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The

AWAKENING

COURSE

The Secret to Solving All Problems

Wealth and Finance • Health and Fitness

Love and Relationships • Happiness and Fulfillment

Spiritual Enlightenment



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The
AWAKENING
COURSE

The Secret to Solving All Problems

JOE VITALE



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*To my Mother and Father
Thank you for the gift of life.*

No problem can be solved from the same level of consciousness that created it.

—Albert Einstein



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Introduction

In my book, *Zero Limits*, I said there were three stages of awakening. At that time I didn't know there was a fourth stage. I've now experienced it. It's the level of transcendence that Einstein and numerous spiritual teachers spoke of and often lived in. It's as real as your experience of reality right now, but it goes beyond anything you've ever experienced before.

This book goes beyond all my previous work. It goes beyond the hit movie *The Secret*, beyond *The Attractor Factor*, even beyond *Zero Limits*. It builds on them, of course, as the earlier works spoke of the early stages of awakening. But because I had yet to experience the fourth stage, I could not write about it. Until now.

In 2009 I recorded an audio program called *The Awakening Course*. I had no idea if anyone would want it, let alone understand it. To my surprise and delight, it became a bestseller. I had to reprint the course numerous times. People from all over the world were listening to it and "awakening" to new levels. People who were having problems discovered the secret to solving all problems.

As a result of the course's popularity, I decided to turn it into a book. The result is what you are now holding. May it liberate you from all problems and lead you to the happiness you seek—the very happiness that is at the heart of your own awakening.



Chapter 1

What to Expect

Aude aliquid dignum. (*Dare something worthy.*)

—Latin motto, sixteenth century

What would you dare to do if you couldn't lose? What would you dare to be if you were guaranteed unconditional success? What would you dare to have if there were absolutely no limits? What would you dare?

It's time to dare something worthy. Welcome to *The Awakening Course*. Whether you're an avid follower of my message or are new to my personal development regimen, congratulations. By taking this first step, you have opened your life to limitless possibilities.

Where you are right now can be a painful place. I've been there. I have relatives who are still there. I'm doing my best to help them by teaching them what I've learned over the past 20 to 30 years. This is material that I've learned the hard way. When I was homeless, I would go to the library and read books. *The Magic of Believing* by Claude Bristol was amazingly influential in my life, and I read other books such as *Think and Grow Rich*. Thank God for the library. The abundance, the wisdom is right there. I would listen to audio programs like the ones I borrowed from the library as I drove around in Houston, where I was living, where a lot of this

took place, where a lot of my first transformations took place. I would make it my “university on wheels,” and I would listen and grow and ask myself questions.

This, Too, Shall Pass

What I want you to realize is that where you are right now is temporary. Where you are right now is just what’s happening in your current reality. The temporary will change; your current reality will change. When you awaken, when you go through these various stages of awakening, you will leave the pain behind, you will leave the struggle behind. Most of the pain and most of the struggle is from this first stage that people fall into. We all go through it. Most people stay in it forever. They stay in it until they die.

There Is Another Way

It takes most people something like this program to awaken them to teach them that there’s another way to live their lives. I know that maybe you’re thinking about paying your bills. I know that maybe you’re thinking, “How will I pay the rent next month?” I know that maybe you’re thinking about your health or somebody who’s close to you who has health problems. There is another way to go through all of this. There is another way to resolve these problems. The good news is that I’m delivering this to you personally in *The Awakening Course*.

Well, you might be curious about what my life was like on the streets, and I’ve never really talked about it in depth. In fact, I never even owned it for the longest time, meaning that, yes, it did happen; yes, I did live on the streets in Dallas, and it was probably around 1976, 1977, 1978, somewhere in there. For the longest time, I pushed it out of my mind. For the longest time, it never happened in my

awareness. But as life went on and people asked me about my history, I'd begin to talk about it, and I found that, though it was uncomfortable for me, it was inspiring for them. So I'll take a moment and touch on that.

I had saved my money and given it all to a company that promised to get work for me overseas. We were building oil and gas pipelines in other countries, in Alaska, places like that, and I had given my money to a company that would make resumes and send out letters, company that promised to get me work. So, I was in Dallas; I had turned over virtually everything I had but some pocket change so I could eat until the job came in, and that company went out of business. It went bankrupt. When I went to find the owner, he had committed suicide, and I was left with no resources. I had gone to Dallas with nothing. I had surrendered all the money I had. I did not have a job. I did not have a car. I did not know anybody. I was in a very rinky-dink apartment in a dangerous area, and I ended up with nothing, sleeping on the steps of a post office. If you've ever seen the movie, *Pursuit of Happyness* with Will Smith, it describes a character who is well-meaning and hardworking, but who makes a few mistakes and, very quickly, is sleeping in a church, sleeping in a toilet stall, sleeping in a bus station. I was doing all of that. I remember sleeping on the steps of the post office because I had a post office box, as I remember, and I kept hoping that a check would come in for something that I had written.

I don't remember everything about that time, because it was very dark and very traumatic psychologically. I did manage, somehow, somehow, to leave and get to Houston, and honest to God, I don't remember right now how I did it. I could've hitchhiked. I could've managed to get on a bus somehow. I don't really remember, but I left Dallas, and that wound of being homeless in Dallas stayed with me for at least a decade. I would go back a couple of times for one

reason or another, always reluctantly, and something bad would happen.

I remember driving there one time, and as soon as I crossed the Dallas city limits on the highway, a cop pulled me over and gave me a ticket. It was almost as though my mind-set had been lodged in that time and place with this negative charge and that I had to do a lot of cleaning out mentally and becoming more aware, and, as I did, it's no longer a concern. I can go back to Dallas with no problem. I can talk about it as I am with you right now.

It's Only a Story, After All

But the experience was one that, in many ways, made me stronger; in many ways, it has given me a story that has inspired maybe thousands of people. It's possibly inspiring you right now. I would not want to do it again, but I am grateful that I went through it and survived. In many ways, it was a very horrible time. Again, it's part of my makeup and part of my history and part of my past.

In the movie, *The Secret*, there's a scene where all of the different teachers are asked what their life was like: One was in a street gang; I say, "I was homeless"; somebody else had a different hard-luck story; and the next person had yet another tale to tell. Then they cut to Jack Canfield, one of my favorite people in the world, who says, "That's all? So what? We all have a story of some sort. You have a story. I have a story." Part of mine was that I was, indeed, homeless at one point, but I also transcended it.

I'm also in a very different place today. When I look at my life at 30 years ago, being homeless, and today, having a car collection and a country estate and a luxury lifestyle and being a movie star with the movies I'm in and a best-selling author, part of my brain just goes bonkers because it's trying to absorb, "How did *that* person become *this* person?"

And that person, the homeless one, became this luxurious one because of an awakening. That's why this material is so important, and that's why I want to share it with you. What I've learned is practical, spiritual, inspiring, financially rewarding, romantically rewarding, and rewarding in just about every way that you can name. The transformation has been deep and permanent, but it did start with a little blip on the radar where I was homeless at one point.

Well, don't think for a minute that you have to become homeless in order to become awakened. You start wherever you are. Part of what I'm saying here is that you have your own story and that each of us has some past experience that we're growing from, we're growing through, and we're awakening from. You don't have to backpedal; you don't have to become homeless; you don't have to go into debt; you don't have to go into poverty. If you've already experienced all of that, that's all part of your experience. That's simply it. You will transcend it. You will awaken from it. But I'm not asking you in any way, shape, or form to go backward. I'm asking you to go forward, and to go forward through these stages of awakening. That's what I'm taking you through in this material.

Now, I have no idea whether you've already read my earlier books or whether you've heard my audios or seen my DVDs or movies. I have no idea. But what I want you to know is that I'm going to cover the basics and go beyond them. If, for example, you are a fan of my work and you've listened to *The Missing Secret* and you've read *The Attractor Factor* and you've seen the movie *The Secret* (and on and on), it doesn't matter, because what I'm going to be saying in *The Awakening Course* is something I've never, ever talked about before. Again, I'm going to take you from Ground Zero. I'm going to walk you through the basics of awakening. I'm going to describe the four stages of awakening, and the fourth stage of awakening is something

I've never talked about before for a very good reason—I didn't know about it.

I have been sharing my own life journey with everybody through my books, my audios, my courses, my movie appearances; I mean, it's still happening. As I grow, as I evolve, as I awaken, as I become more conscious, as I transcend the problems in my own life, I go out and share that with the world, and I'm sharing it as a service to you. If you already know my work, great; if you don't, that's fine, too. Because I'm going to cover all of the basics that are in my materials, but we're also going to go beyond that, so fasten your seatbelt—we're going to have a great time.

It's All Good When You Look Deeper

Why am I doing this now? Why here? Why now? Why is all of this happening right now?

When you look around in the world (especially if you pay attention to the media, which I do *not* recommend), you're probably already thinking, "Oh, Lord. Look what's happening here. There are earth changes going on. There are predictions of doom and gloom." And maybe you're looking at your own life and you're shaky and you're wondering, "How am I going to pay my bills? How am I going to take care of my family? Is my job stable? What's going to happen next? Are we going to run out of gas? Are we going to run out of oil? Are we going to run out of climate control? I mean, just what is happening here?"

I'm going to say something fairly shocking. I'm going to say that it's all happening for the highest good of all concerned. That, actually, these challenges are causing us to look deeply within ourselves to come up with creative solutions, to awaken from the very thing that caused the

problems, to transcend everything, and to create a better world, a better place, a better life.

At first glance, it might seem like that's not what's happening and that it doesn't seem possible, but here's just one example: Paul Zane Pilzer, who was an economic adviser to several different presidents, pointed out that in the 1970s, when we went through the oil and gas crisis and it really looked like we would run out of oil and gas and there were long lines at gas stations, the "crisis" (and I intentionally use quotation marks) was actually a stimulus, because engineers invented new ways of digging deeper to find more oil and gas, so we were able to supply ourselves for decades more. (I grew up during that period and remember that people could only buy gas on certain days if their license plate was an odd or an even number. They were very unusual times.) So, what looked like an unsolvable problem was actually a challenge that called for a creative solution.

Well, the same thing is going on in your life right now. It's a positive stimulus if you are sitting there wondering, "How am I going to pay the bills? How am I going to take care of my health and my family? What's going to happen to my job?" It's a good thing. It's making you look in a new direction. It's making you look within yourself. It's making you think more creatively. And it's making you more open. Perhaps if you weren't feeling what you're feeling right now, you never would have invested in *The Awakening Course*, so you never would have been brought here. You might have happily and maybe mindlessly just gone about your merry way and never had an opportunity to grow, never had an opportunity to awaken, so I see that what's going on is actually good.

Yes, it may be uncomfortable, but uncomfortable doesn't mean bad. Uncomfortable simply means you're doing something you haven't done before, so it feels like putting

on a new pair of shoes. Very often, you get blisters, even though a new pair of shoes is something good for you; however, your skin will heal, it will actually toughen, you will grow from it, and you'll be walking around with new shoes in a new life, feeling much more optimistic and abundant and looking forward to the future. That's the promise of what looks like a challenge.

Stop Struggling—There's an Easier Way

Well, if you look at your life, most likely you've been working a little too hard, and that's because you have been—and maybe I'm making a new word here—"efforting" through your life, meaning that you've been struggling through your life, that you've been fighting through your life. I actually remember that, in high school and college, I admired a lot of the authors like Jack London and Ernest Hemingway, because it was one man against the world; I admired that because that's how I felt. It was just Joe Vitale against planet Earth, which is how most of us lead our lives. We're coming from a particular mind-set that says, if anything's going to get done, I'm going to have to work at it and struggle at it, and I'm going to have to deprive myself of certain things, and I'm going to have to just really fight my way through life. Well, that's a belief that creates the very reality that the belief is fueling. In other words, if you *believe* that you have to struggle to get anywhere, you will create struggle to get anywhere. If you *believe* that you have to suffer to get anywhere, you will suffer to get anywhere.

Let me give you a very clearheaded example. I told you about being homeless at one point. What awakened me to how I created that in my own life was the insight that I was