

## INTRODUCTION

I believe that our cars are an extension of us. They operate under the same consciousness as we do. This is the same consciousness from which we see and create our lives. I first noticed this correlation in the second year of Science of Mind classes. I was dealing with a lot of anger that had surfaced during this self-discovery course. The radiator on my greatly-treasured truck clogged up and boiled over. I had been boiling over many times myself and wondered about the timing of my truck boiling over. I fixed my radiator and shortly thereafter the alternator went bad. The alternator burned up and wouldn't turn; therefore the belt broke, which was also turning the water pump. I ran hot all over again. Evidently, my mental work was not complete. The alternator is related to power. It also replenishes energy. So I began to think about where my power and energy were going. What was I allowing to deplete it? I fixed my truck again. Then, I found help on the path of my mental work, and my truck became reliable once again. There are certain laws in this universe that we live in, and one is the Law of Cause and Effect. We can't change this law, but if we understand how it works, we can work with it. For every effect, there's no doubt a perfect matching cause. The cause is on the inside, which we can't see, and the effect is on the outside, which we do see. Everything is energy, including our thoughts. Everything that we experience is energy. Everything that we see, touch, hear etc. is all energy, and energy vibrates. For example, ice is water that is vibrating at a slow rate. The molecules have slowed down to the point of water becoming solid. When heat is added, which means speeding up the molecules, the ice becomes water. When more energy is added ( more heat) the water becomes steam or gas. You and I are nothing but a big clump of energy. If you had a strong enough magnifying glass, you could see that we are made up of cells. These cells are made of molecules, made of atoms, made of electrons, protons and neutrons. This perfectly put together formula looks like a person through our limited vision of the eyeball. All energy vibrates. Sometimes we can see it , sometimes we can hear it, but it is all the same thing-energy or everything that is. Forms, sounds and even thoughts are all the same thing, just presented in different configurations. Thoughts are what I focus on in this book. We all have many thoughts and thought

patterns that effect our everyday life. We all have lots of good, positive thoughts and, therefore, enjoy the outcome or experiences from them. We also have thoughts that produce uncomfortable outcomes and experiences, and these are the ones I am taking a look at.

Our car problems are merely the outer effect, or outcome, of our negative thoughts or thought patterns. We must go within ourselves to reveal the cause of these thoughts and change them to positive. Therefore create a better outcome or experience and also a reliable car. There is a need for every car problem that we have. If our car breaks, down it immediately gets our long needed attention. As you know, the squeaky wheel gets the grease.

In today's society, when our car begins to give us trouble, we can just go out and buy a new one. This seems to fix the outer effect or outcome for a while, but it does not address or heal the core of the reason, and therefore it will return. Now, certainly there is a point when an old car does need to be replaced, or be completely overhauled. They are not built to last forever, but we could get a lot more mileage out of them by listening to what they are telling us about ourselves, and doing our mental work to change the negative thoughts.

This book is meant to be a starting point. Once you open yourself up to healing and discovering core reasons why some of your experiences are unpleasant or seem uncalled for, you'll be guided to the right people and actions for your best path to healing, and therefore a more enjoyable life.

Happy trails.

Problem	Represents	Question
<b>Airbag</b>	Belief in, or need for protection	What do you think you need protection from? What are you afraid of?
<i>Suggestion:</i> It's time to get in touch with your fear; without fear protection is needless.		
<b>Air Conditioning</b>	Comfort, enthusiasm	Do you like yourself enough to provide comfort for yourself? Are you comfortable with yourself?
<i>Suggestion:</i> You may be experiencing <i>low self-esteem</i> , work on raising your level of <i>self-esteem</i> .		
<b>Brakes</b>	Ability to stop, slow down, change direction	What keeps you from stopping to breathe?
<i>Suggestion:</i> When you're moving too fast, you are not as in control of yourself as you may think or like to be. Slow down so you can really take charge of your life. Prioritize your life, think in smaller portions, make a move towards a goal even if it is a small move.		
<b>Bulbs</b>	Communication with others	Do you feel you have something to hide? When did you stop sharing?
<i>Suggestion:</i> Self-consciousness comes from self judging. Do you remember who judged you first? Do you still think they had a valid reason to? They didn't and you don't. Work on raising your <i>self confidence</i> .		
<b>Cruise Control</b>	The luxury or steadiness in your life	Do you like yourself enough to allow this luxury? Do you get bored easily?
<i>Suggestion:</i> <i>Learn to trust</i> and know you are worthy of the good things in life.		
<b>Door Locks - Automatic</b>	Protection and trust	Do you feel incapable of keeping yourself safe? Do you feel disoriented and/or fearful?
<i>Suggestion:</i> Fear supports protection; without fear there's no need for protection. <i>Learn to trust</i> .		
<b>Electrical Shorts</b> see: Electrical System, Wires	Confusion	Are you trying to make too many decisions at once?
<i>Suggestion:</i> Prioritize what is important. Enjoy the process; don't worry about arriving. Listen to your gut.		

## Problem

## Represents

## Question

### Emergency Lights

Signals

Are you seeing or recognizing your warning signals, red flags? Is there something going on inside that you refuse to talk about?

*Suggestion:* I believe denial is the number one cause of unnecessary pain. Start talking about whatever it is that you're afraid to talk about. You're not the only person who has felt like you do. Become more aware of your surroundings. Look for signs- this is one of them. You'll thank yourself when it's all said and done.

### Exhaust Leaks

Control and guilt

Do you fear letting go of something? Do you need to reevaluate your *belief system*? Are you allowing yourself to be pressured by someone or something?

*Suggestion:* If you are feeling pressured, you are going against your gut, even if the pressure feels comfortably familiar. Go with your gut. It's always right, and it will guide you to reevaluating your *belief system* if you will allow it and listen.

### Fuses

Overloading, too much energy or concentration in one place

Are you dwelling on something? Are you over analyzing?

*Suggestion:* *Learn to trust* and let go. The good news is you don't have to do it all. Remember, whatever you focus on you get more of, so make sure you are focusing on what you want.

### Horn

Self recognition

Are you afraid to speak up for yourself?

*Suggestion:* If you don't speak up for yourself, no one else will. You are telling the world that you are not worth it. You may be experiencing *low self-esteem*. Work on increasing your level of *self-esteem*.

### Hoses (Water)

Temperament

Are you a little steamed?

*Suggestion:* There's something you have been a little angry over. It's time to take a look at it or it will get bigger.