opening to love. It is a simple solution to a complex problem. With love as our guide, humanity as a whole can honor the diversity of the human spirit and share the abundance of resources.

3. **How do you get from the root cause to the ultimate solution, which is the real goal?**

Asking ourselves again, what other options do we have? Why not commit to something that works? Love is, after all, the ultimate solution. Compare it with the consequences of war with its high cost in resources, destruction, and human suffering. Opening widely to the power of love is quite different: low cost, no negative side effects, life-changing positive benefits, and anyone can do it.

For our troubled world, we can only imagine this happening if we collectively open our hearts and shift our perspective from fear to love. It starts by opening to the love, peace, and joy that resides within ourselves, with its enormous proven benefits. Then, we share the love, radiating it outwards to those we love, to our communities, and to the

world. As we have shown, this approach has enormous benefits both for ourselves personally and for society at large.

As more of us open our hearts and choose to embrace love as the solution, we can join together to create a planet with people who were joyful, caring, healthy, and vibrantly alive. If not this, then what? Opening our hearts to love is the clear next step for our troubled world. You could even say the heart is the next frontier for humankind.

The good news is that it is happening. More and more people are opening to love. In the process, our hearts are opening us to a new view of reality. This vision of a more loving world can illuminate and literally change the world.

A Transformation from Struggle to Joy

Here's a wonderful example of how Corina Sowada, an empowerment coach, used the ultimate solution for turning her life around. She shared her journey on the podcast "Stories of Inspiring Joy."

In her early twenties, Corina was a single mom and became involved with a man who wouldn't commit to her. She resorted to people pleasing and "begging for his love." Her co-dependence and obsession with him caused Corina to metaphorically lose her voice, along with her passion and optimism. She no longer recognized herself. Corina felt lost and alone.

One day, Corina had an epiphany. She suddenly recognized her truer self, which included her beauty and self-worth. Following her heart, she made the decision to end the toxic relationship and chose to honor herself. She began prioritizing her health and wellness, learning to love her body again.

Over time, Corina healed her trauma bonds, which are emotional attachments that form between a person and someone who abuses or mistreats them. She prioritized healthier thoughts and started to follow her intuition.

As Corina set boundaries and raised her mindset, she gradually felt better and more true to herself. Her story highlights that when you honor yourself, you become more joyful. You then embrace the good in life and handle the challenges that come with more resilience.

Much as we and growing numbers of others do, Corina now helps others who are struggling to find their own voice and their way in the world. In turn, they can make empowering choices and bring joy into their lives and spread it to others.

The way Jane sees it, the impacts we as individuals make can look much like a beautiful snowflake. We first make changes, opening to love, peace, and joy

for ourselves personally. Then, we share with people around us, who in turn share with more people who share with more people, creating a beautiful structure for change. It can go on exponentially, with each of us being the central figure in a snowflake of our own making.

Let's Review the Benefits

Anyone with an open mind can open their heart and see what we see. The heart knows. Visualizing may be a somewhat new experience for some, and that's fine. Everyone can imagine this loving world in their own ways.

Just take a moment now to connect with the love in your heart and imagine living in a world where love and happiness reign. It's a friendly place, where the unique gifts that each person brings are honored and nurtured, where people look out for the well-being of everyone around them, where everyone and everything can thrive.

Our dream can become your dream, too.

Imagine a world where love is the guiding force,
where the unique gifts that each individual brings receive honor and respect,
where all are nurtured in allowing their gifts to blossom, to manifest the joy
of living in each moment...

Imagine a world where all of nature is also honored,
so all may live in harmony and share an increasingly vibrant
and beautiful environment...

What we imagine we can create, starting in this moment.
This vibrant world will come into being as each of us empowers ourselves
to live the dream now and share it with others.

It may feel clear from this perspective that there could be no poverty in this vision, because people who are following their hearts care for others. There could be no war, because no one would have the heart to wound others. And through love, equitable solutions to the challenges we face as a society would emerge. Overall, there could be no exclusion of any good thing for anyone or anything.

As mentioned, we are quite aware that this vision of the world may appear to be idealistic and impossible to attain. Then we remember the Renaissance. It's an example of the way many of the major cultural shifts throughout human history seemed to be impossible until they weren't.

The 3.5% Rule for Societal Change

Now, we have solid evidence that this is true. Consider this information from anotherworldisprobable.com/.

“Harvard University political scientist Erica Chenoweth discovered in order to enact change requires only 3.5% of the population actively participating in protests. She told the BBC in 2019: “Numbers really matter for building power in ways that can really pose a serious challenge or threat to entrenched authorities or occupations.” And furthermore, nonviolent protest seems to be the best way to get that widespread support. Once that 3.5% threshold is reached, success is inevitable.

“ ‘There weren’t any campaigns that had failed after they had achieved 3.5% participation during a peak event,’ Chenoweth said. Examples of such movements include the People Power movement in Manila that folded the Marcos regime, the Singing Revolution in Estonia in the late 1980s, and the Rose Revolution in Georgia in early 2003.”

This is great news. It’s encouraging to think it only takes a small percentage population to make massive social changes. We can easily imagine that at least 3.5% of the people in the world would prefer a more loving, joyful, and peaceful world. And you could be one of them.

Life is essentially a series of choices and decisions. The choices we make each day ultimately determine who we become. More importantly, our focus on these choices determines the quality of the lives we lead personally and collectively.

With love in your heart, is it an impossible stretch to believe that what we imagine we can create? Could humanity unite behind the possibility of creating a more friendly world where everyone can thrive with love and with happiness? And if not this, then what? If not now, then when?

We can collectively make this choice of creating a more loving world the opportunity of a lifetime. With proof, it’s possible that more and more people can open to this opportunity. With this in mind, we provide proof of the benefits here. Then you can experience them for yourself, and if you choose, you can pass it on.

Above All, Remember You Matter

Now, we want to speak to your heart and assure you again that you matter and what you do matters. This is important - not just for you personally. It is also important for the future of our world.

Earlier in life, Jane felt somewhat hopeless about the future. Here's the way she describes her experience:

"I was saddened by the violence and hatred I saw around me, and I didn't think I could do anything that would matter. As I opened to the love and the wisdom that came from my heart, this started to change. I realized that love is the ultimate solution, and I could make a difference."

If everyone passes the responsibility for creating a more loving world on to someone else, the quality of our lives is likely to spiral downward. As famed Conservationist Jane Goodall, who is known worldwide for her work with chimpanzees, noted:

"Each one of us matters, has a role to play, and makes a difference. Each one of us must take responsibility for our own lives, and above all, show respect and love for living things around us, especially each other."

This is your opportunity to take a stand, and you have an abundance of resources, starting with the prescriptions we provided in Chapter Five. It warms the heart to stand up for something that makes a positive difference. In our hearts, we sense that we're here to make a difference, to expand our horizons, and to come together to create a better world.

A Special Bonus for You

Thank you for your attention to this book. If you want to take what you learned in *The Solution* a step further, we invite you to get our free Special Report:

***Three Missing Keys
for Activating the Power of Love in your Life and in the World***

This insightful report provides little-known keys for unlocking the door to a better future for us all. To receive your free copy, go now to:

<https://getthesolution.org/444report/>

We also want to let you know how you can have a larger impact, get the word out, and help us to make the loving world we envision a reality.

Some simple things you can do to have a larger impact:

1. **Share this book with others.** It's free for everyone everywhere in the world. And who knows? To download the book and receive more insights, just send your friends to:

<https://getthesolution.org>

Who knows, you may even transform someone's life with our simple prescriptions for feeling good.

2. **Share the prescriptions for feeling good** with your family and friends and commit together to use them each day. Then you can also share your successes and enjoy the benefits together.
3. **Make a tax deductible donation to Awakenings Institute** to support us in getting the message out further. It's easy to do online. Just go to:

<https://getthesolution.org/donate/>

The Key that Could Change Everything

We appreciate anything you can do to support *The Solution* and the dream of a more loving world. The real key is to stay focused and keep doing it!

Remind yourself to continue to find people who could benefit from more love, peace, and happiness. If you can just offer the opportunity every week to one or two people around you to change their lives with *The Solution*, you can have a continuing impact that will ripple out around the world. The same goes with the prescriptions.

Going a Step Further

We've had a vision of love going viral. If you have connections on social media or elsewhere, imagine what you might be able to do. We envision people all over the world sharing the solution with those around them and connecting with others who are standing up for change. There are many ways of doing this; use your imagination.

Imagine what might happen if thousands of adults and children share our loving hearts with our communities all around the world. All it takes is a desire to be the change we wish to see as creators of a more loving world where happiness reigns.

Hearts can make a difference anywhere and everywhere, as can a simple smile and caring connection with friends and strangers alike. Heart images make most people feel good. As more of us share the love with those around us, more connections can be made, and more love can flow.

The Time is always NOW!

We've found that the time for change is always NOW. If you wait for a better time — the perfect time — it probably won't ever come. Considering the possibilities, it's pretty clear that you have nothing to lose and much to gain by following your heart and sharing the love. If you feel more energized and excited about your life when you think of the possibilities, you are experiencing firsthand evidence of this now.

We leave you with these profoundly true words from Margaret Mead.

“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.”

About the Authors

“Phillip and Jane Mountrose have been pioneers, innovators, and integrators for many years now, having contributed a number of excellent books, videos and audios to this growing field of energy and spiritual healing and change. I have been privileged to read, watch or listen to many of these innovative products and I have been amazed at times at how prolific they have become.

I have been both delighted to observe their own professional growth along the way and very appreciative of their willingness to be of service to both their clients and their colleagues.”

- Philip H. Friedman, PhD
Author of *The Forgiveness Solution*

Phillip and Jane Mountrose are holistic life coaches, energy healing pioneers, and founding directors of the Awakenings Institute, a non-profit organization dedicated to creating a more loving world where every individual is honored and nurtured.

In their roles as the founding directors of Awakenings Institute, Phillip and Jane have devoted more than three decades to exploring the fields of personal and spiritual development, focusing on connecting with the soul's guidance and wisdom. They also focus on bringing spirit fully into form so each of us can live fully and grow in wonderfully profound ways.

The Mountroses live on California's scenic Central Coast, with their two sweet little dogs, Foxy and Buddy.

Learn more about Awakenings Institute at:

<https://awakeningsinstitute.org>