

## Introduction

This small book originated in an article I titled *How to Repair a UFO*. I thought that name would generate a chuckle or two and maybe some clicks on the Web. It did that, but because I have had so much personal success using the formula I describe herein, I expanded the story considerably.

I realized I needed much more than an article to explain this tool I'd put into effective use. My thinking needed a redo – maybe you can relate. And since the process was all about changing a situation in life for the better – a situation being *a destiny arrived at* – why not *Destiny Re-Do*?

This made more sense because most people I know think of destiny as unchangeable. You arrive and you feel you can't change the past. Perhaps you believe it was pre-destined and therefore immune to the exercise of your free will.

I've survived too many harsh situations in my life to give up in defeat when a new challenge arrives, no matter how dire it seems at any given moment. From many decades of experience, I know that destiny is malleable, fate is not permanent, and now I've narrowed down a way to improve my situations at any given point in life by mapping out how I arrived there and gaining understanding of the full journey.

To accomplish this, I developed a self-counseling tool that felt like it was dropped out of the cosmos like a gift. Accordingly, I initially described it as The UFO Experience. Why? Because I found the process magically, even other-worldly, effective. When I considered what the process repeatedly did for me, I realized it would start with an –

*Unintended Failure Occurrence*

And when I finished, I felt I had an –

*Unlimited Freedom Opportunity*

I wrote the *UFO* article after solving two nagging personal situations by using a mental management technique derived by back engineering a famous phrase that some people attribute to the author of the legendary spiritual book *Tao Te Ching*. Supposedly, Chinese philosopher Lao Tzu said this:

“Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character, it becomes your destiny.”

Perhaps Lao Tzu was credited because the *Tao*, published in 506 B.C.E., had progressions of logic in some of its 81 brief chapters that resembled the structure of the quote.

For example, this section from the twelfth chapter:

Sight obscures.  
Noise deafens.

Desire messes with your heart.  
The world messes with your mind.  
A Master watches the world  
but keeps focused on what's real.

Speculation aside, the quote first mentioned above, the one on which my formula hinges, has never been found in the writings of Lao Tzu. It has, however, also been attributed over the years to other famous persons including Siddhartha Gautama (the Buddha), Mahatma Gandhi, and British Prime Minister Margaret Thatcher. None of them authored it.

On his website *Quote Investigator*, Garson O'Toole revealed he found numerous possibilities including a version attributed to Frank Outlaw, President of the Bi-Lo supermarket chain, published in a Texas newspaper in 1977. That one read like this:

Watch your thoughts, they become words;  
watch your words, they become actions;  
watch your actions, they become habits;  
watch your habits, they become character;  
watch your character, for it becomes your destiny.

I'd heard that one before, maybe even read it in a Texas newspaper when it came out, because I grew up in the Lone Star State and was an avid newspaper reader as well as having a newspaper route as a boy (the *Dallas Times-Herald*).

It doesn't matter where the phrase originated. It rang true to me, and I'm always on the lookout for useful truth. I was reminded of it while helping a client publish and promote a book he'd written. In one chapter, he mentioned an almost identical phrase to the Outlaw version. My client's book was about getting into a very tough situation – prison – and then getting out of it (conviction overturned on appeal).

As I contemplated the phrase in relation to my client's story, it occurred to me that I could reverse engineer the steps of the phrase and unravel the elements that led to his trouble. That's because I knew that, somewhere along the chain of events from thought to destiny, he had miscalculated his dealings with some people in government.

This wasn't speculation on my part – I knew the full story of how he ended up in prison, even his life story for that matter. So, I plotted out his sequence of events, and then I thought through the steps backward to when he won his appeal.

After that, I wondered if applying the formula backward would apply to situations in my own life, and I began to experiment.

Regarding the last step of the phrase, I chose to use Fate as the end result to work backward from, instead of Destiny. The idea of destiny suggests something lifelong, while a single situation can more easily be seen as a singular occurrence. Destiny can be viewed as God-willed, while most people I know have an inkling they can overcome misfortune with enough willpower.

In my life I've learned that, most often, my own actions led to any given situation, even if at first glance it seems it did not happen that way. Therefore, by honestly examining the sequence of events and taking full responsibility for each step, I reasoned I could develop understanding, and then, relief.

It's like getting the proper diagnosis by a doctor – with that, healing can often occur much more quickly. To me, the reverse engineering I envisioned was a “lightbulb moment” – a flash or insight or understanding, like a light turning on in my mind.

When ancient Greek scholar Archimedes stepped into a bath and saw the water level rise, he realized the volume of water displaced was equal to the volume of the part of his body that was submerged. This is now known as Archimedes' principle. He exclaimed “*Heúrēka!*” (meaning “I have found (it)!”) That’s how I felt about the idea of reverse engineering the phrase.

I began by examining Fate (the situation), then Character (what I was like at the moment I began thinking about the situation). As I examined any particular situation, the assumption was that my character was what brought me to the fate I was experiencing.

The next step of the process was Habits. Was there a pattern that I needed to change?

I then examined the Actions that began a habit pattern or placed me in the less than optimum situation. If it was a singular Action that led to the unfortunate circumstance, or repeated actions that became a pattern, I looked for the Thought or Thoughts that got the bad vibes giant snowball rolling down on top of me.

I used this technique on separate occasions to deal with things like money worries and an at times recurring feeling that people didn’t like something about me but weren’t saying what. (And I don’t mean bad manners, bad breath, or body odor.)

Once I’d used the formula with uniform good results enough times, I wrote about the successful resolution of dealing with money worries in a Substack that I had been writing for over a year.

I have had a bit of a seeker’s background all my life. Accordingly, I had examined many techniques that complimented and aligned with my new technique.

For example, I’m a big fan of the late great Shaolin monk and healer, Kam Yuen. I used his Yuen Method after seeing him lecture and then reading his first book. In dealing with a problem presented to me, it would always track back to a time and place in an adverse situation where the affected person felt helpless. It worked that way with me and, when using the Yuen Method with others, I repeatedly heard this phrase from people: “I felt like there was nothing I could do.”

Since I mostly used the Yuen Method after ample time had passed since the initial incident, it was possible for me to remain “exterior” to the unfortunate situation being handled and bring about an understanding. This is reminiscent of the old axiom that others know what is wrong with you before you do, because they are outside looking in.

When working the Yuen Method with others, their subconscious resistance to fully confronting the situation was overcome with me there as a trained guide. In case you’ve never experienced hypnotism, it works the same way with a hypnotist as a guide, but the Yuen Method is not hypnotism at all.

The Yuen Method worked so well I once got someone’s cold to go away while simply talking to them on the phone.

Which brings us back to the Fate part of my technique — where people think there is nothing they can do about any given situation. Even if it’s only a temporary feeling, they feel stuck. And when they adopt the “can’t do anything” apathy, they mentally disempower themselves with regard to similar situations going forward.

My Destiny Re-Do technique is not something I use only to solve problems. When you fully understand the steps of the process, you can more easily map out a route to achieving any goal you come up with. Want to start your own business? That’s a thought, so how do you describe it – what words? Then what successful actions do you need to take and which ones should you do habitually? Once you’ve worked all that out, you’ll have the persona (character) necessary to achieve your goal – a fate you’ll like, a destiny you’ve worked out for yourself.

You can achieve a Destiny Re-Do by back tracking, and a do-it-right destiny by planning out the logical application of the six steps I describe in this book.

This double whammy application of my method is why I’ve written this book – to enable anyone to try it out and hopefully get the kind of results I get on a regular basis. It doesn’t involve psychic powers, hypnosis, religion, or any type of New Age woo-woo. It’s just step by step to satisfying personal improvement.

Be patient in studying it and putting it into practice. If you have any questions or problems, I’m easy to find via my website at [www.skippress.com](http://www.skippress.com). I think you’ll like what you’re about to read, and I’d be happy to hear from you.

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