

North.

Cepheus

Laceria

Deneb

The Navigator

7 Life Tools

for clearing the decks
of everything inside you that
gets in the way of your happiness

Bill Harvey



Capricornus

Piscis Austrinus

Microscopium

Scutum

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Introduction

The Navigator provides seven life tools to help you develop and master an internal navigation system in your own mind. Like an Internet browser, except that it's for exploring your *inner net*.

Practicing with these life tools will empower you to:

- ◆ *Make powerful and lasting changes*
- ◆ *Define and focus on your real priorities*
- ◆ *Find your dream and live it*
- ◆ *Create happiness for yourself and everyone around you*

The Navigator is laid out over seven days. You can work with each section one day at a time or you might want to take a week to practice a particular section. Feel free to go at it any way you like.

The Navigator is a co-creative process, so please don't just accept what you read here—interact with it. Customize it. Take the parts that resonate within you and make them yours.

*We hope you find **The Navigator** useful and fun.*

Resolutions

Why wait for the next New Year's to make our resolutions? Today is as good as any other day. Happy New Day!

Be aware of your power to change yourself, and be aware of the special way you must communicate these changes to your own mind.

Because our mind acts just like a computer, when we make a resolution our mind makes a prediction of how we will act in the future. Based on past experience, our mind's prediction will tend to be that we are not going to follow through on that resolution. The mind predicts, generally, that we are going to continue to behave exactly the way we have in the past.

This is because there is no feeling of change inside when a resolution is made; so our mind feels that the resolution has not changed anything, and therefore it will not change anything.

This lack of confidence can spread, and if we have no confidence in our resolutions, they have no effect and we say to ourselves: “I told you so!” We then continue to behave just as we have in the past with less hope than ever of willing and effecting change.

**Resolutions, then, must not be made lightly,
or we actually weaken the effectiveness
of future resolutions.**

The mind will remember that we make resolutions from time to time, but they are mere sayings, not actual intentions or actions.

Today's Practice

Do you have a resolution you're working on? Here's your opportunity to start fresh, on that resolution or a new one.

When you make your resolution, don't expect to feel anything inside. Consciously realizing and seeing yourself

as different, however, *will give you the invisible determination to act differently. And you will have created an environment to create real change.*

It will help you to prove this to yourself by acting immediately on your resolution.

Start with a baby step. Don't resolve to make huge changes instantly for this is rarely possible. Take it in the slowest possible stages, one baby step at a time, over a sufficiently extended period of time.

Take at least one step each day toward carrying out your resolutions. Begin today. Keep a list of the things you are resolved to shift gradually in your life and look at it from time to time.

Begin making the changes as gradually as you possibly can. Even if you feel you can go farther, save it for tomorrow. Make sure the mind can see that this is very different from any time before where you just said something then did not carry through.

**Show the mind that you are taking action
and that change, no matter how slight,
is already occurring.
This will have an as-if-magical effect.**

Day Two

Contemplation

Contemplation, in today's practice, is the focus of *all* of your attention upon something, immersing yourself in studying that thing as if seeing it for the first time (even if it is something that you cannot actually see). This implies non-distraction.

We can't actually engage in Contemplation while something else is still distracting us. We have to turn to the distracting items and deal with them sufficiently so that the mind is willing to give them up for the moment. Often simply writing a note or two is enough to make the mind willing to pipe down.

“As if seeing for the first time” implies no prejudice. No insistence on a certain locked-in way of looking at the thing. No attachment to seeing the thing a particular way you have always looked at it before.

Ask yourself while contemplating: “Am I forcing a lens over my mental eye or am I looking at this thing afresh?”

Contemplate something after you have cleared away distraction and familiarity, just observing it as if for the first time—breathing, and keeping words out of your head, easefully, patiently, as if you have forever to do so.

Pick something nearby and contemplate it.

Feel yourself merge into the thing as you and the thing become one drawn-out moment of Contemplation together.

Distraction

By decreasing distraction, you are learning how to focus more of your total attention on one thing at a time. This lets you put things in priority order and spend quality time on each one. You generate more creative and effective solutions that way, and carry them out with more grace and ease. Everybody does.

Internal distraction is at the root of most forms of mental/emotional ineffectiveness.

By putting all your attention in one place, with no sense of the impending next task whatsoever, you are engaging in Contemplation.

Internal Visibility

We each have a certain amount of attention. Let's call it a gallon. If you deploy most of it externally, you won't be able to see much of what goes on inside of you.

Today's practice aims to give you more of a conscious perspective and choice of when you want to focus more attention internally or externally or both at the same time. depending on your situation in the moment and what is the highest priority for you at the moment.

Day Three

What Is Your Mission

What do you see as your Mission in this Life?

How will you know what your priorities are at any given moment unless you can assess alternative ways you might spend your next moment relative to the absolute yardstick of your Mission?

For at least a half-hour today, choose to get away from it all and contemplate this most important consideration in your Life.

If you can't make the time for this, you will know something is seriously out of whack somewhere unless you saved someone's life instead of doing this exercise.

How to Contemplate Your Mission

Picture the rest of your life *from this moment on*.

Intensely visualize it, vividly, virtually be there, feel it playing out like a movie with the happiest of endings.

Imagine that your life *IS* a movie.

You know how movies are—the main character gets in some kind of trouble, it looks bad, and then it gets worse. It seems as if he or she is never going to get out of the mess. Then when it does all work out in the end, the joy at the victory is even greater because it seemed like it was never possible.

Imagine that your life is going to come out that way too, just like a movie, with the happiest of endings.

Picture it. What have you always wanted? Let yourself picture what would make you happiest in the years ahead. Start with today.

Don't throw cold water on your Vision of how it could be just because the goals seem difficult to attain—that doesn't matter at this stage. Make it as over-the-top as you want just as long as you can visualize it intensely. Suspend your disbelief for a little while. Make believe it's just a game.

**Immerse yourself in the daydream
of how it could all turn out perfectly.**

After you're satisfied with the perfect image of how your life could turn out, consider the difficulties of the real world in getting anything to happen. Then set a minimum version of the same dream, one that is more conservative and achievable but that would still make your life worthwhile.

Consider everything between the minimum and the perfect versions to be your *target range*. Getting into that range is the path you want to travel. What you are here for. What you were born for.

Then decide whether or not you are going to commit to take the path you want to travel.

Don't tell yourself it's impossible, or too difficult, or too frustrating, or not worth making the effort. Don't be afraid that you're going to raise false hopes in yourself and then have your heart broken.

**Reach deep inside yourself and find that
inner strength you know you've got.
You can rise to the challenge.
You've seen your Self rise to challenges
before. Remember that.**

**This is your *LIFE*.
*It's time to live your dream.***

Day Four

Creating Happiness

Make a list of the people you truly love and want to keep in your Life as a high priority.

Add the things you truly love and want to keep in your Life as a high priority.

Each day from now on, glance at the list in the morning for a few seconds.

The goal is to accomplish your Mission while making all those people and things as happy as you can.

Their happiness will make *you* happy.

**Spend whatever time you have left today
for this work, imagining the many ways
you can create happiness for the
people and things you love.**

Day Five

Daily Alone Space

It is essential every day to have some time alone during which *no distraction can get to you*.

As we discussed in Day Two, decreasing our distractions helps us to focus more of our total capability on one thing at a time, which lets us put things in priority order and spend quality time on each one.

With experience you'll realize that the clarity with which you can perceive the world from this distraction-free vantage point is not possible under any other conditions. Your “full gallon of attention” will otherwise not be available to you.

The ideal setting for your “alone space” is amidst Nature—sitting in it, hearing it, smelling it, seeing it—with no other people in view or likely to happen by. The sound of the ocean or a stream is especially conducive to higher states of clarity.

In many cases, you will have to settle for the indoors. Then you'll need a room with a door and the oral equivalent of a "Please Do Not Disturb" sign. Housemates are sometimes apprehensive when asked "not to disturb" at these times, so it's best to tell them in a gentle, reasonable way. (Maybe let them read this.) Don't be surprised if they ask for their own "alone space" pretty soon thereafter.

Yet another alternative is the bathtub or shower. This is especially conducive to higher states of clarity both because the comfort factor removes body noise" and because the *negative ions generated by moving water appear to improve intuitive receptivity.*

If not in the bathtub or shower, be conscious about putting your body in positions in which it will be comfortable for long periods without continuously flashing grievance messages.

Be conscious about sounds reaching you, especially sounds of other people. If this is getting through the walls, you can use some soft instrumental non-sentimental music as a sonic shield. Indian ragas are one type of music that works, so is soft classical or cool jazz, so long as the voice is not involved, because that will be distracting.

**These are times for you to be with your Self.
Do whatever you—all parts of you together—
want to do most at that moment.
Be with your Self. Just be.**

You might think that you're going to be bored. Nothing could be further from the truth. You will have something to watch, just like television, except a lot more complex and trickier to follow. It will be fascinating once you get the hang of keeping your eye on what your own mind is doing.

In this daily oasis, observe what your mind wants to think about. What are your motivations in wanting to process that now? What is your highest Self's decision as to whether to spend time thinking about that subject now?

Have a writing device or your tablet with you just in case you feel like taking notes. Of course you don't have to. You'll know when you have a flash of insight that deserves to be remembered, and having a note will help.

If you have a sudden urge to work on something that is your passion, go for it.

If it feels like time to check in with your life plan, do that.

If you are feeling joy, just enjoy it.

If you are not feeling joy, that should always be the first subject to let your mind wander into, to figure out why, and to remove the block to joy.

Day Six

Daily Review

When you get in to bed and are ready to go to sleep for the night, cast one final glance back over the day, asking yourself if everything you did all day was optimum from the standpoint of bringing you what you want out of Life, your Mission.

**If there were moments you wish
you had played differently,
vividly visualize the way
the scene could have gone.**

You might in your reflections realize why the scene went as it did. Maybe something triggered you to follow a habitual response: your mind in auto-pilot saw the situation as a certain type and so responded the same way you did in the past.

For example, perhaps someone fished for a compliment in a way that your Mom always did, and since you always complimented her at those times, you complimented this person, but in this situation it came out as fawning or smarmy.

Whenever you play a scene in a less-than-optimal way, don't chide yourself, but instead come up with goof-proof instructions in the form of a basic principle, which if followed, *will prevent* you from playing the scene in a way you might regret.

Think of a trigger word or phrase to help you remember that principle. For example, if you came off as fawning, the word to help you not do that again might be "Lapdog". So when X happens again, you remember this trigger word and you choose to respond differently. By objectively programming your mind every night in this way, eventually your mind will start to perform just the way you want.

If in your daily review the whole day just seemed wasted, play the role of a management consultant you have employed to see to it that you stay focused on your real priorities.

Then go to sleep. If you can't sleep because your mind has become so engaged with the daily review that it wants to continue, jot down some trigger words in the notebook or device you keep by your bed. Your mind will let

you go to sleep once it feels that none of the review work is going to be lost and that you will be able to pick up where you left off. After all, the mind is logical.

- ✦ **How can you make better use of your days?**
- ✦ **What are your near-term goals, and how do they lead to your ultimate goals?**
- ✦ **How does this translate into how you could have used your time that day?**
- ✦ **What are the implications for how you will use your time tomorrow?**

Day/Night Seven

Pre-dreaming

Whether we know it or not, every thought and feeling we have is programming us, giving orders that we dutifully carry out.

Scenes projected in our mind, even below the level of our conscious attention, are taken by the mind to be scenes *we want* to happen. This is true even if those are precisely the scenes that we *don't want* to ever happen. Therefore if we are afraid that something will happen, we are unconsciously programming our mind to help make that something happen. This is rehearsing for failure.

**Mental rehearsal is a very powerful tool.
Unless we are using it consciously,
we will be using it unconsciously,
often against our own best interests.**

Today's practice focuses on using mental rehearsal *consciously*. Here's how it works:

Pre-dream the *next* day each night just before you fall asleep—after your “Daily Review” of the *past* day—and again in the morning as you bathe or shower. Run through what the day will be like. For each scene, first rehearse it the way you want it to come out. Visualize the desired outcome of each meeting and interaction, and then pre-experience it vividly, coming out exactly the way you want it to.

Then run through it again seeing how the scene could go awry. To do this, imagine the dialog, what you say, what they say. You will hear yourself say things that are off the mark — now that you've rehearsed, you won't have to make that mistake in the real world.

Develop contingency plans for every eventuality you have time to consider. Then run through the day the way you want it to come out, one more time, to make sure the desired outcome is imprinted in your mind instead of the contingency plans that won't be necessary now.

Beyond Day 7

This practice takes time and effort, but what's the option? Do we just let the mind continue to run wild, running the show on auto-pilot? With daily practice, this will take less effort over time, and the joy points will begin to flow.

Remember that you're not playing for score. This is your life in which your gift to the world is revealed by the dreams of your heart. You're not striving for perfection but simply to be you — the unique you that nature designed to carry out your passion work for the benefit of all. If the advice in *The Navigator* seems like a lot to integrate, let it happen naturally. Look back over it from time to time to see what jumps out at you, and seek to bring about happiness for yourself and everyone around you in every moment through the work you have a burning desire to do.



Picture it.

What have you always wanted?

What would make you happiest
in the years ahead?

Start with today.

Immerse yourself in the daydream
of how it could all turn out
perfectly.

***And believe that you have
the power to create that.***



We'd love to hear from you!

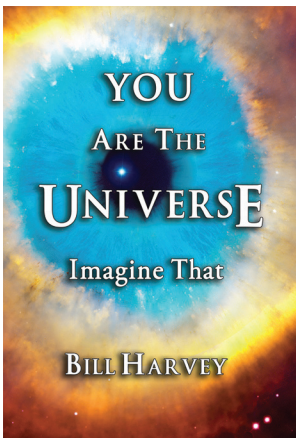
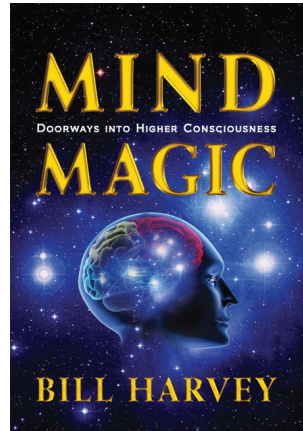
Please email us with any questions or comments:
info@humaneffectivenessinstitute.org.

We'd love to hear how *The Navigator* is working for you. This will help us in developing and refining future Life Tools.

The Navigator is based on our book *Mind Magic: Doorways into Higher Consciousness*, now in its 6th edition.

For more on *Mind Magic* and Bill Harvey's other books, please visit humaneffectivenessinstitute.org.

Mind Magic is a delight. Sets forth with neat precision just how to do it (think). – Ram Dass



You Are The Universe: Imagine That inspires you to realize that you are a vital part of the Universe, and you understand your connection with the Universe. Philosophical, scientific, and spiritual at the same time, it will expand your view of what is possible.

Sheds light on humankind's ancient burning questions, which boil down to... "What's going on here?"

—Peter Sorensen, England

AGENTS OF COSMIC INTELLIGENCE

the epic adventure chronicle of the universe

Agents of Cosmic Intelligence is a sweeping saga that unfolds forward and backward in time to become a story of the universe, how it might have “started” and where it might be “going.”

Books in the Series

The Great Being

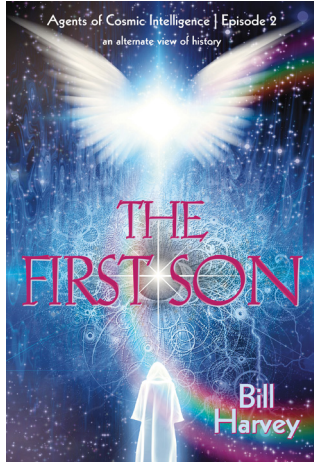
Episode 1 | 200,000 BC—3068 BC | [April 2024](#)



There is a Great Rebellion going on throughout the Universe, all of which is a single Mind at play. Two Agents of Cosmic Intelligence, Melchizedek and Layla, are dispatched to infiltrate the Rebels on Earth. However, the Rebels have interfered with Earth evolution, so the human brains that the Agents step into repress their knowledge of who they really are.

The First Son

Episode 2 | 3067 BC—27 AD | October 2018



Rebel groups form nation-states to continue the endless wars they have propagated to make Earth people the toughest fighters in the Universe, to eventually storm the gates of Heaven and take over the Multiverse entirely. The First Son and the Agents quietly build up the character of Earth humans by incarnating as great Teachers, beginning and spreading that tradition across the planet.

I love the way Harvey used science fiction to express the deep truth of the unity of all things, and the common theme of all wisdom literature. An engaging story line and beautiful prose.

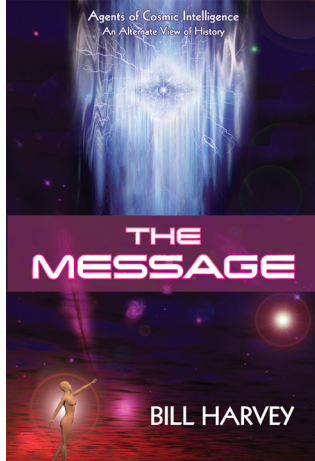
—Jim Spaeth, NY

Action-packed sci-fi adventure of a supremely mind-blowing kind. A real page-turner, always surprising.

—Dennis, Amazon Review

The Message

Episode 11 | Ca. 2035 | December 2022



The five Agents have all fallen asleep to their true identities. Four of them lead the U.S. Army's top-secret psychic Theta Force. Nastassia is in a rival unit in Russia. The Agents suddenly become uplifted to the highest state of consciousness they ever remember experiencing, as a result of a Message apparently from outer space that is heard by every psychic on Earth, though each one hears something slightly different.

Bold, brisk, conspiratorial psychic thriller imagines humanity's secret history. Harvey takes wild narrative risks readers will not see coming... it's the ideas that drive this [Agents of Cosmic Intelligence] series: Harvey spins a secret history of all of us, urging us to be more.

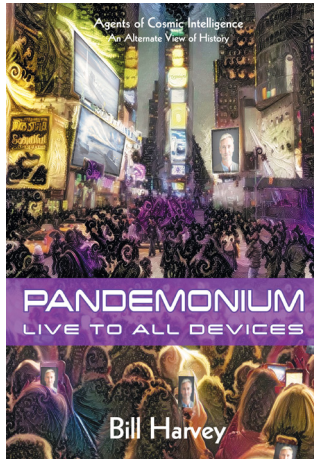
—BookLife Reviews by *Publishers Weekly*

[Isaac] Asimov would be proud and [Neal] Stephenson will be overjoyed to have Harvey as a contemporary.

—BookTrib

***Pandemonium:
Live to All Devices***

Episodes 12 & 13 | Ca. 2037 | June 2022



In this fast-moving thriller, a heady amalgam of hidden war, psychics, Nazis, aliens, artificial intelligence, virtual reality, and transcendental love takes place against a backdrop wherein the latest media/technology revolution triggers sudden unprecedented changes in world politics.

Harvey continually upends reader expectations... daring to go bigger and stranger, the in-the-moment suspense connected to the mind-blowingly cosmic. Pandemonium gets wilder as it goes, with international romance and a savvy sense of how media shapes minds, nations, and history.

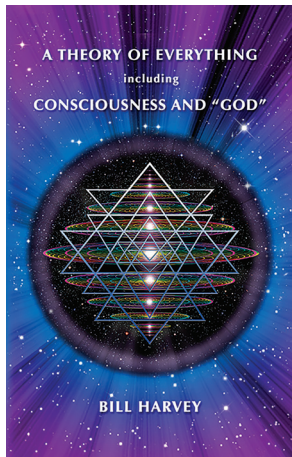
—BookLife Reviews by Publishers Weekly

Pandemonium is a masterful piece of cautionary fiction that will likely ring with relevance for years to come.

—Independent Review of Books

NEW TITLE RELEASED JUNE 2023

*A Theory of Everything including
Consciousness and “God”*



It is long past time to discuss the ultimate questions such as “why are we here?” ... We need the answers in order to have the intestinal fortitude to stand up and do whatever it takes to overcome the challenges facing civilization today.

I wrote this book mainly for physicists but also for everyone. I'd like physicists to accept the scientific possibility of something very much like “God”, and to prioritize the subject.

—from the Preface

Scientists can do much to help humanity simply by acknowledging that there is no scientific basis for ruling out the possibility that the universe is intelligent. This simple and eminently justifiable (if not overdue) act of open-mindedness can permeate world culture, causing personal reconsideration of everything by everyone. Because it is a more positive view than materialistic accidentalism, an increase in hope and courage is a logical outcome.

