

index

- abundance, 149, 187–189
 inner state of, 193–194, 195
- action, 6, 11, 16–18, 41. *See also* “Take the Wheel” sections
- ahimsa* (nonviolence), 154–155
- alignment, 6, 8, 11–14, 41, 187–189
 aligning inside, 19–24
 being out of, 17
 big yes and, 147
- allowing, 6, 14–16, 41
- alter ego, creating an, 86–88
- alternate nostril breath, 62
- anahata* (unstruck place), 118, 120
- anger, 52
- antibacterial cleaners, 228
- anxiety, 122, 217, 220
 double down technique for, 61
- artha* (inner and outer wealth), 190
- becoming, 4
- being, 13, 16
- Black Elk, 220
- blaming external forces, 10–11
- boundaries, setting, 155, 158
 relationships and, 170, 174, 176–177
- Brahmacharya*, 154, 155
- breakdowns on the road trip,
 handling, 40–43
 coolant leakage, 43
 the flat, 41–42
 sugar in your tank, 42–43
- breathing, 57–62
 alternate nostril breath, 62
 double down technique, 61
 the setup, 58–59
 shallow, 58
 ujjayi breath, 59–61
- Buddha and Buddhism, 121, 181
 dharma and, 147
 on forgiveness, 96
 on healing and health, 222
 money matters and, 191–192
 on releasing specific outcomes, 10
- career, choice of, 197–200, 228–229
- carpool lane, 167–184
 carpool nights, 181–182
 choosing your relationships,
 169–172
 control over positive and negative
 relationships, 172–173
 80/20 rule, 176
 fourteen days of NICE, 182–184

- carpool lane (*continued*)
 the invitation, 178–179
 levels of relationships, 169–170, 171
 meditation, 177–178
 negative but necessary relationships, 179–180
 quality time, 181–182
 toxic relationships, 180–181
 vacancy or no vacancy, 173–175
- Carter, Karen Rauch, 102
- cash. *See* treasure cove
- change, 34–35, 78, 148
- Change Your Light meditation, 159–163
- charity, 192, 207
- Chi*, 51
- children, communicating your road trip intentions to, 39
- chronic fatigue immune dysfunction syndrome (CFIDS), 212–216
- cleaning supplies, green, 228
- “clean machine” parties, 99
- complaining, 57
- compliments
 giving yourself, 82–83
 learning to take, 82
 mirror party, throwing a, 83
- control, illusion of, 15
- coping mechanisms, positive, 44–47
- core connection, 73
- criticism, handling, 84–85
- dependence-promoting mechanisms, 43–44
- depression, 122, 217, 220
- dharma*, 147
- Diamond Cutter, The*, 191–192
- diary, road trip, 47
- diet, 226–227
 daily healing salad, 226–227
 ethereal energy and, 56
 material energy and, 52
- discernment, 170–171
- discontent, 6–7
- disease, understanding, 216–218
- Downers, 40
- Drop-It Meditation, 111–112
- dysfunctional relationships, 75, 172
- education, lifetime, 62–63
 independent interests, 140
- ego, the, 119–121
- 80/20 rule, 176
- Emoto, Masaru, 126
- energy. *See* soul fuel
- Epstein-Barr virus. *See* chronic fatigue immune dysfunction syndrome (CFIDS)
- ethereal energy, 52, 53, 55
 diet and, 56
- expectations, rigid, 10
- experience over things,
 choosing, 9
- faking it until you make it, 137–138
- fats, dietary, 227
- fear, 107
 of change, 148
 loving yourself and others and, 128–129
 moving toward a balanced lifestyle and, 222
 of standing up for yourself, 79
- feng shui
 in action, 102–103
 steps for creating sacred space, 100–101
 wealth and, 208
- filler thoughts, 97–98
- final destination, 233–238
- financial matters, 187
- flipping the mirror, 84–85
- food. *See* diet
- forgiveness, 93, 94–97, 108–111
 exercise, 109–110
- free-form writing, 24
- free-range foods, 227
- frequency, 13
- friendships. *See* carpool lane; relationships
- fruits and vegetables, 56, 227

- Gandhi, 8, 154, 155–157
- garage, the, 27–47
 - dependence-promoting mechanisms, 43–44
 - emergency roadside assistance, 40–43
 - handing over the wheel, 32–33
 - positive coping mechanisms, 44–47
 - riding shotgun, 31–32
 - road trip relationships, 38–39
 - tool box, 33–38
- gas station, the, 49–66
 - action steps for soul fueling, 56–63
 - breathing techniques, 58–62
 - daily process of finding your energy sources, 63–65
 - filling up with energy, 51–53
 - finding the fuel, 53–56
 - learning, lifetime, 62–63
 - setting up your environment to infuse you with energy, 65–66
- getaway, your, 46–47
- gossiping, 57, 183
- gratitude, 25, 193–194
- guilt, 78–79
- gurus, 73–74
- habitual patterns, 126–128
 - forty days to form new, 163–166
- happiness
 - choosing, 222
 - examining what brings you, 19
 - inner abundance and, 195
 - knowing what’s right for you, 34
- “Har” clearing, 22–23
- harmony, inner, 20
- Hawking, Stephen, 222
- health and healing, 188, 211–232
 - causes of life-energy deficits, 220, 228–229
 - circular flow of life energy, 220–221
 - cleaning supplies, 228
 - daily health rituals, 224
 - diet and. *See* diet
 - disease, understanding, 216–218
 - healing spot, creating a, 231–232
 - health equation, 223–224
 - health menu, your, 224–225
 - Internet sites that support, 226
 - life energy as an investment, 219–220, 221
 - mind-body connection, 218
 - moving toward inner balance and, 221–222
 - transforming your day for, 229–231
 - yoga and, 218, 222, 229
 - your health menu, 224–225
- heart, the, 117–119
 - compared to a tire, 118–119
 - emotional, 118
 - moving inside to the soul, 121–123
 - physical, 118
- heart clearing, 108–113
 - Drop-It Meditation, 111–112
 - with forgiveness, 108–110
- Hidden Messages of Water, The* (Emoto), 126
- Highway Meditation, 106–108
- illness. *See* health and healing
- Inner Teacher technique, 22–24, 76
- integrity, speaking with, 80–81
- intelligent no, 152–153, 157–158
- intelligent yes, 150
- interests, your independent, 140, 228–229
- invitation for close relationships, 178–179
- journal, road trip, 47
- jump-starters, 45–46
- karma*, 16
- kshama* (forgiveness), 95
- letting go of what’s weighing you down. *See* weighing station
- life force. *See* soul fuel
- listening more, 57
- losing oneself, 75

- Lou Gehrig's disease, 222
 loving yourself. *See* tunnel of love
 luck, making or breaking
 your own, 7
- magic gardens, 211–232. *See also*
 health and healing
 magic mirror, making a, 86
 map, the, 4
 creating your personal, 18–24
 for health and healing, 216–223
 for letting go of physical, mental,
 and emotional baggage, 92–99
 for loving yourself, 117–132
 for money relationships (treasure
 cove), 187–200
 purpose of, 4
 for relationships (the carpool lane),
 169–174
 for self-centeredness, 70–79
 soul energy, filling up with, 51–56
 universal traffic light, 146–157
- material energy, 52, 194
 Matthew, 13
 meditation, 97, 105–106
 carpool, 177–178
 Change Your Light meditation,
 159–163
 Drop-It, 111–112
 the Highway, 106–108
 My Incredible Life, 20–22
 Sandstorm, 104–105
- memories, blockages and early, 24
 mini-stop, 36–37
 mirrors, adjusting your, 67–88
 guilt, 78–79
 looking to yourself first, 75–76
 reflections, internal and external,
 81–86
 selfishness compared to self-cen-
 teredness, 70–71
 “should,” replacing, 77–78
 speaking with integrity, 80–81
 story of, 67–70
 sun, mirroring the, 72–75
 superhero self, choosing your,
 86–88
 money, relationship with. *See* treasure
 cove
 mood lifters, 45–46
Move Your Stuff, Change Your Life
 (Carter), 102
mula bandha (root lift), 59
 My Incredible Life meditation,
 20–22
- Naturally Clean Home: 100 Safe and
 Easy Herbal Formulas for Non-
 Toxic Cleansers* (Siegel-Maier),
 228
- negative thoughts, 97
 Newton, Sir Isaac, 235
 laws of motion, 44–45
 NICE, fourteen days of, 182–184
 no, saying
 the intelligent no, 152–153,
 157–158
 the over no, 151–152
 sincerity when, 153
 nonviolence, 154–155
- obligation, 77–78
 opportunities, seizing, 17
 organic foods, 227
 Orman, Suze, 203
 outer space, clutter in your, 93–94
 Ovid, 218
- pair-of-dice date game, 138–140
 panic attacks, double down technique
 for, 61
 Pantanjali, 154
 passions, examining your, 19
 passive-aggressive behavior, 183
 past, letting go of the. *See* weighing
 station
 pelvic floor, 58–59
 perfect day exercise, 19
 perfection, 175
 positive thoughts, 97

- power, tapping into your inner source
of, 32–33
- prana*, 51, 52, 53, 57
- pranayama*, 53–54, 56, 57
- present-moment awareness, 107
- procrastination, 148
- protein, 227
- purusarthas* (goals of life), 190
- Qi*, 51
- quality time with important relationships, 181–182
- quantum mechanics, 8
- quantum physics, 9
- rationalization, 148
- refining your life's design, 18–19
- reflection, internal and external,
81–86
- reinventing yourself, 126–128
- relationships
boundaries, setting, 170, 174,
176–177
communicating your road trip
intentions, 38–40
deciding which to keep. *See* carpool
lane
dysfunctional, 75, 172
loving yourself. *See* tunnel of love
negative, but necessary, 179–180
self-centeredness. *See* self-cen-
tered, becoming positively
soul fuel and, 54–55
toxic, 180–181
your happiness and, 34
- resistance, 148–149, 150–151,
172
- resources, 240
- responsibility, inner, 10–11
power to create a different reality,
12–13
for your present existence, 11–12
- riding shotgun, 31–32
- right action, 16
- Roach, Michael, 191–192
- road trip
carpool lane. *See* carpool lane
diary, 47
final destination, 233–238
gas station. *See* gas station, the
how to approach the, 236–238
necessities for your. *See* garage, the
overview of, 5–6
as power circle, 235
preparation for. *See* garage, the
as process of becoming the most of
yourself, 4
road rules, 8–11
soul fuel, filling up with. *See* gas
station, the
tunnel of love. *See* tunnel of love
universal traffic light. *See* universal
traffic light
weighing station. *See* weighing
station
- Roosevelt, Theodore, 153
- salad, daily healing, 226–227
- salad dressings, 227
- Sandstorm Meditation, 104–105
- saturated fats, 227
- satya*, 71
- science, knowing your, 9–10
- self-centered, becoming positively,
67–70
accepting gifts of others, 73–74
benefits of, 71, 72, 74
looking to yourself first, 75–76
mirroring the sun, 72–75
solar system, your, 74–75
- self-criticism, 125–126, 137
- self-doubt, 125–126, 148
- selfishness 69
- self-centeredness distinguished from,
70–71
- self-reliance, 28–29, 44, 137–138
- self-worth, 201
feedback from others and, 123–125
- seva* (selfless service), 99
- shadow side, 128–132

- Shiva energy, 127
- “should,” replacing, 77–78
- shrines, home, 24–25
- Siegel-Maier, Karyn, 228
- simplicity, principle of, 92
- Socrates, 187
- soji*, 99–100
- solo date night, 138–140
- soul, the, 30, 122, 126–128, 223
- contacting your, 76
- soul appointments, 37–38
- soul fuel
- action steps, 56–63
 - filling up with, 51–53
 - finding the fuel, 53–56
 - health and healing and. *See* health and healing
 - laws of thermodynamics, 51–52
 - money as, 196–200
 - relationships and, 54–55
 - things that drain your, 54
 - things that fill up your, 54
- space-clearing practices, 99–100.
- See also* feng shui
 - for your mind and heart, 103–113
- speaking and listening, 57, 80–81
- with integrity, 80–81
- specific outcomes, releasing, 10
- stress, 52, 54
- sukha* (ease, good state or space), 218
- sun, mirroring the, 72–75
- superhero, choosing and becoming your, 86–88
- “Take the Wheel” sections, 5–6
- creating your personal map, 18–24
 - for health and healing (magic gardens), 223–232
 - letting go of what’s weighing you down, 99–113
 - loving yourself, 132–141
 - for money matters (treasure cove), 200–209
 - for relationships (the carpool lane), 176–184
- road trip relationships, 38–40
 - self-centeredness, 80–88
 - soul fueling, action steps for, 56–63
 - universal traffic light, 157–166
- talking. *See* speaking and listening
- Taoism, 147
- tapas* (fire of transformation, properly channeled angry determination), 130
- thank you, remembering to say, 25
- thermodynamics, laws of, 51–52, 196
- thoughts, reshaping your, 97–99, 125–126
- thymus, 22
- time management, soul appointments and, 37–38
- tool box, your, 33–38
- Tool #1: you, 34
 - Tool #2: tell, don’t ask, 35–36
 - Tool #3: the mini-stop, 36–37
 - Tool #4: soul appointments, 37–38
- Towne, Ariel, 101, 102–103
- traffic light, universal. *See* universal traffic light
- treasure cove
- alignment and abundance, 187–189
 - attracting wealth with internal abundance, 193–194
 - big yes and relationship with money, 190
 - bye-buys, 205–207
 - cash relationship rules, 204–205
 - charity, 192, 207
 - depleting your money energy, 205–207
 - feng shui and wealth, 208
 - money affair, having a, 194–195, 204–205
 - money as energy, 196–200
 - money roadblocks, 200–203
 - other secrets, 208–209
 - positive financial balance, finding your, 192–193
 - wealth equation, 195–196

- Triple As, 6. *See also* action;
alignment; allowing
trusting, 15
- tunnel of love, 115–141
being your own girlfriend or
boyfriend, 132–135
the ego, 119–121
faking it until you make it, 137–38
the heart, 117–119
Me-relationship, 135–136
moving inside, to the soul, 121–123
reinventing yourself, 126–128
rerouting your thoughts, 125–126
self-worth, feedback from others
and, 123–125
shadow side, 128–132
solo date night, 138–140
- ujjayi* breath, 59–61
- unconscious mind, 148
change and, 35
- universal traffic light, 143–166
the big yes. *See* yes, the big
Change Your Light meditation,
159–163
overview, 146
resistance, 148–149, 150–151
- vegetables and fruits, 56, 227
- viveka* (discernment), 170–171
- wealth. *See* treasure cove
- wealth equation, 195–196
- weighing station, 89–113
- clearing your mind, 97–99
drop-it meditation, 111–112
feng shui in action, 102–103
forgiveness, 93, 94–97, 108–111
inner state, clearing your, 103–108
letting go of physical, mental, and
emotional baggage, 92–97
making space, 99
soji, 99–100
three steps to letting go, 100–101
- willpower, 15, 78
- Wolf, Virginia, 46
- yamas*, 154
- yes, the big, 146–147
ancient yoga philosophy and,
154–157
bite-sizing, 158–159
finding yours, 157
forty days of, 163–166
intelligent no, 152–153, 157–158
intelligent yes, 150
key actions for arriving at, 147
over no and, 151–152
over-yessing, 149–150
relationship with money and, 190
resistance and, 148–149, 150–151
sincerity when saying yes or no, 153
as ultimate goal, 146, 147
- yoga, 222, 229
the big yes and ancient yoga phi-
losophy, 154–157
mind-body connection and, 218
- Yoga Sutras, 154

