

Put Yourself First

Scientific proof of why you should!

By Janet Poole



You may think it is outrageous to do what you want to do every day, merrily putting yourself first. Sounds like heaven! So what is behind this idea?

The Secret is Quantum Physics

As usual, quantum physics has the answer. The subatomic world consists of energy waves and they contain within them everything you could ever want in the world. It is from these waves that your reality is formed. This is crucial. Quantum physicists have proved that *you* create your reality by manipulating these waves with your thoughts; you create your reality by what you *think*. You do not create anyone else's reality - you only create yours.

'For those who are not shocked when they first come across quantum theory cannot possibly have understood it.' Niels Bohr (A Danish physicist who studied atomic structure and quantum mechanics, for which he received the Nobel Prize in Physics in 1922.)

You Cannot Make Other People Happy

So why live your life trying to make other people happy when only *they* can make *themselves* happy and only *you* can make *you* happy. That is right, you. You cannot make other people happy. It is impossible. So you may as well do something worthwhile and make *you* happy. Write the following sentence on a card and place it in a prominent place: *I can only make myself happy.*

You might be called selfish but it is time to throw off the chains, do a jubilant dance, loosen up and shine as the unique being you already are. And when you courageously step out into a sparkling new world of doing what is right for you, you will also be shining a light forward for others to do the same.

If You Do What Others Want, You Are Wasting Everyone's Time

Even if you are still muttering that it is noble to put others first, then consider this: doing what other people want is actually wasting everyone's time. Why? Because it means no one really gets what they want. Even if you do what others want you to do, it will never be good enough because they did not create it. Just as you cannot taste a juicy, sweet orange for someone, you cannot create happiness for them either.

'Do not do unto others as you expect they should do unto you. Their tastes may not be the same.' George Bernard Shaw (An Irish playwright, the only person to have been awarded both a Nobel Prize for Literature and an Oscar.)

We Are Each Here For Our Own Experience

In fact you are potentially robbing a person of their experience if you try. One of our main reasons for being on Earth is to experience our beautiful planet for ourselves, to create our own dreams, live them, learn from them, gain wisdom and move on to another experience. Doing this is what makes us happy. Remember, putting yourself first won't turn you into a greedy, nasty person. In fact you will become even more caring once you are already kind to yourself. Even better, you will be genuine with no hidden agendas.

Doing Something Completely New Is a Buzz

Think of an experience you have had which was completely new to

you. It may be something you worked at for years, a goal you realised, or it may be a one-off. There are an infinite number of things to do and every person's experience is unique whether it is horse riding, sailing, backpacking around Europe, fishing, camping in the wilderness, public speaking, a new job or even dinner on a tram. Remember how you looked forward to it, perhaps with a little apprehension? Whether it was fun or not, it was something new for you and you are richer for the experience. That is the key. You did it for you. So, you are off the hook in regards to pleasing others and life just became simpler.

It Starts With You

You have now learnt a quantum physicist's fact. You can only make yourself happy and other people can only make themselves happy. Therefore it is a farce if we are all dancing to everyone's tune, guessing what they need to be happy and getting it all wrong. Rather, let us keep it simple. If everyone is 'allowed' to do what pleases them, everyone would do so and simply be happier. We only get differences of opinion when some are sacrificing their lives while others are living it up.

It sounds easy, but as with many changes, it happens in small increments and it starts with *each* one of us. Again, that means you. You are the leader of your life. And if you are this far into this article then you definitely have what it takes - willingness and intention.

It Is Time for You to Shine and Light the Way for Others

Yes, it is a break with tradition and 'the rules' of society. You might be called selfish but it is time to throw off the chains, do a jubilant dance, loosen up and shine as the unique being you already are. And when you courageously step out into a sparkling new world of doing what is right for *you*, you will also be shining a light forward for others to do the same. The more people who have this courage, the easier it is for others to follow. That is the best way you can help others.

'I prefer to be true to myself, even at the hazard of incurring the ridicule of others, rather than to be false and to incur my own abhorrence.' Frederick Douglass (American social reformer, orator, writer statesman. Escaped from slavery 1838.)

Two Easy Steps to Putting Yourself First to Get What You Want

Changing your attitude changes everything. I am not saying change everything today, there is no need to be impulsive and change your job, and relationships etc today. But what you can change *instantly* is your attitude. Just by knowing now that you are entitled to getting and doing what you want, you will *think* differently about life and you will find everything around you starts to change anyway.

Knowledge teaches you how to do what is right for you. Keep building your knowledge on this subject and quantum physics. Read books, attend courses and watch DVDs. Knowledge is vital to your confidence and happiness. You will start to see yourself in a new light. The more knowledge you have the more comfortable you will become with these ideas and the more tempted you will be to try them.

So Remember...

It is a gift to be here on Earth. It is a sacred journey only you can live for you. So feel free to be outrageous; you are free to do what you want to do. ❶

Janet Poole is the author of the recently published empowering book *Just Like That! How to Get Anything You Want!* Janet posts weekly inspirational articles on her blog www.janetpoole.com.

