THE 3 PILLARS
A Simple 3 Step Process to Manifest Positive & Permanent Change In Your Life

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THE 3 PILLARS:
A Simple 3 Step Process to Manifest Positive & Permanent Change In Your Life
By
Karl W. Gruber

Introduction:

Hi, my name is Karl Gruber, and I want to honor you for taking that first step forward to manifesting and creating the positive, personal change you desire in your life by purchasing this eBook! This book is written to help you create and establish a solid personal foundation within yourself by integrating my 3 simple steps – or “pillars.” So read ahead, take a deep
breath, and then take that first step toward creating the life – the you, that you really desire!

After struggling for many, many years trying to find the right formula to create the positive self-change in myself, and the life I desired to live that I so desperately sought – but was continually frustrated in achieving, I finally cracked the code and gained a clarity of understanding! That epiphany of clarity was that it takes a solid personal foundation before your desired change and manifestations can be achieved! What I share with you within these pages will help you to achieve the results, the desires, the joys, the abundance, the happiness your goals – now – without having to travel the long, frustrating journey that I did.

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By the time you read the last page of this eBook you will understand how to:

- Utilize and integrate these 3 simple, but key pillars, into your life to create a permanent, solid foundation upon which you can build your dream “house”, your life!

- Proceed to build your “house”, your desired life upon this now rock solid foundation using these solid, proven
universal principles!

“Build a solid foundation for your “house!”
OK, so you’ve got these ultimate dreams, goals, and desires that you have laid out in your Master Dream list – at least in your mind, and maybe even in an outline along with a few affirmations. That’s a good start, however, as I suggested earlier, in order for these things to manifest into your life, you need to build a solid personal foundation as a person, before you can proceed with seeing them come into your reality. The 3 Pillars that I offer here will be the key to seeing your dreams manifest for you as fully as possible. Remember the purpose of a pillar – to supply the key support element for an entire structure. The full weight of the structure rests squarely on this pillar. One crack or weakness in one single pillar can lead to the collapse of the entire structure, or at the least the entire structure being very shaky! You may have two out of three of your pillars rock solid, but if one of them has a weakness, then that entire structure – your dreams, goals, and desires, are not resting on a reliable foundation. To achieve that which you truly desire, your first job is to make sure your personal foundation is rock solid! With this in mind, let’s take a look at the first pillar.
PILLAR #1: Mental

This first pillar is your mental wellbeing – your overall outlook on the world, the people around you, and, of course, yourself. Your mental pillar categorically represents all of your desires, goals, wants, and ultimate dreams. Unfortunately, the world has come to assume that negativity is the normal way of viewing reality, however, this “normal” view of reality leads to a constant drain on the energy of your daily life, health, and well-being – it’s not productive, but destructive! To create this solid Mental pillar within yourself, first you have to change how you view the world, and yourself. It is time for you to do a 180 degree turn-around, and establish in your mind the capacity to finally let go of all thoughts and paradigms of lack, attack, and judgment. Now is the time to let go of all addictions and self-medication. It is time for you to turn on the “light” within your mind, and create a rock solid mental pillar of the things that will produce more energy, enthusiasm, non-judgment, optimistic, self-love, productive and abundant thoughts, intense desire, plus very real trust and faith! This new mental pillar of yours will then allow you to work as a co-creator with the Universe, as everything that is needed to bring about your dreams and desires, and is then unfolded and orchestrated to reach fulfillment. This new mental pillar that you have achieved works hand-in-hand with the very definition and workings of the Law of Attraction – “Like attracts like!” Without the drain and strain of your old shaky, negative mental pillar, you will start to see very
real, positive progress manifesting in your life as you are now resonating, vibrating, and marching in step with that which you wish to create in your life. If you take to heart what I suggest here for your mental pillar, it literally will be as if you had taken some fresh concrete, and patched up that energy-draining, non-productive, negative, big ‘ol crack that you previously had in your mental pillar! So now, Pillar #1, your Mental Pillar, is rock solid, and now has the capability of keeping your “house,” the entire structure of your dreams, goals and desires, upright and solid with confidence it will not collapse.

**Suggested Affirmations:**

- My thoughts are now working in harmony and resonance with the Universe in helping me to manifest all of my greatest dreams, goals, and desires!

- I am now moving forward with deep trust and faith in creating that which I desire for my life knowing that my mind and thoughts now rest on a rock solid foundation!

- My thoughts and visualizations of my ultimate dreams, goals, and desires manifesting in my life now flow easily and effortlessly, because my mental pillar is now based on solid, healthy, productive Universal principles!
I now know that I am building my “house” on a rock solid foundation based on the strength, truth, and love of my new mental pillar!

Pillar #1: Mental
CHAPTER TWO:
Pillar #2: Physical

Our first pillar, Mental, can be considered somewhat abstract, simply because it is more of an idea and concept. Even though your mental pillar is composed of very real energy, you, of course, cannot see it physically, and seems to therefore be an abstract concept. Our second pillar, Physical, is also composed of very real energy, but it is a concrete concept/entity, because you can see, feel and perceive your body. This pillar can represent weight loss goals, sports goals, health & wellbeing, and nutrition. When it comes to making sure that your physical pillar is sound and sturdy enough to support your entire “house”, anyone who has ever had an injury or illness knows that his
“house” is on shaky ground, at least for a while until it heals. Your physical pillar is every bit as important as your mental pillar, in that it equally shares the load of the entire structure of your being. Our world’s population continues to exist on a shaky physical foundation as more and more new diseases and maladies continue to attack the body. Preventable problems such as obesity and diabetes go hand-in-hand with high blood pressure, and many other chronic health issues. Stunningly poor nutrition through lack of knowledge or stubbornness, also contribute to undermining your physical being, and creating that big symbolic, but very real “crack” in this all-important pillar. The incredible thing is that all of these physical problems come on the heels of ever-increasing knowledge and understanding of health care, medicine, nutrition, and exercise. Vast portions of the world’s populace are doing the right things to their bodies to make their physical pillar sound, strong, and healthy – yet even more of the world’s population neglects this key pillar of their body, and allows it to crumble, and undermine their entire being. If your physical self is not working, then those other two important pillars will not hold up the entire “house” on their own – at least not for long anyway.

**The How To’s:**

Many of the ideas for creating and maintaining a strong, healthy physical pillar that I propose here, are not new, however, they are worthy of review, contemplation, and implementation. Here are some key “How To’s” that you can use to build your physical pillar –
- Regular, consistent exercise is the first place you need to start. While you may have reacted to this statement with “Duh!?”, please understand that while exercise is almost universally accepted as one of the best ways to build a strong body, it is also one of the first to be rejected.

- Intelligent, balanced nutrition and diet are right up there as key items in producing your sound physical pillar. This is another topic that is generally acknowledged worldwide as important to a healthy body, but is either ignored or poo-poo’ed by many.

- Good health care, and personal hygiene also are important components in creating and maintaining sound physical structure. The argument certainly can be made that these two items are also not available for much of the world’s populace, but that does not diminish their very real importance to your physical pillar.

Let’s take a closer look at these solid physical pillar attributes: Many people shun exercise simply because it is too hard. The intense effort that is necessary to drop excessive body weight, produce muscle, and balance out your aerobic and cardiovascular system does take a lot of sweat-inducing effort, but oh, the results! To the person who says to me that exercise is “too much work and effort!” I say, “OK, just think of how much time and effort it took to get your body out of shape, and 50 pounds overweight!” Without
exception, the work, effort, and sweat that it does take to “right the ship” of your body via exercise, has merit to no end! Create and maintain a body that has low body fat, proper body weight, toned and strong muscles, low blood pressure and cholesterol, and a lower stress level, and I say your “house” is going to stand on solid ground that will endure for a long time. As for the nutritional aspect needed to maintain your physical pillar, there can be some stunningly stubborn attitudes and ideas about it, despite an inherent knowing that you should be eating healthy foods, and not over indulging in excessive calories. Truly smart, healthy nutrition should be a “no brainer,” but it mystifyingly remains not so. Living on a diet of high fat and overly salted fast food does not a strong physical pillar make, yet masses of people do exactly that. Again, an argument could be made that mass media and commercialization perpetuate poor diets via advertising, and fad diets, but once again, this does not change the fact the correct foods in proper proportions and moderation is one of the paths to establishing and maintaining your sound physical pillar. And finally maintaining and using good health care and hygiene are also necessities that keep those deadly cracks from forming in your physical pillar. Modern medicine – be it traditional, or holistic and alternative medicine, now stands at a pinnacle of knowledge and practice in the history of the world. It is available to the vast majority of the world. The same holds true for personal hygiene in that every form of good grooming, and body maintenance is readily available to you.
The bottom line is this: Regular exercise, intelligent nutrition, and good health care and grooming create a strong, sound physical pillar for your “house” to endure, and stand upright for the ages.

Pillar #2: Physical

Suggested Affirmations:

☐ I am now seeing the healthy benefits and results in my body of my doing regular exercises everyday!

☐ I quickly noticed an increase in my clarity, a healthy weight loss, and more energy and zip in my step now that I am eating healthier, and making smart choices with my diet!

☐ I now feel better, more confident, and lively since I started taking pride in my grooming, clothing, and cleanliness.
CHAPTER THREE:
Pillar #3: Spiritual

Now we come to the third of the three pillars that provide the foundation of your very being so that you can live the life you truly desire – built on sound, eternal principles. Pillar number three is Spiritual. While I give equal credence to all three pillars, I will say that if one of those three may carry a heavier load in holding up your house, it is this one. The best way I can summarize your Spiritual pillar is that it is living, thinking and acting with right-mindedness that is based on the eternal Universal truths and laws. It is living and acting with integrity in all that you say, do, and think. It is walking the walk and talking the talk in alignment and
resonance with your true, Divine inner self. In a world that is based in paradigms of lack and attack, judgment, guilt, and feelings of unworthiness, this Spiritual pillar may be the hardest of the three to fortify, and keep standing solidly without wavering. Let’s take a look at just why the Spiritual pillar can be challenging...

Throughout history many, many spiritual icons, and spiritual doctrines such as Buddhism, the Hindu Vendanta, and now the modern spiritual book called, *A Course In Miracles*, have un-categorically stated that this life, this world is but a dream, an illusion of the ego. In this dream, we think we are separate from our Creator, which causes us to live in a dualistic reality. This dualistic perspective leads to this idea of separation – from religions, in language, in races, and causes an infinite number of perspectives about every possible subject in the world. Unfortunately, based in this dualistic realm, our perception is based on the deception of the dream of separation. *A Course In Miracles* beautifully states, “What do you want? Light or darkness, knowledge or ignorance are yours, but not both. Opposites must be brought together, not kept apart. For their separation is only in your mind, and they are reconciled by union, as you are. In union, everything that is not real must disappear, for truth is union. As darkness disappears in light, so ignorance fades away when knowledge dawns. Perception is the medium by which ignorance is brought to knowledge. Yet the perception must be without deceit, for otherwise it becomes the messenger of ignorance rather than a
helper in the search for truth.” I think the key words in this quote are “truth is union.” And that is what you should strive for in seeking to make your spiritual pillar rock solid so that your house may stand forever. In this union, this oneness, lies all of the eternal Universal truths and laws, and are not, nor ever will be, subject to the changing whims, perspectives, and judgments of this world. This is where your spiritual pillar solidifies, and stands strong – forever! When you base your life on this union and oneness with the eternal Universal, Divine truths, then there is no fear that your house will come crashing down because of a poor foundation. If you continue to base your spiritual pillar on the ever-shifting sands of the world’s perspectives of lack and attack, you will never achieve the solid foundations based on the strength of your three personal pillars, and the likelihood of your house to come crashing down grows exponentially.

The How To’s:

- Trust in the wisdom of the eternal Universal truths of Love, Light, and Oneness with your Creator – the “All that Is.”
- Let go of the dream of being separate from your brothers around the world, whatever their religion, creed, or color.
- Let go of the idea of being separate from the Creator.
- Practice non-judgment, defenselessness, and forgiveness in every moment, and in every situation.
- Don’t just practice this in your mind, but in your daily life. Put your new, solid spiritual pillar into action!
Suggested Affirmations:

- I have now let go of any and all beliefs, judgments, and ideas of lack and attack.
- I now practice daily forgiving and loving all people, animals, and things that I once believed were separate from me.
- I walk the walk of living my life based on all of the eternal, unchanging Universal Truths.
- I now understand that truth is union, and darkness and ignorance disappear in its light.

Pillar #3: Spiritual
CHAPTER FOUR

Bonus

The Keystone: Forgiveness

This bonus pillar, Forgiveness, is perhaps, a surprise to you. You may be asking yourself right now, “How the heck does forgiveness have anything to do with creating a strong foundation for me?”

Think of forgiveness as the very cement that holds your 3 pillars in place, and has filled in and smoothed over the cracks that had been there. However, the best way to think of forgiveness is that it is the keystone you set in place to keep the structure upright. The world has long understood that many personal and sometimes chronic issues – mental, physical, and spiritual issues - disappear when you forgive long held grudges, hatred, judgments, or resentments.

Without forgiveness, these issues can fester both consciously and unconsciously and can many times manifest themselves in the form of health problems. Without forgiveness, long held negative beliefs and thoughts sap the very wellbeing and energy right out of you, and are insidious because you may not understand that living your life without forgiving is the source of many of your problems.

However, the type of forgiveness that I speak of now is not the same forgiveness as the world practices now. The forgiveness I refer to is of perfect spiritual forgiveness, or as many spiritual teachers call it, Quantum Forgiveness. The way the world has and still does practice what it calls “forgiveness” is that when you
forgive someone or something that you think has wronged you, you do so from a perspective of being on a higher, more self-righteous level. You’re up “here,” and the “sinner” you are forgiving is “down there.” You say you “forgive” them, but in truth you feel that this forgiveness you give them is an unwarranted gift that must uphold their guilt you would “forgive.” As *A Course In Miracles* states, “Unjustified forgiveness is attack. And this is all the world can ever give. It pardons ‘sinners’ sometimes, but remains aware that they have sinned. And so it does not merit the forgiveness that it gives.”

Quantum Forgiveness or true spiritual forgiveness is based on what I said earlier, that this life is but a dream of separation from the Creator where all is one. This world is a dualistic dream of unfairness, cruelty, judgment, and attack. In other words, it is *not real!* Looking for clarity on this topic leads us back to more from the A.C.I.M. (*A Course In Miracles*) – “Pardon is **always justified. It has a sure foundation.** *(author's note: note the word “foundation” in relation to the 3 Pillars!)* You do not forgive the unforgivable, nor overlook a real attack that calls for punishment. If pardon were unjustified, you would be asked to sacrifice your rights when you return forgiveness for attack. But you merely asked to see forgiveness as the natural reaction to distress that rests on error, and thus calls for help. Forgiveness is the only sane response. It keeps your rights from being sacrificed.”

So practicing true Quantum Forgiveness is based in the Universal Truth of Love, and acknowledges the fact that nothing has really
happened to forgive because it is not real – it is but a dream of this world. Quantum Forgiveness is an understanding that all is One, and you stand in Oneness with your brother, with your Creator. As author, Gary Renard states in his book, *Love Has Forgotten No One*, “…forgiveness is the home of miracles, because the miracle is forgiveness.”

So the final piece of the puzzle to building your strong personal foundation based on the 3 Pillars of mental, physical, and spiritual, is forgiveness. Think of true Quantum Forgiveness as the keystone you set in place that is the final piece that holds your “house” together, and keeps it from collapsing.

The Keystone: Forgiveness
The How To’s:

- When you feel that you have been wronged or attacked in anyway, immediately say to yourself, “You are forgiven. All is let go and released.”
- Acknowledge to yourself that any wrong aimed your way is an illusion of the ego, and there really is nothing to forgive. Forgive it anyway.
- Take a moment to recognize forgiveness as being merited, and it will heal any wrong.

SUGGESTED AFFIRMATIONS:

- I know that forgiveness is a miracle, and I now let miracles replace all grievances.
- I am grateful that I now understand that forgiveness is my function as the light of the world.
- I am now practicing true Quantum Forgiveness that does not use fear to undo fear, and allows me to simply overlook error.
- When I practice true forgiveness, I am forgiving illusions, and not the truth.
Final Words:

Once you understand that making all three elements of your very being - mental, physical, and spiritual - your “pillars” – as strong as possible...and with the keystone of forgiveness as the final rock set in place as the key to your “house” standing strong for the ages, then you will appreciate this very powerful quote from Abraham-Hicks:

“There is nothing that you cannot be, do, or have!”

So I leave you with this simple little formula to live your life by - a formula with great power to help you create and live the life you desire, based on the eternal, Universal Truths.

TL + LH + FE = TLP

(Tread Lightly + Love Heartily + Forgive Easily = True Love & Peace)
This eBook has been written for you with great Love, and a desire to inspire and motivate you to Unleash your Champion from within to live a life of unlimited joy, love, excellent health & fitness, and abundance!

Karl Gruber is a runner/athlete who is a certified Law of Attraction Life Coach. To date he has run 78 marathons, and 2 Half IronMan triathlons. In 1996-’97, Gruber became the ninth man in the world to successfully run and complete 52 marathons in 52 weeks, all to raise money and awareness for leukemia research! He is the author of the book, “Running For Their Lives” (Xlibris Publishing) Now available in book or eBook form at: http://www.amazon.com/Running-their-Lives-marathons-ebook/dp/B0071RPS20/ref=sr_1_1?s=digital-text&ie=UTF8&qid=1334185922&sr=1-1
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