

understanding life

Lawrence West

introduction by jayne johnson

understanding life

Lawrence West

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*"Clearing is an educational and spiritual practice. It is not psychotherapy.
Clearing is administered by a highly trained spiritual counselor
who is called a Clearing Practitioner."*

— *Lawrence West*



Foreword from Jayne Johnson

The book you are about to read, written by Lawrence West, was originally released in 1991.

Lawrence, as you will find, was a Master of the Clearing Technology. He also held a Masters Degree in Chemistry and was a scientist by nature. He researched extensively and experimented with care, caution and logic, as any good scientist would; therefore, he did not lightly make conclusions as to what technologies, techniques and processes produced the results for which people were (and are) looking.

I was introduced to Lawrence in January of 1983 by my dear friend, Samantha Hampton, and I began my own journey on the Clearing Path. Lawrence was my teacher for 14 years, and the last 11 of those years we were life partners, as well.

Lawrence taught me the Clearing Technology from a Master's perspective, as well as many other technologies he had researched and found to be viable; among them, "*A Course in Miracles*," Neuro-Linguistic Programming, Hypnotherapy, Rebirthing, Soul Retrieval, Past Life Regression, and many, many others.

Lawrence West saved my life. He not only taught me many technologies for helping others, he also showed me how to be a loving and compassionate human being.

Lawrence West passed away in November of 1997, and although his body is no longer on this planet, he is here in spirit. I am eternally grateful to Lawrence for his unconditional love and support.



Over the course of almost 30 years, Lawrence West helped thousands of people to lead happy, successful, peaceful and powerful lives, lives that contribute to others, as well as to themselves. I know that Lawrence's mission was to free Beings from the traps of the physical universe so that they could be who they are really are, powerful, happy and all-knowing Beings.

Lawrence wrote the first drafts for Understanding Life around 1985. Since then, the many who have read it have gotten tremendous value from it. Over the years I've heard one miraculous story after the next as to how it has helped people to understand life and expand their contexts.

Experience has shown me that there is something special about this book, something almost magical about it. Hence my desire to now release it as an eBook.

Thank you for reading Lawrence's book. I know it will add value and be helpful to you. And I wish you all the very best in Life!

Jayne Johnson

(formerly Jayne Taylor-West)

November 2006

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Foreword by Lawrence West

This book gives you information that will help you to produce positive changes in your life. There are really only two types of change that are important to a person.

One type of change involves GETTING RID OF THOSE THINGS IN YOUR LIFE THAT YOU DO NOT WANT. The other type of change involves BRINGING INTO REALITY THOSE THINGS THAT YOU WANT TO MANIFEST IN YOUR LIFE.

This book helps you produce these changes. The information presented here is based on workable truths and when applied, brings about a better life for anyone. You are about to embark on a journey into the inner workings of life itself. After you complete that journey and come to truly understand the basic operating principles behind all life, your life will never be the same again.

Dedication

To Doctor Edwyn E. Melby, D.C.
for the constant inspiration he has given to my life and work

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Introduction

Have you ever wanted something very much? Perhaps it was a car, a promotion, a new stereo or a vacation. And when you finally got “that something,” how long did “it” make you happy? Most probably the thrill soon wore off and you were looking around for something else. Material things do make us happy for a time. But as most of us have discovered, acquiring things provides a transitory happiness at best. Then the questions begin. What is life all about? Why am I here? How can I create a meaningful life? What happened to my hopes and dreams?

When we incur an overwhelming number of failures in our lives, regardless of their magnitude, we tend to lose sight of the purposes and goals about which we were once so excited and enthusiastic. We feel a quiet sense of defeat that is painful and discouraging to confront. A common solution is to ignore it and go through each day secretly hoping someone or something will come along to save us. Life can then become the day-to-day drudgery we see and hear in evidence all around us.

Are we doomed to plod through one dispassionate, ineffective day after another, with a grin and bear it attitude as a cover-up, or is there something we can do to turn the ship around? Is there hope?

First of all, the answer is YES, there is hope. The missing piece of the puzzle is a fundamental understanding of life and how it works.

It is important to understand, for example, that the barriers to fulfilling our purposes and goals are to be found in our very own subconscious mind. The basic function of the subconscious mind is to record everything we experience in order to help us make decisions that support and enhance our survival. The only trouble with this mechanism is that the subconscious can step in and take over our normal thinking processes without our permission or even our awareness!



Consider this true-to-life example. Ten years ago Sally drove down an icy mountain road, slid and hit a pine tree. She wasn't injured too badly, but her survival was momentarily threatened and her subconscious mind dutifully recorded all aspects of the incident, especially noting the "dangerous" pine tree.

When the Christmas season arrived, there were pine trees everywhere, and Sally was puzzled by the nervous feelings she had. When a good friend invited her to go skiing, one of her favorite sports, she strangely found many justifications for refusing the offer and staying home. Every Christmas season for the last 10 years Sally gets those nervous feelings but, having no alternative explanations, attributes it to her confusion about what gifts to buy for her family and friends.

If Sally had understood one of the operating principles of life, the explanation would be simple and logical. The purpose of the subconscious mind is to aid our survival. Because Sally's subconscious mind associates pine trees with danger, it wants to keep her away from them. The subconscious mind sees this as protecting Sally from harm, thereby aiding her survival. Unfortunately, the down side is that Sally never gets the chance to feel calm during the Christmas season or to use her conscious thought process to decide whether to go skiing or not. In truth, Sally's chance to make her own decisions has been bypassed by her subconscious mind.

Moreover, the same mechanism that can make an association such as "Pine trees are dangerous" can make other illogical associations such as "I must do things I don't like to have what I want" or "I have to be ill to get love and attention." Associations like these are automatic and don't involve our conscious thought processes. They have the capability of "thinking" for us, even when we are under the impression that we are thinking for ourselves. Therefore, these kinds of unconscious associations are the very source of our struggles. No wonder life is so hard. We are in a constant internal conflict with our well-meaning subconscious mind!



The good news is that something can be done to remedy this situation. The process of Clearing entails getting rid of the inapplicable, false associations stored in the subconscious mind. It is just like pressing the DELETE button on a computer — you get to start over with a clean slate!

When you participate in the clearing of this negative subconscious material, you will find more and more of your life under YOUR control. You will discover, perhaps for the first time, what YOU like, what makes YOU happy, what YOU want out of life and what YOU want to contribute to life. Happiness is the natural result of knowing what you want and going for it. It's as simple as that.

As most of us have come to discover, life is not the proverbial bowl of cherries we once thought. It is full of challenges and obstacles, and though we have our moments in the sun, the overall picture can be intimidating, at the least. What amplifies these challenges and obstacles is plainly a lack of awareness and understanding of the basic operating principles of existence. If you know the basic operating principles of an automobile, you can get in one, drive to your destination, park it and accomplish what you set out to do. Imagine getting in the cockpit of an SST and doing the same. How far would you get? If you ever got the engines started, the ensuing result may not be what you had in mind! This example is analogous to life itself. We started out in life without a manual explaining the basic operating principles of life!

Here in *Understanding Life*, by Lawrence West, you now have that manual.

Jayne Taylor-West

Chapter 1

A New Way to Look at Life

Scientist at party: *It's not that simple, Mellie. Philosophers have been trying to prove that we exist for centuries.*

Mellie: *But if we didn't exist, how could we do anything?*

Scientist: *Yes, but the question is, Mellie, how do we know we exist?*

Mellie: *How could we even think about it if we didn't exist?*

Another Scientist: *Maybe we only think we're thinking about it.*

Mellie: *Look — Why don't you start out thinking that you don't exist and see where that gets you!*

— From the movie *Creator*



A New Way to Look at Life

This book is a guide to a new way to look at life. It will start you on a path toward freedom from the uncertainty and distress of everyday life. By reading this book you can begin to recapture the sense of well-being that is your human birthright.

Let's begin this new view of life with a simple process that will help you to experience what you are and what you are not.

In your mind, picture a horse. Any old picture of a horse will do, either a real one that you have seen in the past or an imaginary horse like a unicorn. Take a moment and examine this picture. Look at the horse. Smell it. Hear it run if you can. Take a moment. Who is looking at the mental picture of the horse? Obviously your physical eyes are not seeing the horse. Your nose is not smelling the horse nor are your ears hearing the horse. So, who is seeing and smelling the horse? Who is listening to the horse run?

It is YOU. It is just as simple as that.

In fact, you are the person, the individual, the Being who creates and looks at mental pictures. Some might say that you are the mind or that you are the pictures in the mind. From experience, you know you have a mind filled with mental pictures. But you are not your mind or the mental pictures. You are a Being who has the ability to create and then look at those pictures.

Additional processes will help to clarify these important points. Get the picture of the horse back again. From what location are you viewing this mental picture?



The immediate responses might be “here,” “where I’m sitting,” “in my head,” “on my face,” “in my eyes” or “in a little theater in the brain.” If you carefully and thoughtfully try to find your physical location, you will find that you have no physical location. This is not to say, as in the movie excerpt at the beginning of the chapter, that you do not exist; it just means you, as a Being, have no physical location in the material universe. You exist and are separate from the material or physical universe. It might take a while to absorb this idea since it is such a radical departure from modern materialistic thinking. Keep at it and you will break through to a new view of life.

Life is fundamentally a non-material *quality* of existence while the physical world is a material *quantity* of existence. As a Being, you have two abilities. You have the ability to create and the ability to perceive. In other words, you can make something, like a mental picture, and then see it.

Let’s go a bit further with another simple process. Locate your right hand. Where is it? Notice that your hand has a physical location. Who locates your hand? You do. Where are you? You have no location, yet your hand has a location. It is physical. Now, move your right hand to another position. Where did the idea come from for the new location? It came from you, again. Where is your right hand now? Where are you located? You do not have a physical location. Although you might have been led to believe that you are a body, you are not a body. In truth you have a body and you move and direct its position.

You have a mind and you have a body, but you are a Being. You generate ideas with the mind and these engage the brain to move your body. You are a person, an individual, a Being. Other names for a Being include Spirit, Entity, Soul, Essence or Life Source. For the purpose of simplicity, we will use the word Being.



The definition of a Being is:

1. The individual who exists as a non-material manifestation or expression, yet operates and handles a body in the material universe;
2. The person himself, not his body or his name, not the material universe or the mind;
3. That which is aware of being conscious; the identity which is the individual himself.

Sometimes we see confusion in this area. A person commonly says, "I believe my Being (my Soul or my Spirit) survives after I die." What he really means is I believe that I, as a Being, survive after my body dies. The phrases "my body" or "my mind" are true and accurate, but the phrase "my Being" is certainly incorrect. When you experience, realize and understand that you don't have a Being, you are a Being, you take your first step to true knowledge.

You, as a Being (a Soul or a Spirit), are not a physical thing; rather you are a creator and an animator of things. You are a Life Source, which means you generate life experience; you make things happen. You have no location in space, no physical mass, no wavelength, no motion because you exist as a non-material entity. However, you do have the capability of creating space, physical mass, wavelengths of energy and motion in the material world. Although you, as a Being, exist outside the physical, material world, you participate in it with a body.



A Being runs a body much as the captain of a ship operates his vessel. If the captain thinks he is his ship, he waits for someone to steer him. Certainly, he isn't in control. He runs the vessel aground or perhaps collides with another ship. To be the captain of the ship, the captain must control the vessel and know that he is the one who controls it. This is true for a Being.

The body is so easy to identify with because it is a Being's most intimate contact with the material or physical universe. As a result, we can falsely devote every moment of time to learning about and meeting the needs of the body while neglecting our own true nature.

One who becomes confused and thinks that he is only the body has many difficulties in life. When a Being believes that he is just a body, he sees life from a body's point of view. All bodies eventually die. Taking the view of a body, all that awaits one for his efforts in this life is the blackness and oblivion of death. He finds relief in the fact that his children and their children live on, but his fate as a body is to die. The body faces a grave, an end from which no body ever escapes. This is not a pleasant thought.

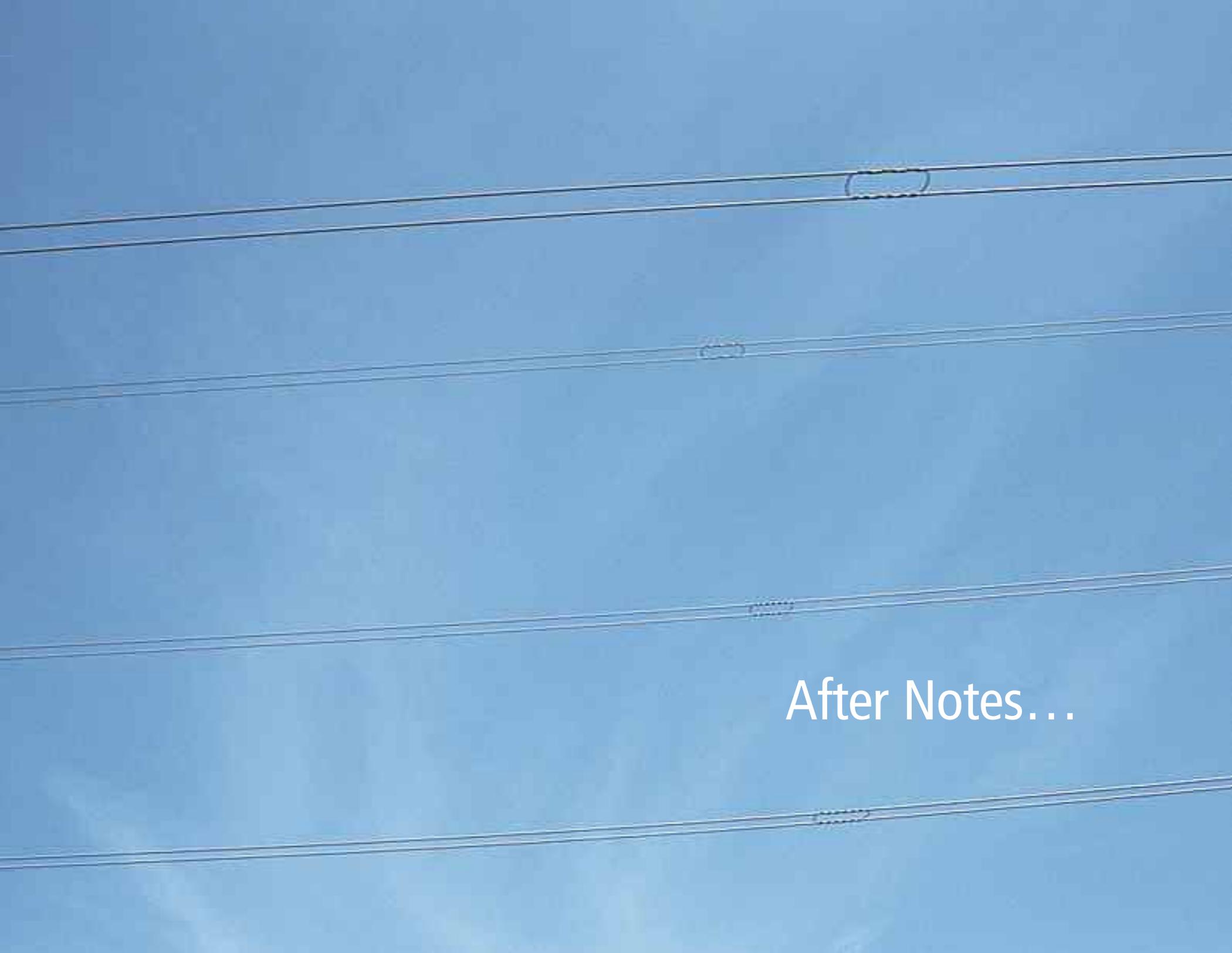
An individual who believes that he is a body becomes a desperate individual because, "condemned" to certain death, he wants to get all the material things he can as fast as possible. At the same time he wants to blot out the thought of an infinitely long oblivion. Life becomes a terminal illness where the body has "x" years to live, where "x" could be 10 years, 6 months, 55 years, or 1 day.



Could a planet full of men and women condemned to death have any hope? Of course they cannot. Without hope the condemned sink into drug and alcohol addiction, pursue greedy ways, engage in the false thrill of terrorism and war, and embrace body worship and all the other mental and social ills that one would find in a prison death row gone wild. Fortunately, there is a way to see life in a new way that is neither intellectual nor part of a belief system.

Your existence, as a Being, neither starts with birth into a body nor stops with the death of the body. This means that you exist forever. As you emerge and embrace the practical knowledge of infinite existence, you relax; you begin to enjoy the process of being alive.

This wisdom stimulates hope and self-confidence in men and women. It dissolves the individual's confusion about life and generates ample time to live, to learn, to love, to work and to enjoy existence. Now there is no time limit, no countdown to oblivion. All the things that you have ever wanted to be, do or have are possible because you have an infinite amount of time as a Being. You also have a purpose for being here. You, as an eternal Being, decided to take on a body and emerge into this physical universe to fulfill your purpose. When you remember that purpose, your present lifetime will be a steady stream of satisfying and joyful events.



After Notes...

About the Author

During the past 26 years Lawrence West has faithfully and objectively studied the human condition and the wide variety of technologies which address it. In the 75,000 or more hours he has spent researching and working with people, he has discovered and worked to expand on concepts which help anyone in his or her quest for a happy, fulfilling life.

Having a background in Science and a Masters Degree in Chemistry, Lawrence brings an open-minded, scientific approach to the understanding of life. I can personally attest to the fact that his first priority is to discover the truth about life and existence. His willingness to investigate any and all concepts and research them with an open mind is limitless. His attitude has always been one of encouraging people to think for themselves.

He presents the ideas in this book, *Understanding Life*, with the same attitude: read it, think about it, observe and draw your own conclusions. His belief that the only valid conclusions are the ones you have observed for yourself gives you, the reader, the space to decide what is true for you, free of dogmatism, prejudice or any other influencing factor.

As you read *Understanding Life*, you will find yourself saying, "I knew that" or, "I've thought about that but I never could describe it or give it a name!" There is nothing in this book that you don't already know, but there may be things you've long forgotten, the remembering of which will move you on the path to having the quality of life you've always known was available and is your natural right as a Being.

Jayne Taylor-West

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From the very beginning Jayne Taylor-West has been a constant help and inspiration. She has always worked to help me perfect and expand my understanding and presentation of the Technology of Clearing.

My sincerest appreciation also goes to:

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And to all our other clients and friends around the globe who support Clearing, our work, and us personally.

THANK YOU AND LOVE TO ALL OF YOU!

Acknowledgements from Jayne Johnson

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Thank you to all, and to the many others who support me and my work.

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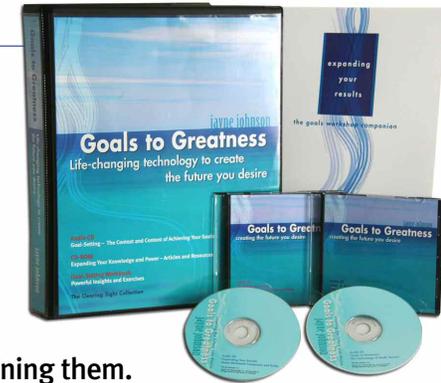
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Meet Jayne Johnson



*“I wrote the business plan for **Rich Dad Poor Dad** and my board game **CASHFLOW®** using Jayne Johnson’s goal setting technology in January of 1996. Without Jayne’s straightforward techniques for goal achievement, I doubt if **Rich Dad Poor Dad** would have become as successful as it is today. Jayne’s guidance in goal setting has made me millions of dollars... over and over again. Once you learn her technology, you can use it over and over again...which means you can continue to always get what you want.” — Robert Kiyosaki*

Jayne Johnson

Well-known in her field as a seminar presenter and educator, Jayne Johnson has made presentations in the USA and Australia and has supported thousands of people to produce amazing results in their lives.



Jayne is highly sought after by individuals from all walks of life for her personal consultations as well as seminar presentations. Her mastery in goal achievement technology is complemented by her expertise in other key areas of success, such as communication and relationship skills development, personal empowerment, stress management, and self confidence.

Jayne believes that practical knowledge and spiritual wisdom are derived from many sources. From her studies and thousands of hours of experience working with individuals, groups and organizations over the past 33 years, Jayne offers a wealth of knowledge, experience, and innovative concepts. She generously shares these with you in an enlightening and empowering format to support you in recognizing and manifesting your true potential.

My appreciation to the following people, who give me loving support in fulfilling my purpose to be of service to others: Robert and Kim Kiyosaki, Alan Walter, Peter Johnston & Suzi Dafnis, Blair Singer, Betty Pearce & John Cook, Pauline Abel, James Burgin, J.L. Lewis & Dawn Lewis, and Patricia Hernandez. And thank You. I believe that on a spiritual level we all support each other in making a difference and contributing to the quality of life for all.