

By the authors of the *New York Times* bestseller

The
Tools

Coming Alive

**4 Tools to Defeat Your Inner Enemy,
Ignite Creative Expression
& Unleash Your Soul's Potential**

**BARRY MICHELS
& PHIL STUTZ**

Bonus Images

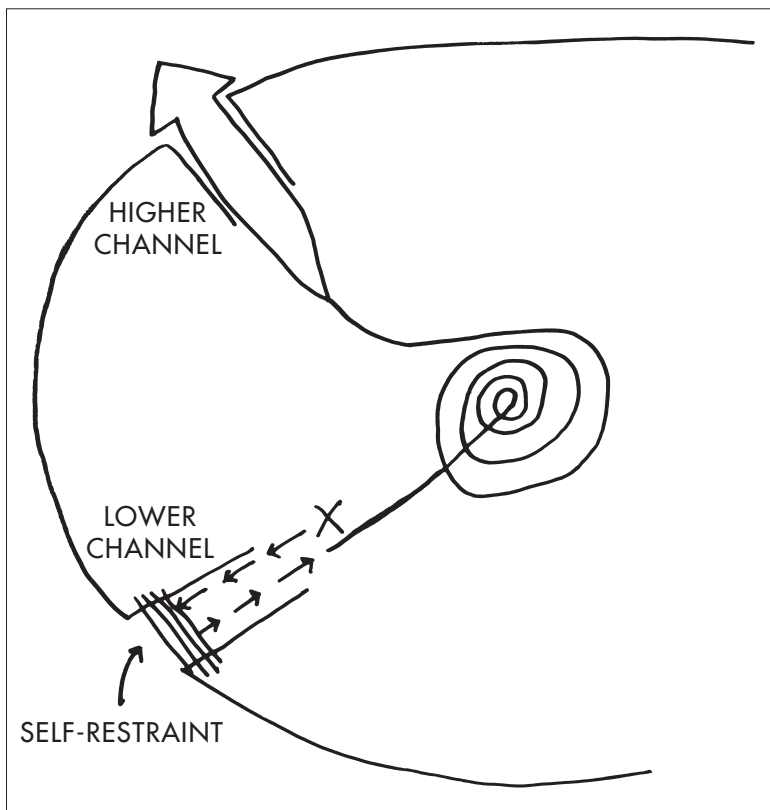




As the Black Sun rises, it suffuses your entire being with its infinite warmth. It fills you up so completely you can stop craving things outside you. And when you turn back toward the outside world, you'll naturally find the Black Sun energy overflowing from you and spilling out into the world. This is because the energy of the Black Sun is infinitely expansive; it cannot be contained by anyone or anything. As it enters the world, it reveals its true nature—a pure, white light of infinite giving. The eclipse is over; the Sun shines brightly again, unimpeded by your cravings.

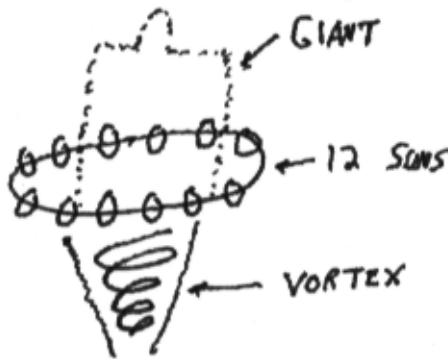
The Black Sun gives you access to the Life Force at the very moment when Part X is trying to steal it from you. Remember, Part X works under the radar, siphoning your gas tank one drop at a time—you waste your energy on petty impulses that excite you in the short run but drain your life of purpose in the long run. The Black Sun gives you the power to restrain yourself, preventing the liquid gold from going down the drain.

But self-restraint isn't just a defensive maneuver to *conserve* your Life Force; it actually *increases* it. When you restrain an impulse, the energy doesn't just disappear—it changes its nature. The following is a picture of how this happens inside you:

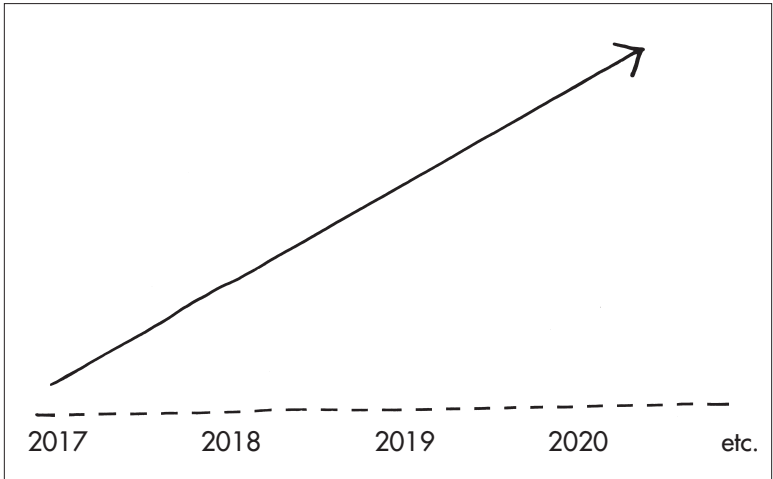


The diagram below depicts the inevitable diminishment of physical energy and how spiritual energy compensates for that loss.

The line beginning at the top left represents the level of physical energy a person has at a given age. This energy is purely biological—its source is your body. It is responsible for the tremendous vitality of children and young adults. Because it's physical, it diminishes over time, which is why the line slopes downward as it moves to the right. The reduction in physical energy this represents causes the changes associated with getting older: fatigue, stiff joints, weak muscles, and so on.

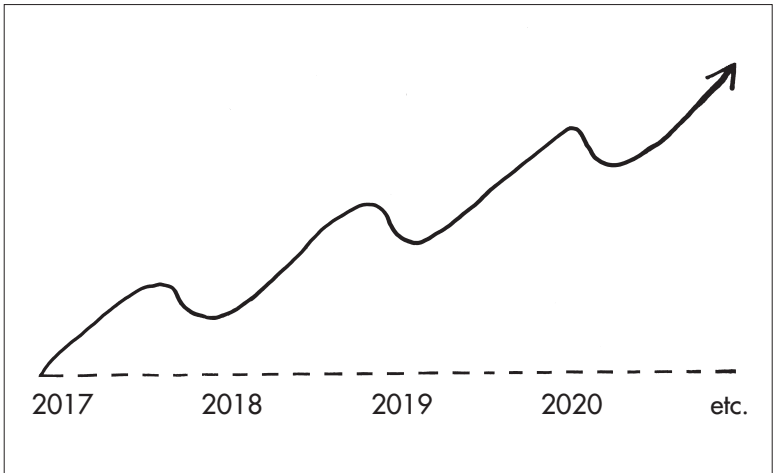


Here is a picture of this linear view of the Life Force:



But that's not how life actually works. Remember: Part X, the enemy of life, is going to do everything it can to push you back down. It doesn't give up just because you've beaten it once. After Ann recovered from the breakup with Luke, Part X flooded her with inflated fantasies of what a new relationship could bring. After she destroyed those false hopes, Part X lay in wait until her father died, attacking her yet again. What this means is that although you can increase your Life Force, *you can only increase it in cycles*. To put it simply, life is two steps forward, one step back.

The cyclical view of the Life Force is depicted below:



Overall, your Life Force is increasing, but there are still down periods when Part X pushes you back into a hole.

Life doesn't move in a straight line. There are moments of pain and adversity in everyone's life. With each of these obstacles, we have the ability to connect to the Life Force and recover—these are cycles of death and rebirth. Here's how it works:

