

*James Bauer's*  
**The Inside-Out  
Dating Revolution**



 **IRRESISTIBLE INSIGHTS**

## The Inside-Out Dating Revolution

We hold these dating truths to be self-evident:

- *The romantic partner you choose will have an enormous impact on your quality of life. Never settle.*
- *If you want a high-quality man, you have to be a high-quality woman. Invest in yourself.*
- *Following the best dating advice will give you the best chance at attracting a great guy.*
- *You’ve got to work at dating. If you’re not putting in the time and effort, you won’t meet anyone.*
- *Life doesn’t start until you meet your future husband, so get a move on!*

Right? Nothing controversial there.

But supercoach Michael Neill isn’t so sure.

All those things people say about the hunt for love? He thinks they’re actually misleading.

Everyone says them so much that you *think* they must be true ... but they’re just beliefs.

And bad beliefs at that.

Those “self-evident dating truths” we’ve been led to believe don’t actually help us very much.

Rather, they complicate dating needlessly. They put too much pressure on us. They make us doubt ourselves.

For example, have you ever wondered if you really have what it takes to meet a man and make it all the way to the happily-ever-after?

It just sounds so *hard*. How will you remember everything you’re supposed to do? What if you make a mistake? What if you’re not good enough?

You can collapse under the weight of all the advice you’re supposed to be taking!

As a result, you struggle when you could be going with the flow. You overthink everything and cut yourself off from the still, quiet voice of wisdom within.

Luckily, there’s an easier way.

In this report, you’ll learn about dating from the *inside out*.

It’s a revolutionary perspective on love, one that turns common wisdom upside-down.

Here are a few tasters of what it offers:

- **Stop worrying about doing the right things to attract the right guy.** Instead, clear your mind and trust yourself.
- **Stop working so hard at dating.** Instead, allow your experiences to unfold.
- **Stop trying to fix yourself.** Instead, scrape off the layers of muck keeping you from realizing your own magnificence.
- **Stop letting your love life rule you.** Instead, find an unbreakable source of happiness within.
- **Stop believing love has to be hard.** It can be effortless, once you understand it’s all happening from the inside-out.

Are you interested?

Then let’s dive into the Inside-Out Revolution!

## What Is The Inside-Out Revolution?

Michael Neill is the founder and bestselling author of *The Inside-Out Revolution*.

This guy knows his stuff. Celebrities, CEOs, even royalty call on him for advice when they want to level-up their lives.

What makes Neill different is that he doesn’t want to be just another guy giving advice.

He wants to be the guy who facilitates “ah-hah” moments for his clients. He wants to see nothing less than complete and utter *transformation*.

If he can get you to see *just one thing differently*, or have just one thought you’ve never had before, then he’s confident you’ll leave the conversation a whole new person.

So you could spend a lot of time understanding yourself and your problems...

You could work on formulating goals and action plans...

But you’d be spinning your wheels.

Because what you’re really after is the *happiness* you think solving your problems and achieving your goals will bring.

And Neill wants you to go straight for the happiness.

It’s as if everyone has it backwards. They think they’ve got to rid their life of problems and achieve their dreams before they can be happy.

They don’t realize that **being happy makes problems dissolve and dreams come true.**

Could it be that simple? Just connect to the infinite source of happiness within you?

You don’t have to fix yourself. You don’t have to work at finding a man. You don’t have to study dating techniques. You don’t have to analyze anyone’s behavior.

You’ve just got to connect to YOUR source.

That warm, brilliant candle flame burning inside you.

But to find it, you’ve got to turn your thinking *inside out*.

## What You Don’t Want: Outside-In Thinking

“The prevailing model in our culture is that our experience of life is created from the outside in—that is, **what happens to us on the outside determines our experience on the inside.**”<sup>1</sup>

How are you feeling right now?

Tired? Energized? Stressed? Relaxed?

If I asked you why, no doubt you could tell me in great detail what’s causing you to feel the way you’re feeling.

Maybe you didn’t get enough sleep last night, or you’re excited about the weekend coming up. Maybe you’ve got a project that’s worrying you, or you’re elated to be done with your work for the day.

**We know *why* we feel the way we feel.**

Feelings don’t just arise out of nowhere. They come from somewhere.

And most of us believe that our feelings originate from our circumstances.

That is what Neill calls “**outside-in thinking.**”

From an outside-in perspective, making the right choices leads to positive experiences. Those positive experiences give you positive feelings. And we LIVE for positive feelings!

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<sup>1</sup> *The Inside-Out Revolution* (Carlsbad, CA: Hay House, 2013), 28.

Simply put, if you want to feel good, you’ve got to make the right choices so that the right things happen to you.

Sounds obvious, right?

Outside-in thinking dominates our culture, but that doesn’t make it true.

We’ll look at its flaws in the next section, but before we do, I want to make sure you can spot outside-in thinking.

How many times have you heard some version of the following?

**You’ve got to DO what you’ve been told—by experts, by your parents, by society—so that you can ENJOY good feelings.**

And if you *don’t* do what you know you should be doing...

Then you’re going to stay stuck. You’re going to suffer. Happiness will elude you.

That’s outside-in thinking at its most convincing. It sounds incredibly reasonable. It’s hard to think of any argument against it.

Here are some other examples of outside-in thinking:

- *If you want to be happy, you’ve got to put your love life on the top of your priority list.*
- *If you want to feel better about yourself, you’ve got to lose weight and get healthy.*
- *If you want a life you love, you’ve got to take action steps in the direction of your dreams.*

When we think from the outside-in, there’s only one way to be happy:

**You’ve got to make sure that good things ALWAYS happen to you.**

But there’s a problem with that...

## **Bad Things Happen, and It’s Out of Our Control**

The problem with outside-in thinking is that it ties our happiness to what happens to us.

And we can’t always control what happens to us.

Bad things happen. People get sick. They lose their jobs. They get divorced.

Bad things even happen to good people who don’t deserve it.

Which makes happiness *incredibly* precarious.

To keep your happiness, you’ve got to make sure you don’t lose all the good things you now enjoy.

You’ve got keep hustling. You can’t slip up. You can’t afford to make a bad decision. Your happiness depends on it.

Have you ever experienced this?

**Everything’s good, you’re feeling great, then Life slaps you back.**

He asks for a divorce. Your medical checkup reveals something wrong. Your company announces layoffs.

Your happiness is wiped out overnight. All that hard work, gone in a cloud of smoke.

You’re devastated.

You don’t know if you’ll ever be happy again.

And you’re mad. You’re angry that this had to happen to you. It feels so unfair. What did you ever do to deserve this?

I’d be hopping mad, too, if I believed that someone or something took *my* happiness away. I’d want to get it back ASAP. I’d start planning how to get my marriage back, my health back, my job back...

Thinking that getting back what I’d lost would give me back my happiness.

Except it doesn’t work.

Because the anger, the mad, and the resentment are still there.

Even if you *do* get back whatever you lost, you feel more vulnerable than before. You lost it once; you could lose it again. Your innocence is gone. You’re not as naïve as you once were.

And maybe you never feel quite as happy as you used to be. What happened changed something inside you. It made you distrust happiness. It made you believe that the higher you fly, the further you have to fall.

That’s the tragedy of outside-in thinking.

## Making Your Happiness “Experience-Proof”

You become incredibly vulnerable when your happiness depends on what happens to you.

*Anything* has the power to take your happiness away.

But there’s a curious thing...

**For some people, happiness is a constant.**

They feel good most of the time, regardless of what happens to them.

How can that be?

If happiness depends on what happens to you, then surely it’s impossible to be happy when your world is collapsing around you.

And yet we’ve all seen people who’ve survived horrific things—war, abuse, cancer, tragedy—go on to live lives full of joy.

Consider the always-smiling Dalai Lama, who’s been in exile for over 50 years. Or Nelson Mandela, who spent 27 years in prison. Or Victor Frankl, who lost most of his family in the Holocaust.

How could someone who’s been through so much...

End up happier than someone who’s had it fairly easy?

That’s only possible if what happens to you *doesn’t* determine happiness.

Here’s another strange thing:

America is one of the wealthiest countries in the world. And yet it ranks 14<sup>th</sup> in the world for happiness, below war-torn Israel and relatively poor Costa Rica.<sup>2</sup>

A high standard of living doesn’t necessarily make you happy.

So perhaps it’s NOT true that you can only be as happy as your circumstances.

Perhaps you can be happy *even if* nothing’s going right.

In fact, according to inside-out thinking, **there’s only ONE thing standing between you and happily-ever-after.**

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<sup>2</sup> [https://en.wikipedia.org/wiki/World\\_Happiness\\_Report#2017\\_World\\_Happiness\\_Report](https://en.wikipedia.org/wiki/World_Happiness_Report#2017_World_Happiness_Report)

It's not your problems. It's not your goals.

*It's your thoughts.*

## **What You Do Want: Inside-Out Thinking**

“There's nothing you need to do, be, have, get, change, practice, or learn in order to be happy, loving, and whole.”<sup>3</sup>

Ready for a brain workout?

Consider these questions:

What if how you feel is a result of your *thoughts* rather than your experiences?

What if everything you experience isn't really *out there* but *in here*?

And what if, since everything is *in here*, you don't have to worry about changing the world around you...

**You just have to change your state of awareness.**

That's inside-out thinking, and it's a doozy.

There's a whole philosophy behind this, but suffice to say that inside-out thinking tells us there's only one way to transform our lives...

And it's from the *inside* rather than the outside.

Let's say that you don't like your life right now because your love life is in the toilet and you hate being single.

*Outside-in thinking* tells you that you'd better get hustling and find someone.

*Inside-out thinking* asks you whether it's your life you hate ... or your thoughts about your life.

We're going to go pretty deep here, so hold onto your hat. Inside-out thinking isn't for the faint of heart!

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<sup>3</sup> *The Inside-Out Revolution*, 60.



Here’s how it works...

Every time you have a thought, it creates a feeling. For example:

- Thought: “He’s handsome!”  
Feeling: Attraction
- Thought: “She has a boyfriend and I don’t.”  
Feeling: Envy
- Thought: “He didn’t call.”  
Feeling: Disappointment

Because we tend to think the same thoughts over and over again, we get trapped in an endless recycling of the same old feelings.

We hope all the “bad” feelings will get swapped for “good” feelings when we finally achieve the life we want...

But don’t count on it.

Because your feelings arise from your thoughts, changing your situation won’t make ANY difference.

We know this from experience.

Have you ever fallen in love with someone ... only to find that temporary burst of happiness vanishing after you’ve been together for a while?

Have you ever got something you *really* wanted ... only to find the novelty wearing off faster than you’d expected?

You’ve changed your circumstances, but your mind is still stuck in the same old patterns.

The only way to “get off the bus,” so to speak, is to *learn to witness your thoughts*.

## Clearing Out the Mind

“We try so hard to remember to live by the wisdom and insights of others that we forget the source of that wisdom is *inside us* as well.”<sup>4</sup>

Believe it or not, there is a place inside you...

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<sup>4</sup> *The Inside-Out Revolution*, 66.

Where you *know* on a very deep level that everything’s okay.

You’re fine. What you’re going through will pass. Nothing can truly hurt you. Love is your nature. You are never alone.

Perhaps you’ve sensed this deep inner truth while walking in nature or listening to music or sitting in church.

You can’t put it into words. You just *know*.

**It’s as if your mind is a pool of water.**

Normally your thoughts speed back and forth with such urgency and haste that they churn up the water. The water becomes so cloudy you can’t see your own reflection, let alone anything beneath the surface.

That’s how most of us live.

That’s why we ask experts to reflect back to us who we really are and what life is really about. *We can’t see*. The pool of our minds is too churned up to show us our truth.

But sometimes, when you’re walking in nature or listening to music, your mind starts to slow down...

Your thoughts become quiet. The waters of your mind grow still and clear.

Suddenly, you realize that you can see everything in the pool. Fantastic rock formations, iridescent fish, buried treasure gleaming from the silt. You can even see your own reflection looking back at you. The truth is there, perfectly obvious. You don’t know why you could never see it before!

And with that your thoughts begin churning up the water again ... and that moment of clarity disappears.

From an inside-out perspective, that’s how you find what you’re looking for.

**You get really still and listen.**

In that moment of clarity, you see that everything is as it should be. It’s more bold and magnificent than you ever imagined.

There was never anything wrong with you, never anything you had to fix. Happiness is your default setting. You’re not separate from the love you seek.

Suddenly, being single no longer feels like anything shameful or something you have to overcome. It feels perfect, like you’re exactly where you’re supposed to be.

**Quick check-in:**

This probably isn't where you thought we'd be heading when you started this report, is it?

Way too out there. Too metaphysical. Not terribly practical.

And what in the world does all this talk about thoughts and pools have to do with *you* finding Mr. Right?

Glad you asked.

When you are in that still place of clarity, where your thoughts aren't dragging you this way and that, tugging you from happiness to despair and back again, these 5 truths become self-evident:

- **All the wisdom you need is inside you.**
- **Who you are is enough.**
- **When you follow your inner truth, you can trust your choices.**
- **Love is easy.**
- **It's all going to turn out beautifully.**

Contrast those insights with the dating beliefs we started this chapter with.

- *The romantic partner you choose will have an enormous impact on your quality of life. Never settle.*
- *If you want a high-quality man, you have to be a high-quality woman. Invest in yourself.*
- *Following the best dating advice will give you the best chance at attracting a great guy.*
- *You've got to work at dating. If you're not putting in the time and effort, you won't meet anyone.*
- *Life doesn't start until you meet your future husband, so get a move on!*

Can you see the difference?

One set of truths frees you. The other set of beliefs binds you.

It's time to set yourself free.

## But What Do I Actually Need to DO?

“The meditative state of mind is the closest thing to a ‘magic wand’ that I’ve come across in 25 years of exploring the human potential.”<sup>5</sup>

Popular self-help isn’t very conducive to inside-out thinking.

That’s because self-help authors are expected to give their readers a bullet-point list of action steps, so you can take away these ideas and start applying them immediately to your life.

But if the wisdom you seek is already inside you, then no one else can pretend to know your path.

No one can tell you what to do, where to go, what to say, and who to date.

This is YOUR journey. You’re the captain of your ship.

But every captain needs a compass.

A tool to help her see her true north.

So I’m going to give you a tool to help you connect with your inner wisdom:

### ***Meditation.***

Crazy, right? Who prescribes *meditation* for a happier love life? We’re talking about relationships here, not stress relief!

Bear with me for a second.

The reason so many of us flop when it comes to dating is because we overthink EVERYTHING.

We’re always analyzing what he said, what we said, what might happen, what did happen....

We create this whole relationship in our head that bears no resemblance to reality.

And then we get upset, or feel offended, or think he promised something he didn’t.

We end up living in a hell of our own making.

To us, it all feels pretty real.

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<sup>5</sup> *The Inside-Out Revolution*, 73.

We’re definitely convinced that our version of reality is the right one. We’re interpreting his non-verbal signals correctly. We know what’s really going on, even if all the available evidence points to a different conclusion.

But all we’re experiencing are our *thoughts*.

We’re letting our minds run riot. We’re squeezing the relationship into a pre-defined narrative. We’re making up a story about what’s going on, without realizing it’s just a story.

**Our thoughts don’t always help us. Sometimes they just get in the way.**

Here are some of the problems with overthinking things:

- You can’t be truly *present* with someone. You’re always stuck in your head.
- You have a hard time being spontaneous, because you’re always thinking through the best plan of action.
- You don’t come across as authentic, because everything you do has been carefully calculated to give off the best possible impression.
- You make too many assumptions, because you assume you already know what he feels or thinks.
- You find it difficult to ignite passion and chemistry, because your mind won’t switch off.

Those are real date saboteurs!

But if, instead of getting so caught up in what you’re thinking, you take a step back....

You’ll still notice those thoughts whizzing through your head, but you won’t attach so much importance to them. You’ll see that they’re just thoughts.

And without those thoughts to distract you, you can really feel into your truth. Are you enjoying this man’s company? What are you moved to do next? How does it feel when his body is next to yours?

He notices the shift.

He sees that you’ve come alive. You’re there, with him, in the moment. You’re sharing your physical space with him. Your voice isn’t saying one thing while your body says another; you’re completely congruent.

And *wow*, that’s attractive!

But it’s really, really hard to do if you haven’t practiced.

Everything is harder when the pressure's on.

If you can't connect with that still space within when there's no one around, there's no way you'll be able to do it on a date.

### **That's why you practice meditating.**

Meditating trains you to notice your thoughts without getting too caught up in them.

People who meditate often remark that it helps them put things in perspective. Everything that seemed so urgent before they sat down to meditate no longer has the same importance. Meditation clears all the mental chatter away.

## **How to Meditate**

Do you need to have some fancy meditation practice?

Do you need to go online and google “how to meditate”?

Nope. You just need to set aside some time to get into the habit of watching your thoughts.

Think of your mind like a television screen. Your thoughts are the images that flicker across the screen. They look so compelling, but ultimately they're just illusions. Your television isn't a portal into another reality—it's just a screen!

You can meditate during your commute, on your lunch break, at a coffee shop, before bed, or in the bathtub.

Although it's easier to practice in a quiet, peaceful environment, don't handicap yourself. Test yourself in noisier, more chaotic environments, so that you won't lose your equilibrium in the noisy chaos of a first date.

But here's one piece of advice I feel compelled to share:

*Don't try to meditate with your phone at your side.*

Try to break that umbilical connection to your phone. I know it's part of you, I know you feel lost without it, but it's keeping your mind churned up. It's like this little thought generator that keeps feeding new thoughts into your head.

Your mind will never settle when you're glancing down at your phone.

Perhaps that's why phones sabotage dates so easily.

Have you ever been on a date with a guy who kept glancing down at his phone?

Every time he does that, he stops *being there* with you. He’s in his head, thinking about what his phone just told him, not thinking about you at all. It’s like you’ve vanished to his awareness.

Phones don’t only kill dates, but they can also kill relationships. If you’re sitting side by side, staring at your phones, you’re not really together.

So put away the phone. Don’t let it feed thoughts into your head. Experience what it’s like just to sit there, noticing the world go by.

## **What an Inside-Out Life is Like**

“[R]egardless of what ‘problem’ we think we have, our only real problem is feeling cut off from our innate wisdom and well-being.

And the moment we reconnect to that source energy, our problems stop becoming so problematic and we move into a new reality.” (88)

Inside-out thinking may not be able to cure cancer, create world peace, or make you a pile of money...

But it certainly can bring about inner peace and unshakeable happiness.

I don’t know if you’ve noticed, but happy, peaceful people are inexplicably attractive.

Ever noticed that all yoga teachers—no matter what their age, shape or size—have this beautiful presence about them?

That’s because they practice stilling their mind all the time.

Yoga, tai chi, and the martial arts are all great disciplines to practice stilling the mind and flowing in the moment.

They really do give you an inner beauty that’s impossible to match.

They help you cope with the ups and downs of life better. They help you see what matters and what’s just details. They help you see the beauty in hard and difficult things.

Living an inside-out life doesn’t protect you from bad things happening. But that was never the point.

The point was to find a place of happiness and wellbeing protected from the winds of circumstance.

Find your inner sanctuary, and the hunt for love will be over. Love will fill your life as effortlessly as breath fills your body. It may not come in the form or way you expected, but it will come.

So instead of thinking that you have to get rid of all the problems in your life so you can be happy...

Instead of thinking that attractive people have it easy because their lives aren't half as difficult as yours...

Instead of thinking that you've got to fix all these things before the right man would be attracted to you...

Realize that there's only ever one thing you're responsible for:

Connecting to the warm, wise, steadily-glowing light within.

All the wisdom you need is inside you. Who you are is enough. When you follow your inner truth, you can trust your choices. Love is easy. It's all going to turn out beautifully.

And don't let *anyone* tell you differently.

*A NOTE FROM JAMES:*

You may be wondering whether I believe this concept is true. After all, I teach many mindsets and techniques for dating. Why would I do that if your own inner wisdom is the best source of guidance?

The answer is really quite simple. I do believe in the power and beauty of an “inside out” life. It's just that many of us are not ready to hear this message. For some people, it falls on deaf ears.

And there's nothing wrong with going all out, learning everything you can, and letting the experience and wisdom of others merge with your own.

Think of this report as an invitation. It's an invitation to next level thinking. If there's some small part of you that is curious if it could work, then I encourage you to try.

Listen to the stillness all around you. Watch for an ember of happiness within. Fan the flames of that ember.

Always on your side,

James