



ROMANCING THE SOUL
Your Personal Guide To Living Free

Bob Trask

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Author's Note

I am convinced, after thirty years of carefully studying the hopes, dreams and failures of tens of thousands of people, in cultures around the world, that there is only one, universal obstacle that keeps us from having, doing and being what we want, that which will fulfill us. That obstacle to our success is simply how we, as individuals, have learned to see ourselves in relationship to the world around us. As we survive life's predicaments, we each become hardened in our viewpoints and eventually lose the ability to see from any other perspective. Through some series of experiences we learned that we were stupid, unworthy, abandoned, ill, homely, or impoverished, and now we defend those darknesses as if they really are who we are. Our viewpoint of reality then narrows to exclude Truth, and as our viewpoint narrows, so do our choices.

In 1978 I began creating processes and experiences that would allow people to expand their awareness and to experience paradigm shifts in their perspectives. The result was greater than I could have hoped for; my students gained more efficiency and greater joy in everyday life, and easier, more direct paths to making their dreams come true. Teaching and constantly refining these techniques for over thirty years, in many countries with cultures very different from each other, I saw again and again how alike we all are; whether I am a native in Borneo, a businessman in Tokyo, a homemaker in Vancouver, an actress in California or a baseball player in Columbia, my basic hope is to fulfill my life's mission and to be healthy, abundant and loved while I'm doing it.

Available to you in this book, is the very system that has made it possible for nearly a half million of those people to attain their dreams. As you learn these methods and apply them to your life, you too may expect miracles; ones of your own making.

Foreword

Who are we, what are we doing here, and where are we going? How can we fulfill our lives? As a seeker and a scientist I have searched for answers to these questions most of my life; through university degrees in psychology and neuroscience, through extensive laboratory research on the relationships between brain and behavior, through studies in comparative religions, and through extensive participation in personal-growth programs.

Here, at last, is the jewel I have been searching for. *Romancing the Soul*, this precise, nonreligious integration of psychology and spirituality has answered my questions and become my handbook for living free. This amazing mind-spirit synthesis is so clearly written, so simply described, it becomes the foundation for Trask's Triangle; the core of his book and his work. Developed over thirty years, in the lives of thousands of people, Trask's Triangle has become a daily guide for families, businesses, performers, leaders and athletes around the world who want to be, do, and have all they dream of. Bob Trask believes that we must fulfill our dreams in order to complete our life's divine missions. Through an expansion of clarity and peace of mind, his process, here explained, changes self-sabotaging tendencies and allows our souls to dance in joy. This training manual for spiritually harnessing the power of the Universe explains, step by step, the techniques that have created lives of personal freedom and success for people around the world. Here it is now, his gift to us, presented in his enjoyable and thought-provoking style.

Read it and read it again; your life will be renewed every day.

Richard T. Robertson, Ph.D.

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and Neurobiology University of California, Irvine, CA*

The Inspiration

A Wise Woman Speaks

We sat on the forest floor watching her and listening. A brook giggled over polished stones while tall trees leaning against the afternoon sky watched over us like guardians. From far away came the first deep rolling of thunder. Tia Maria leaned forward, tucking a strand of white hair behind an ear and watched the water weave around her feet.

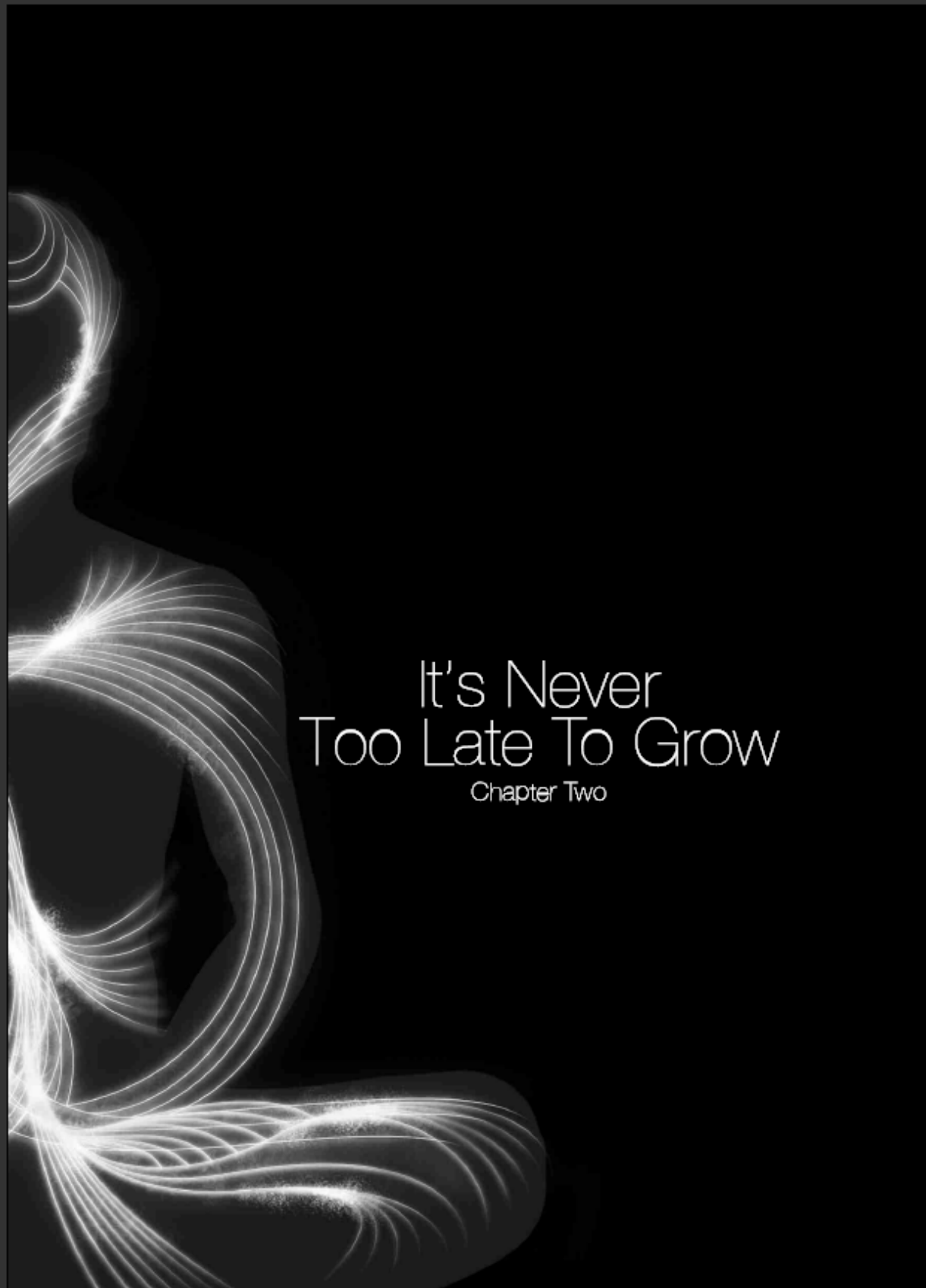
“You know why you become so confused? You think you are a physical being with a soul. The opposite is the truth, of course; you are a soul with a physical being. As pure soul, you want to experience and express yourself, so you create a mind, and your mind needs a physical body, so it creates one. So now here you are in this wonderful world free to experience and express as you like. There is no blueprint for you to follow; you can create it as you go.”

“And if you become afraid then you might get greedy or selfish and hurt others. Those mistakes are painful, and embarrassing, but they are important because they remind us who we are and they get us back on our paths. Do you need to be forgiven for them? Children, you are automatically forgiven as you forgive others.”

She looked up at the thunderclouds towering above us. “Look, pretty soon, a bolt of lightning is going to tear across that sky. What will we see up there then? A wound? A scar? No, the sky will heal instantly. And fish will shatter the perfect surface of a pond, but will the pond be damaged? No, it will heal. You are a perfect part of this Universe; when you are following your life’s mission, you are flowing with that same Grace as the sky and the pond and will be instantly healed and forgiven. But if you forget who you are, if you abandon your mission, you will fall from Grace. Then your life will become unbalanced and you will suffer, but your pain is not punishment - it is Great Spirit waking you up, pushing you back onto your mission; back into your joy.”

The Inspiration

The old saint sat in her silence. We waited and the thunder came closer; soon the storm would be upon us. Without hurrying, Tia Maria dipped her hand in the brook, brought its cool water up to pat on her face and her eyes filled with tenderness. She spoke slowly to make sure we understood. "You are each a part of Great Spirit, of God, here on your personal mission. You worship by being true to yourself, by following your soul's calling. Don't be so concerned about loving God, let God love you. Your soul knows the way, let it lead and you will be filled with Grace and your life will be a gift to the world."



It's Never
Too Late To Grow
Chapter Two



Three Ways of Living: Be, Do and Have

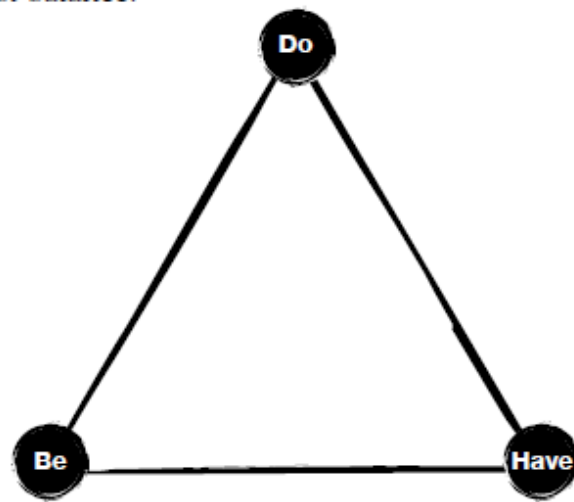
There is no question in my mind that you are a special person. There has never been, nor will there ever be another you. No one will ever have a replica of your fingerprints, your cell structure, your personality or your viewpoint of reality. No one will ever accomplish what you can. Until you are walking the exact path you came here to travel, your life cannot help but feel unfulfilled. How does a person do that? How do you find your path, your individual mission?

I was watching a pitching duel between a great pitcher and a great batter recently. With the count three balls and two strikes, the batting champion fouled away pitch after pitch. Soon there were no more surprises; the batter had seen everything the pitcher had and the pitcher had seen everything the batter had. The pressure on each of them was tremendous. The announcer said it all: "Ladies and gentlemen, this is no longer a baseball game; this is now a head game." A head game, wow! He was saying that the game was about much more than baseball. It was about how the pitcher and batter each saw himself, about which had the greater self-confidence and was the most balanced. It was about which could hold the vision of himself more clearly as the winner of the contest. After fouling off pitch after pitch, finally the pitcher just threw a fast ball down the center of the plate, so fast the batter was caught off-guard and could not catch up with it.

The pitcher won.



We are also in the head game. It is your mental and emotional strength that will determine whether you win or lose at relationships, money, health and career. In order to have the strength, our *being*, *doing*, and *having* must be balanced. I'll use Melvin, Patricia, and Larry as examples to illustrate that balance and what happens when we're out of balance.

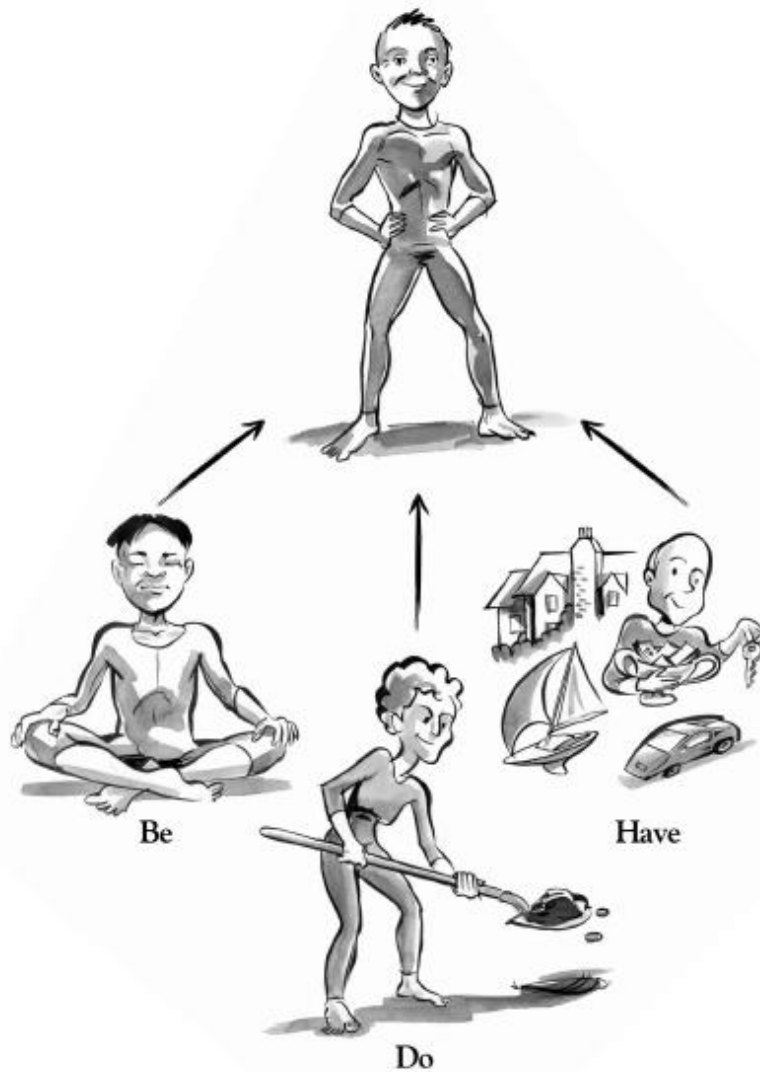


We'll call Melvin a human *having*, because he is focused on what he has: money, cars, houses, and toys. He still feels empty and knows there must be something more, but having is the only way he knows of fulfilling himself. He keeps accumulating "things" hoping one of them will bring him joy.

Patricia is our *human doing*. She can't stop working; she is busy from the time she wakes up in the morning until she drops off to sleep at night, thoroughly exhausted. She doesn't have time to just *be* in her world or to enjoy *having* anything. Like Melvin, she knows something is missing, but is convinced that the only way to fill the void is to work harder.

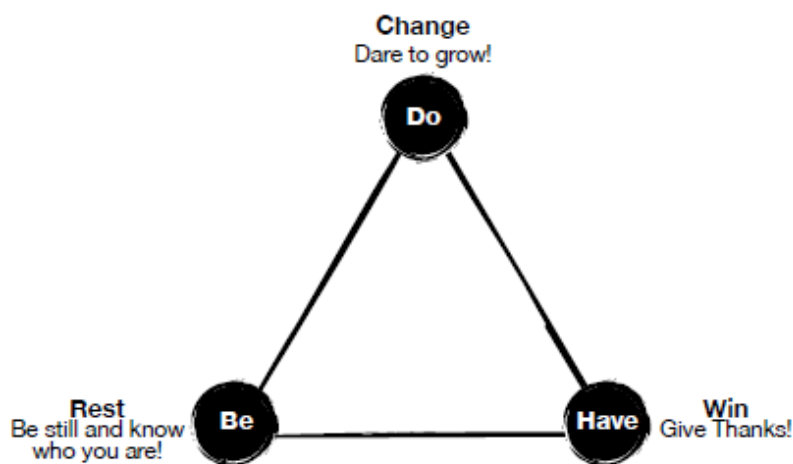


Larry is our *human being*; he meditates, talks endlessly about spiritual and metaphysical stuff, but he *does* little to challenge himself and *has* very little to show for it. He is self-indulgent, isolated, and his life is stagnant. Larry knows something's not quite right, so he digs deeper into spiritual philosophies and meditates more.



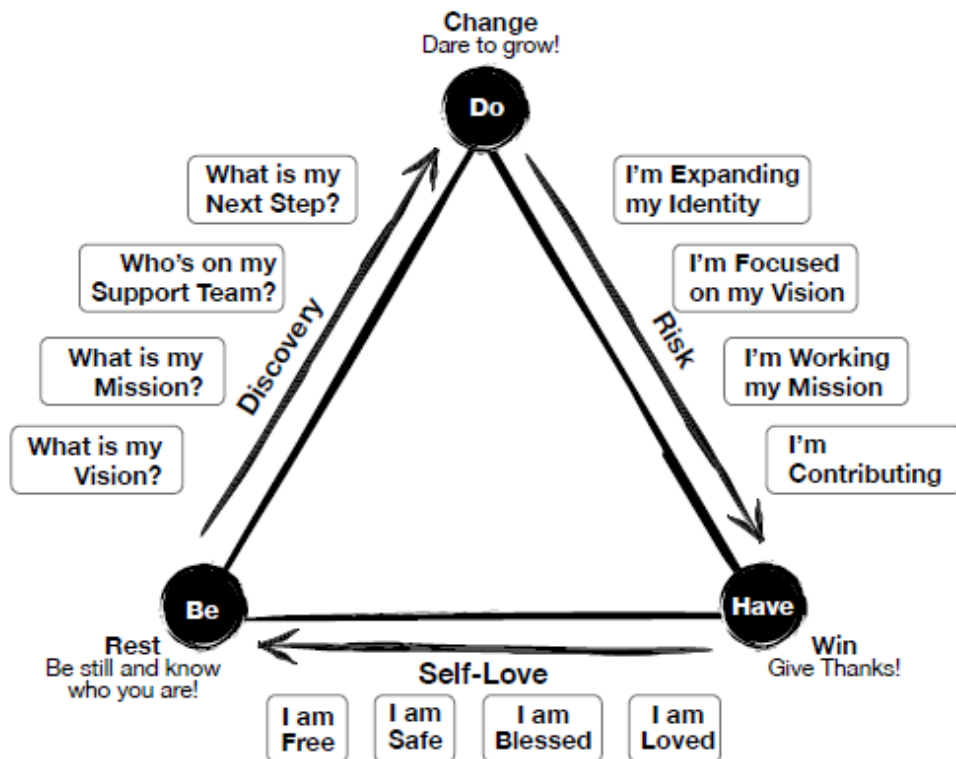
If these three were following their souls they would not be lost because the food of the soul is joy. If they do not feel joy, the soul will pull them in the direction to where they can feel joy. Neither Melvin, Patricia, nor Larry is finding joy because none of them are in balance. They are in avoidance of what they do not understand and unwilling to risk learning it. In order to know joy and to be operating at the top of our game, we must stay balanced in being, doing, and having. When those three are in harmony, our souls are smiling and avenues of opportunity open before us. Where we only saw problems, we now see possibilities, and are able to achieve things we never thought we could. Living well is like riding a bicycle; nearly impossible to stay balanced unless we are in motion.

Jane, who was reborn on the bottom of the river, never heard of Be-Do-Have. After her ordeal she determined to keep moving forward, feeding her soul the pure joy which naturally flows from a balanced life. Here is what she learned.



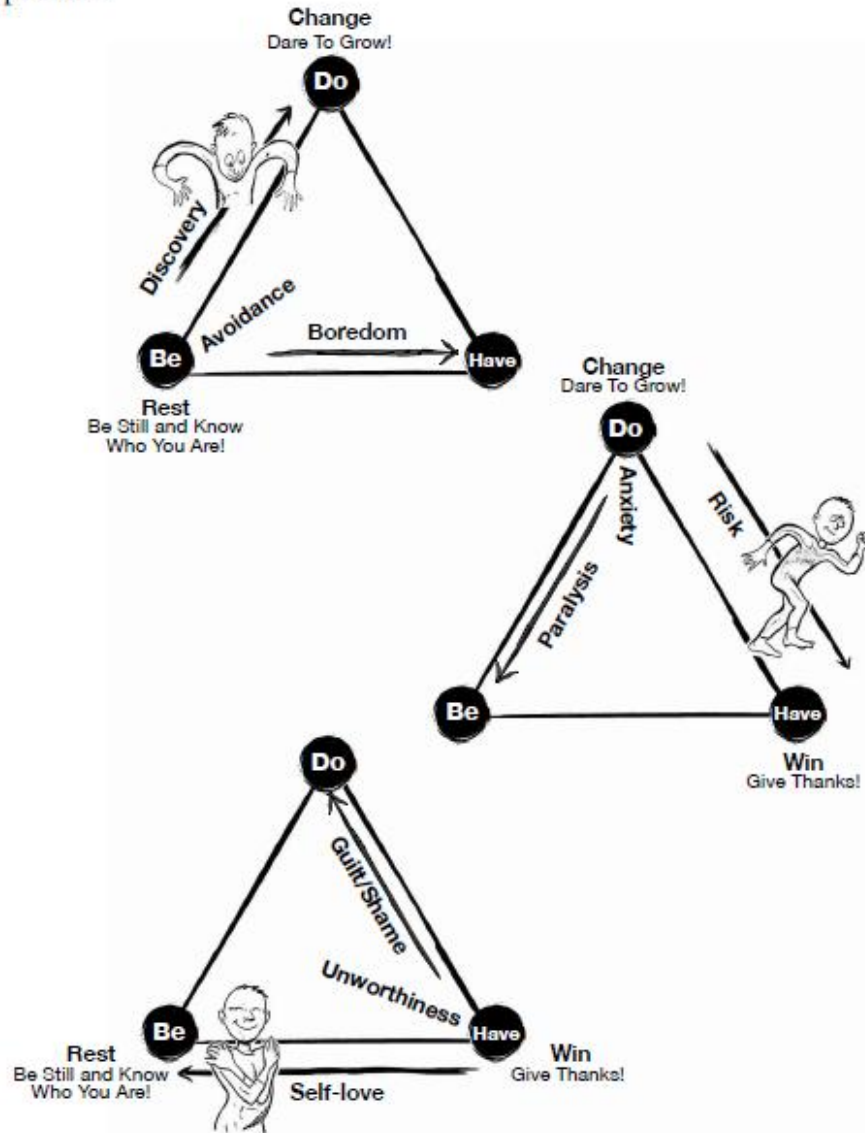


At BE, we Rest. At DO, we Change. At HAVE, we Win. Between Rest and Change is the action path of Discovery. Between Change and Win is the action path of Risk. Between Win and Rest is the action path of Self-Love. As our visions pull us forward into a sea of unlimited opportunity, we will find excitement and adventure and will accomplish all we can dream of.



But it is not automatic; we are still encountering CHOICE at every corner. Fear, all around the outside of the Triangle, is our motivator. If we are afraid of fear, then at Rest, we choose Avoidance, at Change we choose Anxiety, at Win we choose Unworthiness.

We often make those strange choices because we have been taught that fear is our enemy and that we should avoid fear if at all possible.





We can make simple choices at these three corners of the Triangle and our lives will suddenly feel empowered and will take on new meaning.

All that is required to change our minds about fear is to see fear as pure energy. We will need that energy to clarify our thinking about our visions and missions and to keep moving forward when we have doubts. When we stay on the outside of the Triangle, we grow. When we go inside, our growth stops; we become weak and confused. Victors live on the outside, victims live inside. We choose every day to either be creators or casualties; to either take progressive steps or to crawl inside and allow our self-worth and confidence to erode. Some people spend their entire lives inside the Triangle, not realizing that at any moment they could change their lives completely.

	Proactive Growth Form	Reactive Stagnant Form
BEING	Resting	Avoidance
DOING	Changing	Anxiety
HAVING	Winning	Unworthiness

It is well documented that fun is important to productivity. Corporations that make work fun for employees are by far the most successful. Athletes who never forget they are playing a game are the best players. Parents who laugh with their kids keep them around to watch them grow. When we're not having fun, we get off track. Stress destroys our creative efforts; we lose the ability to see the Light and to create with magic; we have fallen from Grace with our souls. In order to be proactive, we must stay in joy as much as possible.





This is a book you will always cherish, for the secrets revealed here will guide you to success in every area of your life. Bob Trask's techniques are simple, uplifting, and are expanding the lives of people around the world, including leading figures in theater, literature, sports and business. Your own creative abilities will be set free as chapter by chapter you align with your life's true mission.

You will also:

- * *Become more confident in every situation you encounter.*
- * *Clarify and achieve goals that seemed impossible.*
- * *Work miracles simply by harnessing the power of joy.*
- * *Dissolve unworthiness and abolish fears of failure.*
- * *Practice three easy steps that will make your dreams come true.*

I found *Romancing The Soul* filled with truth and beauty. Bob Trask's tools for success are so clearly outlined that anyone may profit from them, as I have for many years. My deepest recommendation is that everyone read this valuable book, learn its simple lessons and then enjoy living the life you have dreamed.

Dr. Roger Teel

Romancing The Soul is a great book! Bob Trask takes us on a wonderful adventure where we learn to move from fear to excitement, accelerating the life force within us and freeing our power. He teaches how our excitement, focused and fueled by vision, becomes a passionate and life-giving energy. If you have been wondering what life is all about, if you feel anxious, bored or despairing, read this book. There is more to life ... and it is yours!

Mary Manin Morrissey

"Go confidently in the direction of your dreams. Live the life you have imagined."

Thoreau

