

# The Code

*Learning to Drive your Life,  
Lose Weight, Get Happy  
& Be Successful.*



Tony DeLorger

## THE CODE

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## Light

All star-crossed with hallowed light  
by night on lonely trail,  
We of peace on destined path  
do follow oar and sail.  
We stood before all empty then  
by candles hushed with night,  
But now our world is daytime  
with but our candle light.



*Author's Note*

*I suggest that you read this book from cover to cover first, so you understand the principles involved and know what is ahead of you. Make simple notes on the exercises suggested and their time frame, and add them to your calendar. Then, read the book again and address each exercise separately as presented, and for the time prescribed. In this way you will benefit most from the course and each transition and change will progress as intended. Each exercise is followed by blank pages so you can record your experiences and thoughts.*

*This process can change your life on many levels, and although the course requires energy, persistence and focus, the benefits are immeasurable.*

*The title 'The Code' is a 'double entendre', representing both a key to unlock secrets, and more importantly, a level of conduct in thinking and the skilful use of thought to enrich physical life.*



## PART ONE Getting Your Feet Wet

### CHAPTER ONE Life's Little Secrets

**H**ave you ever wondered why some people have everything they want, life with all its treasures served up on a silver platter? Have you questioned the mess you find yourself in, unable to understand what brought you to this point? There's a saying '*Shit Happens*', and do you find yourself saying '*But why does it always happen to me?*' Well, you're not the only one, but there's a simple explanation for all of this- '*Your Attitudes*'.

This book gives you a straightforward course on how to change your life, realise what drives you, and understand the mistakes you've made and how to get what you want. The answers are simple and success achievable. All you have to do is be open-minded and give this a try. It's all up to you.

Life's little secrets have been cleverly encrypted into our being. You can't create a human being with the capacity to question his existence, without the answer to that question being attainable. That is a matter of balance; a fundamental law within our universe.

The 'Code' to discovering these secrets is far less complicated than any algorithm or fantasy scenario we could dream up. The 'Code' and its solution exist within every one of us, living in our consciousness, in our capacity to sense, experience and understand.

We simply need to learn to use another part of our under-utilised brain, our *'intuition'*. This is an area where conclusions come from what we are experiencing, our senses and feelings. Here, recognition is not about memory or learned responses, it's about gently relating one aspect to another, what it means and feels to us, right now. Some may call this a sixth sense, being psychic or whatever, but what I am talking about exists in all of us, not just a chosen few.

I love 'The Matrix', a movie that offers an interesting view of the world. Here, visual reality can be reduced to streams of numbers and values all intertwined as the building blocks of a framework we recognise as our world. But in a way, it's right. The world we see is a complex array of atoms and molecules combined in different ways to assume different appearances and forms, whether it is



animal, vegetable, mineral, energy or even thought. Our eyes are not accustomed to seeing electricity, but that doesn't mean that it's not there.

*This concept of thought having matter and energy is an ancient one that stretches back to the beginnings of many eastern religions. Today this concept is represented in many beliefs and methods of healing, including Chinese medicine, the study of meridians (fields of energy in our body) and more recently healing techniques like 'Thought Field Therapy' (TFT). Medicine and indeed Psychiatry is coming to realise the real physical impact that thought has over the body.*

The key to understanding this reality is first, knowing that it exists. We must realise that everything around us, including our thoughts and wishes, are composed of energy. Therefore, this energy is a part of our reality and has an affect on our world, on everything and everyone in it.

Our senses, like sight, smell, touch and our emotions can be utilised and our intuition developed to a point where answers can exist right alongside the questions, where they belong. After all there cannot be a question without an answer- a basic law of natural balance: positive and negative, question and answer etc. It's a lot easier to find something if you're looking in the right place.

Our muddled, undefined thoughts have in fact parted this duo: question and answer. Innate, gently flowing thoughts have over time, been stifled by a

hectic, stressed-out techno world in which we feel overwhelmed. We don't expect answers to be easily available, so they're not.

Let's look at some basic concepts so you will know what you must understand to be able to utilise the 'Code'.

## Concepts

I believe we exist within a framework governed by natural laws. These laws are best related as laws of science, simple truths that we were all taught at school; *'for every action there is an equal and opposite reaction', 'all matter exist in a state of balance, and when balance is lost there are consequences and then an ultimate restoration of balance as a natural course'. (Albert Einstein)*

You see, balance is a 'Universal Law' and a fundamental truth when we are talking about anything in our physical world. Because our physical lives and our thoughts are based on the same building blocks of energy, the same basic laws apply to everything. *(Sources for this understanding include: ancient Sanskrit writings, Theosophical writer Charles Leadbeater to later exponents such as Richard Bach, author of 'Illusions'.)*

When we give out positive energy, we get back positive energy; when we give out negative energy, we get that back as well. You know that's true. How many times have you woken up cranky and negative,

only to attract every disaster possible in your day? This is not just a theory, it's a fact and easy to prove by simply noting the results of your moods, positive and negative.

I believe that each and every one of us creates our environment and circumstance from our own thoughts and actions. There may be an overriding omnipotent force that has placed us here in the first place, but we are responsible for our day to day circumstances and development.

*This concept is not new and has been presented by many individuals. One book of note that has had a defining affect on my life is 'The First and Last Freedom' by J. Krishnamurti' who discusses at length the affects of ego and that 'right thinking' is a way to eliminate human misery, and to change physical circumstance.*

Therefore, in that line of thinking it is us who determine what happens, how we live, how much money we have and the people who surround us, positive or negative. In other words, blaming someone else for your circumstance, no matter what that is, is simply wrong. The buck stops with us.

So how do we effect change in our world, considering that we are the master of it? The answer is with our attitudes and thoughts. Our thoughts and actions are what determine our world, literally creating all the circumstances that we know as our life. Thoughts have energy just as the brain creates electrical impulses. All our thoughts are projected

into the physical world as 'thought forms', which float around the ethers with their energy eventually having some affect, but to what degree is determined by other factors. (*Suggested reading on this subject is 'Man Visible and Invisible' by C.W. Leadbeater, first published 1902.*)

The problem is that everyone else is producing thoughts too. How quickly and how precisely these 'thought forms' become reality depends solely on the quality and strength of that thought. So how does anyone's thought or wish come true if every human in the world is competing, their cumulative thoughts like some massive cloud in the ethers?

The answer is simplicity. Uncomplicated pure thought is a singular entity, uncluttered and not connected to other thoughts, fragmented and ill-defined as most are. So pure, defined thought pushes to the front of the line and can create influence and eventually manifest on a physical level, giving us exactly what we want. This is something that you can learn to do and prove for yourself. Thought projection and structuring is discussed in more detail in chapter six.

Energy as well as thought will follow a path of the least resistance. So if we abandon the stumbling blocks, the outmoded thinking, biases and negativity that living can attach to us, our energy and thoughts can find their targets more freely and without hindrance. This basic concept also explains the

power of 'prayer' in religion. Cumulative thought can have a vast influence on the world. In that sense we are all responsible for the state of our planet and existence.

The more clogged up our thinking, the least able we are to convert thought (our wishes) into reality. After all, thought is just another form of matter (energy) in our electrical matrix, and therefore can be used in the same way we pick up a pen and write: thought transformed into words on paper, thought into physical reality.

When we are able to let go of conditioning, ego and other similar controls, we are then able to create an expected world with expected and desired outcomes, for us. So within the law of balance or *Karma*, and without restriction- if you do something positive for somebody, it will be repaid almost immediately (instant Karma) as a consequence of the universal law of balance. *(Karma is a fundamental law within Buddhist teaching and is described as: 'for every event that occurs, there will follow another event whose existence was caused by the first and this second event will be pleasant or unpleasant as its cause was skilful or unskilful. A skilful event is one that is not accompanied by craving, resistance or delusions; an unskilled event is one that is accompanied by one of those things. Therefore, the law of Karma teaches that*

*responsibility for unskilful actions is born by the person who commits them).*

Our messed up world and personal circumstances exist because we are clogged up and our thoughts and wishes are therefore indecisive and fragmented, creating less than pure outcomes.

Once we can read this 'Code' which will enable us to answer all of our questions and understand ourselves, we can move forward. We can then create decisive and clear thoughts that are uninhibited and that find their target, delivering us what we want within this natural balance.

This is not greed or ego, simply positively making informed decisions about what is best for our lives.

So, what do *you* want? You know you can have anything. Got you interested?

Please read on...