

## INTRODUCTION

“It was the best of times, it was the worst of times.”

**T**HERE ARE MANY WAYS TO REACH A DIRECT communicative connection with the being who goes by many names and who is most commonly referred to as God.

Jack Nicholson has captivated the world on so many occasions with his provocative performances as a variety of characters in a variety of movies, each time offering every one of us an enhanced understanding and thus changing our lives. Michael Jordan did so while “in the Zone” on the basketball court. President John F. Kennedy and civil rights leader Martin Luther King Jr. did so while speaking. African American communities did it almost on a daily basis, singing their gospel hymns while toiling in the oppressively

hot cotton fields. Eckhart Tolle did so while sitting silently, in a receptive mood, on the same park bench at the same time each day.

Each one of the aforementioned persons connected directly with God and in doing so changed the world.

“An atheist is a man who has no invisible means of support.”

—JOHN BUCHAN

As this book will show, you can do the same through writing your book. Not only will you change the world but you will change every aspect of your own personal world for the better. The earlier quote was written by Charles Dickens in his classic *A Tale of Two Cities*. In his book Dickens was describing another time and another age. Or was he?

“It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity...”

Our economy has crumbled. As we attempt to rebuild it we are being forced to do so from a completely different perspective. No longer does the conscious, dog-eat-dog, win-at-all-costs, it's-just-business approach to a vocation seem to work. Everything seems to have gone in a different direction—with which we are struggling to keep pace.

That direction is reflective solely of treating each other well, looking out for our neighbors, colleagues, bosses, employees, friends, and families, and completely coming from the heart with what it is you do with your life.

“God is subtle, but He is not malicious.”

—ALBERT EINSTEIN

Maybe it could have been, should have been, that way all along. Nonetheless, it is that way now, and it appears as though we are being forced to move in that direction or continue to perish.

“...it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair...”

Sure, the unemployment rate hasn't been this high since the Great Depression, but maybe with so many jobs tied to careers and incomes that do not speak of our higher purpose, maybe that jobless rate needs to be as high as it is. Maybe life—the Creator, the universe, the soul itself—is calling for us to make a necessary shift to a complete heart-based lifestyle. Maybe it is forcing us to do that right now, before we destroy ourselves and the planet on which we live.

“Many of life’s failures are people who did not realize how close they were to success when they gave up.”

—THOMAS EDISON

“...we had everything before us, we had nothing before us, we were all going direct to heaven, we were all going direct the other way.”

What do your reading of this book and your writing have to do with all of that? First, you may or may not be aware of an article that was published in *The New York Times* a few years ago. The article cited a survey that claimed 81 percent of Americans felt they had a book stuck inside them that they had to get out. Based on our most recent census, 81 percent of Americans would equate to nearly a quarter of a billion people. If we assumed that the same percentage of persons was worldwide, that would be close to 4.8 billion people. Are there possibly that many would-be authors out there?

“Many suffer from the incurable disease of writing, and it becomes chronic in their sick minds.”

—JUVENAL

Yes and no. No, because it would be impossible to believe that so many people, with all of the potential

professions out there, would be drawn to one specific vocation. Yes, because it is very possible that the writing of a book may carry more with it than just the promise of a vocation.

In fact, Aristotle believed that to live a full and complete life a person needed to do three things: 1) build a home; 2) raise a child; and 3) write a book.

Yes, that's correct, write a book. It was the great Aristotle who believed that writing a book was one of the three absolutely necessary pillars of life. Based upon my nearly three decades of working with tens of thousands of aspiring authors worldwide, I wholeheartedly agree.

In-depth experience has illustrated much for me. It has shown me that *every* person has a book inside them.

How do I know this? I know this because I have not befriended anyone, at one level or another, who has not wanted to write a book at one time or another in their lives. Sure, some of those people only felt that they had a book in them for six minutes after swallowing a six-pack of beer, while others held onto the dream for decades. Nonetheless, at one time or another—no matter how short that “another” may have been—everyone, at some point in his or her life, wants to write a book.

Why? The second thing that the experience has taught me is that when applying a “natural,” as opposed to a consciously contrived approach to writing the book a would-be author feels is inside, an amazing transformation can be witnessed in every area of life.

Whether or not they are directly connecting with a divine presence outside themselves or connecting with that presence already available within each one of us is a topic for another book. Either way, that connection is definitely made through the writing of their books and their lives change for the better as a result.

“You have to leave the city of your comfort and go into the wilderness of your intuition.

What you’ll discover will be wonderful. What you’ll discover is yourself.”

—ALAN ALDA

As that connection is made, especially over the length of time it takes to write a book, the author heals relationships, rights wrongs, cleanses wounds, finds purpose, releases divine voices, births and reinvigorates new vocations that had become stagnant and in general, lives a better life.

“In the depth of winter, I finally learned that within me there lay an invincible summer.”

—ALBERT CAMUS

Am I saying that the type of divine experience I am describing is only possible through the writing of a book? No, I am not saying that. However, what I am saying is that there is something divinely unique, beautiful, marvelous, and mysterious released directly

into the lives of individuals through the authoring of books the “natural” way.

“Resolve to be thyself; and know that he who finds himself, loses his misery.”

—MATTHEW ARNOLD

“The innate human need that underlies all writing, the need to give shape to your experience, is a gift we all possess from earliest childhood,” states Gabriele Rico in her bestselling book *Writing the Natural Way*.

This is evidenced by the fact that persons who have obviously reached some type of divine connection still gravitate toward writing a book. In many cases—I may be preaching to the choir here—people often feel so drawn to writing a book that deep down inside they realize their lives will not be complete unless they get out whatever story is inside them. However, very rarely does that work in the reverse. Very rarely do people who, after they become successful authors, suddenly want to transfer their energies to dancing, singing, sports, acting, or politics, for example. No, there is just something special about writing.

“I did not write it. God wrote it. I merely did His dictation.”

—HARRIET BEECHER STOWE

That something, which is so one-of-a-kind-special, has led me to believe that everyone should write a

book at some point in their lives. The earlier the better, if not for the vocational opportunities available then for the unmatched, can't-seem-to-get-anywhere-else alternatives that are available from doing so. I am not alone in that belief. America's most famous and well-respected family, the Kennedys, have long understood and believed in the power, possibility, and release associated with the writing of a book. Just look at how many books they have written. They have encouraged their children, from JFK Jr. to Bobby Kennedy Jr., to write. Could writing have led the children, those famous Kennedys, to their great, oftentimes earth-changing, lives? No one can say for sure, for there may not be an absolute way of measuring a correlation between writing a book and living a successful life.

Just look what a bestseller, *The Hurricane* by Rubin "Hurricane" Carter, did for the author. How about Nelson Mandela and Solzhenitsyn, who wrote their earth-shaking books while in prison as well? Writing their books in prison led to their freedom from that prison emotionally, spiritually and oftentimes physically as well. What they wrote about or experienced while in their prison cells led to their fame and fortune, through the release of their message, once they were set free.

Could what these moving authors experienced be analogies to what all of us have faced in our lives or are facing right now? Could it be that we are all in some sort of self-imposed prison, some more obvious than others, until we write our books? Could it be

that those prisons in which we find ourselves are there specifically to encourage the writing of our books?

Could that lack of a job or purpose in your life right now create some sort of prison for you as well, where you feel especially locked up with a lot of time on your hands to do . . . nothing? Maybe it is, as Tolle would view it, that nothingness which needs to be filled, longs to be filled, with the writing of a book. If everything does happen for a reason, could the reason that you may have a lot of time on your hands or seek to have a lot of time on your hands have to do with the fact that the prison which you have created for yourself has appeared to lead you to writing your book?

It is said that a great book changes the lives of many. I believe that the greatest change experienced by writing a book is for the author doing the writing. In fact, despite all of the money and fame that can be earned by doing so, if that were not the case no one would ever make it through the penning of a book. Doing so is just too hard and the motivation not great enough.

There is an off-balance belief in unsuccessful writing circles that you should always write to your audience. What they mean is that you should write co-dependently to the needs of those you want to like your work, those who will buy your books. Nothing could be farther from the truth. Sure, you should write for your audience. On that point I agree. However, the audience that you should write for is the audience of yourself. For then and only then can you successfully acknowledge and appreciate and thus grow, change,

and heal from the experience of writing.

Could adhering to inappropriately designed, truly unexplored sayings and beliefs such as the one above, be the reason that the writing of a book has become so difficult, if not impossible, by the well-meaning, hardworking, impassioned souls of our planet?

Yes. In fact, as you will see in the story that follows, I encountered nothing but failure when investing in the “orthodox” approaches to writing, and it was only when I totally began adhering to the complete opposite of what I had been told or taught that I began to experience the success that I deserved as an author.

Such has been the case with, I would venture to say, every person that has ever entered one of my classes or workshops. In one way or another, each person is a writing refugee. Each has tried, on one level or another, to “birth” a book only to be met with frustration and failure. Could it be that what they had learned about writing up until that point had been the cause?

Yes. In fact, once they blend with the method I have used to experience my own success, the one which I teach, then and only then do they transition. Once they transition, all of a sudden writing becomes easy and joyful once again, just like they experienced so long ago before someone “taught” them how to write, as opposed to showing them how to potentially unbridle and release themselves to write.

You see, I don’t teach them how to write. I simply help them reconnect with the authors they already are, beyond all that they learned. Once there, all they had

lost suddenly returns, they birth their books in record times, and they change their own lives— for their audiences and for themselves.

Everyone should write a book because everyone is meant to write a book. It is the sole way of delivering the message we were all born to live and then leave behind, first to the author himself or herself and then to the outside audience. It is from that perspective, and from what feels like several lifetimes of experience in this area, that this book is written.

“... in short, the period was so far like the present period, that some of its noisiest authorities insisted on its being received, for good or for evil, in the superlative degree of comparison only.”

—CHARLES DICKENS

*A Tale of Two Cities*

Perhaps it has become obvious that you do need to make a career shift. Perhaps it has become obvious that your career needs to be invigorated in a big way, and the presence of a book authored by you, in your particular area of interest, would more than help. Perhaps there is a greater calling inside you. You can just feel it, but don't know how to get to it. Writing a book can get you there. Maybe you have finally just gotten tired of trying to outrun all of the pain, anger, and frustration that has dogged you for what feels like forever. Perhaps you need a route to release it (the subject of many

a great book) in order to heal those parts of you. Perhaps you need to be offered another perspective, a lifesaving one, before it is too late. Perhaps all of the above descriptions apply to you. Perhaps only one or two of them. Either way, it's time to write your book.

Now, before we go any further and your logical “can't do it, can't even try” mindset gets a hold of this concept, I need to clarify something. I'm not talking about the resurrection of your life, career, and relationships taking the rest of your years on this planet. I'm talking about getting all of this done in three days—three short days—to change your life. You can change your outlook on relationships (especially the one with yourself), health, vocation, your total perspective of your time here on this planet, and much more in three days. Three Days! Not several decades or centuries.

Look at this realistically. What would you invest to accomplish that which you can derive from writing? You may have already invested tens of thousands, if not hundreds of thousands of dollars in a college or university education, not to mention all those years, and you are still reading this book. How many of the tens of thousands of English or journalism majors walk out after graduation with either a bachelor's or master's degree or a Ph.D. and yet have not written the publishable book: the real reason they entered into the program they chose in the first place?

Since the results I am seeking would be so dismally depressing, I don't want to go there completely.

However, I would say over 98 percent would be a reasonable guesstimate. Then what do so many of these people, as driven and as intelligent and committed as they are, end up directing all of their talents toward? Teaching. Correct. Then from their positions as teachers, they do what? Share everything they know about writing, despite the fact that they have yet to become, or even remotely experience the personal/professional success that they themselves could seek as authors.

“Our loss begins in school, when the process of writing is taught to us in fragments: mechanics, grammar, and vocabulary,” says Gabriele Rico in her book *Writing the Natural Way*. “Writing becomes fearful and loathsome, a workbook activity. Students write as little as possible, and once out of school, they tend to avoid the entire process whenever possible. As a result, few people turn to writing as a natural source of pleasure and gratification.

“This is sad because children’s writing naturally has an expressive position, an authenticity that inherently captures the sound of an individual on a page, an ability we seem to lose the more we learn about writing.”

“When we were little we had no difficulty sounding the way we felt; thus, most little children speak and write with real voice.”

—PETER ELBOW

*Writing with Power*

“Most of the methods of training the conscious side of the writer—the craftsman and the critic inside of him—are actually hostile to the good of the artist’s side,” says Dorothea Brande in her book, *Becoming a Writer*.

“A lot of people in English departments should never be trusted to run a program,” says legendary author Wallace Stegner. “Their training is all in the other direction, all analytical, all critical. It’s all reader’s training, not a writer’s training, so they have no notion of how to approach the opportunity.”

Collectively, how many years and how much money on average did they invest in accomplishing the completion of a program that personally left them high and dry as the author they really wanted to become? Have you taken a look at results from standardized test scores for high school students lately? With everything else that is going on in our society, you may not want to if you have already had enough depressing news for now.

“This is the sort of English up with which I will not put.”

—WINSTON CHURCHILL

One of the darkest holes in our educational system is directly tied to how much money our federal government devotes to re-educating teachers on their ability to improve their skills in teaching students to write. Does this tell you something? It does to me. That’s the bad news; now back to the good news.

“He must forget the things he does not wish to remember and remember only the things he wishes to retain.”

—BAIRD T. SPALDING

*Life and Teaching of the Masters of  
The Far East*

You can have your literary dream, no matter what motivates you toward living it, right here and right now. You don't need any previous 'qualifications'. In fact, the few you *do* have, the better because there will be less relearning for you to do. You can accomplish this release and rebirthing of your deepest spiritual, expressive self, which was jammed into its own unlivable space so long ago. You can live your literary dream, if that is what you seek to do, in less than a week.

The method behind my Write Your Publishable Book in a Weekend retreats leads over 98 percent of those involved, who are of all ages and come from all walks of life and educational levels, to the completion of their books in that period of time. In fact, the only ones who attend the retreats and normally don't complete their books in that period of time are those who, for whatever reason, miss a day or two of the retreat. It isn't that the method doesn't work for them. It's just that they simply run out of time before completing their books.

“The potential for natural writing is already within all of us; it is not too late for any of us to learn,” states Rico.

However, again (and this is worth repeating), it is possible to actually become the author you want to be while also experiencing firsthand all the life-changing aspects of writing a book right now in a weekend, for a price equivalent to one fifth of the average cost of a semester's tuition at a middle-of-the-road college or university. How much have you already invested in a career, vocation, or psychotherapy?

Sorry, but I can't help you do anything about what you have already invested. All I can help you with is moving forward, right now, through writing a book and experiencing all the wondrous gifts and opportunities it presents. All you will need to experience them, the vast array of them, is a long weekend.

These questions would be more appropriate to ask yourself instead. What would it be worth to you to be able to birth your deepest, most purpose-connected self? How would that change your life? How would that change the lives of those around you? How would that change the world?

Take a moment to ponder those questions again once more before reading on.

We're not talking three, around-the-clock days. When done properly, as described in this book, we're talking about three, eight-hour days—kind of like going to work at a normal job for a long weekend. In that short amount of time you will learn all that you need to carry you through the rest of your life. All that has held you back to this point from being able to write will surface and be released. All that lies before

you as a soul will be laid out in front of you, like a newly paved autobahn constructed just for you and only you. It will be your road, your path, the one you were meant to drive down solely, at whatever speed or rate you prefer to travel.

Can writing a book really do that for you? Yes. So as not to bore you with written testimonial after testimonial here, if you haven't already done so, I would suggest that you visit my website *www.TomBird.com*. There you will find dozens of video testimonials from budding authors of all ages and from all walks of life.

What you will find there will inspire you and possibly even stun you. You will hear a part of yourself, a universal part of us all, speaking directly to you through not only what you hear the retreat attendees say, but from where they share it—a place in all of us, as well.

What do you need for this journey you are about to embark upon? Besides the heart, which is an author's most important ingredient, and the place from where all great books express themselves, what is it that you should bring to the table beside the obvious, including a computer?

- **First**, even though some of you will be using your keyboards to pen your books, all of you will still be doing some necessary writing in longhand, so **a nice writing utensil or two would be great**. By nice, I mean one that fits

your hand well and moves smoothly across a piece of paper. Nice does not always translate into “expensive.” The cheaper versions of pens are oftentimes just as good, if not better, than high-priced ones. The main aspects to keep in mind when acquiring the right writing utensil(s) are simply how well a pen fits your hand, how much ink gets to its ball, and how quickly, as a result, it can thus move across the page.

- **Second**, you will need paper. Yes, as I mentioned before (just stay with me here— it will all be okay, I promise), you will at times be using a pen to write on paper. Initially, this is how you will be asked to approach the writing of your book, instead of through your beloved computer. Don’t worry though, you will receive the opportunity to transfer your efforts to the keyboard, which you have come to know and love so well. There will be more on this later. What I suggest is that you purchase one 14” x 17” drawing pad, one regular-sized lined note pad, and a small lined note pad.
- **Third**, go to my website *www.TomBird.com*. On the site you will see a tab entitled “Free.” Click on that tab. Scroll down until you find the link that allows you to download a copy of my relaxation/subliminal CD, *Transitioning Back to the Writer You Were Meant*

*to Be*. You will be using this CD liberally as you glide your way through your book. It will become the sail that catches and directs back to you the wind of inspiration that will serve as your guide to reconnect with all that really matters in your life. Or, if you have purchased the cyber version of this book, you can access that simply by clicking right here. So important is the use of this CD that I would recommend playing both the first track, which is only a few minutes long, then the second while reading this book or doing any writing of any kind.

“In order to achieve great things, we must live as though we were never going to die.”

—MARQUIS DE VAUVENARGUES

- **Finally**, you will need time, far less time than you may believe—three days to be exact—after reading this book.

“He who rides a tiger is afraid to dismount.”

—PROVERB

Do you want to know about me, my story, and how I came to the revelations that changed my life? Continue reading.