

YOUR NATURAL STATE OF BEING

REVIEW
STORY
IDEAS!

by Dr. Scott Zarcinas



STORY IDEA #1. What are the steps to experiencing our natural state of being?

There are many steps readers can do to experience more of their *Natural State of Being*; here are 3 to begin with:

- Belief determines everything: therefore work to disarm any self-limiting beliefs about yourself
- Your mottos are a window to your underlying beliefs: therefore, understand what mottos you hold and ask yourself whether they work positively or negatively for you
- The Attitudes of Abundant Living: embrace at least 1 of these attitudes—Giving, Forgiving, Thanksgiving—and see what positive effect it has on your daily life

STORY IDEA #2. What can I do to succeed in getting more of what I want in life?

Besides reading and implementing the teachings in *Your Natural State of Being*, the best tips for getting more of what you want in life are:

- Understand why you do what you do
- Know what you are seeking in life
- Implement the Attitudes of Abundant Living—Giving, Forgiving, Thanksgiving—to experience more of what you want:

Joy, Security, Acceptance, Peace, and Freedom

STORY IDEA #3. What are the steps to finding true happiness?

- Believe you already have everything you need to be happy
- Target the real cause of unhappiness and suffering—*forgetfulness* of our connection to the Source of life
- Implement real solutions to overcoming unhappiness and suffering—reconnecting with the Source of life
- Develop strategies to experience more happiness—The Attitudes of Abundant Living: Giving, Forgiving, Thanksgiving
- Remove obstacles to experiencing happiness—self-limiting beliefs

STORY IDEA #4. What are the best strategies to experiencing more happiness?

Your Natural State of Being outlines the principles of the Attitudes of Abundant Living, the best strategy to experience more joy, security, acceptance, peace, and freedom:

- Giving: Give unto others that which you wish for yourself
- Forgiving: Forgive others so that you can let go of the past and move forward with your life
- Thanksgiving: The happiest people in life are those who are grateful and give thanks

STORY IDEA #5. What are the benefits of reconnecting with our natural state of being?

- Emotional Benefits: Your natural state of being directly enhances your feelings of joy, security, acceptance, peace, and freedom
- Mental Benefits: Your natural state of being markedly reduces your daily stress and suffering
- Spiritual Benefits: Your natural state of being delivers fullness and meaning to your life
- Physical Benefits: Your natural state of being reveals the goodness, truth and beauty of every moment

STORY IDEA #6. What should I avoid doing to prevent experiencing my natural state of being?

Things to avoid include:

- Forgetting that you already have what you are looking for
- Ignoring the joy, security, acceptance, peace, and freedom of your true self
- Disregarding the connection with our Source
- Closing yourself to your true potential
- Believing that you are an isolated individual alone in this world
- Listening to fear, hatred, anger, pride, greed, idolatry

STORY IDEA #7. How can I guarantee I'll find what I'm looking for?

There are 2 guarantees in life: death and taxes. But there is a 3rd: your natural state of being.

- Through our connection to Source, we already have all the joy, security, acceptance, peace, and freedom we need
- If our natural state of being seems hidden, we can reveal its presence through belief, action and remembrance:
 1. Believe—you already have what you're looking for
 2. Action—implement daily the Attitudes of Abundant Living: Giving, Forgiving, and Thanksgiving
 3. Remembrance—remember the connection to Source is always there

STORY IDEA #8. Are there principles to apply to take the guess work out?

Your Natural State of Being is based on the 4 Tenants of Empowered Living, which is the specific knowledge of achievement, success and fulfillment:

1. The Knowledge of Plenitude—the condition of completeness and fullness in Life
2. The Knowledge of Your Natural State of Being—joy, security, acceptance, peace, and freedom
3. The Knowledge of *Forgetfulness*—the belief or illusion that our connection with Source has been lost
4. The Knowledge of the Attitudes of Abundant Living—Giving, Forgiving, Thanksgiving

STORY IDEA #9. What should I be using or doing to get maximum benefit?

- Read books like *Your Natural State of Being* and others in the same genre—the attitude of lifelong learning is invaluable in your personal growth and maximising your potential in this lifetime
- Meditation and Prayer—continuous and deliberate communication with Source is vital to remember our divine connection and prevent the fatigue of *Forgetfulness*
- R & D—do your research and test out the Attitudes of Abundant Living to experience how Giving, Forgiving and Thanksgiving will increase your daily experience of joy, security, acceptance, peace, and freedom

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