

CHEAT CODES FOR LIFE:

How to Achieve ANYTHING

With the Technologies of Success

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BY ROBERT CRAYOLA

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ANYTHING With the Technologies of Success

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poems by William Blake*)

Short Texts

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INTRODUCTION

"Research your own experiences for the truth, absorb what is useful, reject what is useless, add what is specifically your own." – Jiddu Krishnamurti

I've tried to write this book many times. I never finished the job because I wanted perfection, completion, and always found more to include. There was information I had lightly investigated, things that were obviously important, but which I wasn't prepared to fit into the larger puzzle. I suppose I could keep writing this book for the rest of my life and only pass it on to be published when I've learned and experienced all that can be contained in one human life. But rather than wait till I'm dead, I forced myself to come up with a book NOW. I gave myself 30 days to put it together and include everything I could at this moment in my existence. It may not be beautifully written. That's okay. There are plenty of beautifully written books elsewhere. And I'll doubtless revise and expand it as I continue to grow. However, in its current form, flawed though it may be, I think it's packed with valuable information and resources to make your life incredible. If just one reader gets insight or benefit, I'll be happy. Honestly though: I think everyone will find something to help them grow in these pages. Where you will find it... I don't know, but I tried to make this book the most valuable book in the world. It doesn't contain all the information, but it can point you in the right direction. It's the book I would give my 12 year old self, or pass on to my children. I've divided the book into topical chapters, and each chapter is a collection of ideas I've found important and memorable about that topic. How your mind connects the dots is part of the fun.

"The more important a decision is, the more educated you should be, the more information you should have, to make conscious decisions for yourself." – Anthony Robbins

Information is indeed powerful. Every decision you make is based on the information you've acquired in your life (your own experience and others). This book is my attempt to give you some great information, some new perspectives and avenues for exploration, and some tips to make it all more fun. I reference many books. Sometimes I list the same book as a resource for different chapters; I do this because you can read the chapters in any order and work on them individually.

After seeing excerpts from the film [The Bridge](#), which shows actual footage of people committing suicide by jumping from the Golden Gate Bridge, I wanted to do something to help. There have been too many moments in my own life when I could have easily been one of those people and killed myself. Life can be cruel, unfair, and inexplicable, and it often feels like we're alone, even in the most crowded cities. No one gets through life unscarred. I have faced financial ruin, had my heart torn apart in love, been stuck in jobs I hated working far too much and sleeping far too little, been physically attacked, and seriously doubted my sanity. Often it was when I felt cockiest and most full of pride that life decided to knock me down a peg, send me back to zero, or even bury my face in the gravel.

I had to seriously ask myself: What allowed me to survive and feel that I now have a sense of inner peace and harmony? What have I found that gets me through each day?

So I made a list. This list was to be everything I considered important to survival of body, mind, and soul. I'm not using these terms lightly. I consider the contents of this book to be the informational equivalent of gold. I wish someone had given me this book when I was younger! I think of all the grief that might have been averted. But then... maybe it was those experiences I label as "bad" which made me the striving and strong person I am today. Had I not faced those demons, I might not see the value of the ideas I'm going to share with you.

Hugh Prather wrote a book called [Notes to Myself](#). I lost interest while reading it but still like the title. This book is a collection of notes to myself, reminders to keep me on course. I hope you'll find something in them, too. Each section is a direction to aim your energy, to alert yourself to what you may be neglecting, to sharpen your blades. The first nine are what I call "The Essential Nine". These are things which every modern human being has to contend, and you ignore them at your peril. The rest of the book is filled with very important subject matter as well, but they can be explored as you wish, put aside for a while, and returned to when you choose. The Essential Nine will be confronting you every day of your life. I provide ideas and resources throughout the book to enter new territory.

Why is this book called *Cheat Codes for Life*? In video games, a player can often enter a "cheat code" to do things that would otherwise be impossible in the environment of the game. Things like invulnerability, super speed, and unlimited ammo are typical effects from video game cheat codes. These effects can add new dimensions to games, and make them ridiculous and fun. So too are the "cheat codes" in this book. As in a video game, employ these methods and certain results are guaranteed to follow. The "cheating" is not breaking any rules – it's

recognizing that we're the designers of this game and seeing that the rules are as flexible as we allow them to be.

HOW TO GET THE MOST FROM THIS BOOK

You could read this book from cover to cover like any book, putting it aside when you finish. You would probably get some slight benefit that way. But wouldn't you rather get a huge benefit?

This book is not like most books. It is not even like most "self-help" books – it's more like a cookbook. When you open a cookbook, there is no food. The recipes are not food, and will simply remain as words on a page until you start cooking. Sometimes you will be lazy or "not in the mood" to do the work involved in cooking – but guess what? - you can't eat words on a page (technically you can, but bleh).

So it is with this book. There are no recipes for food, but there are "recipes" to get you amazing results. Success is different for everyone and has many flavors. My hope is that by doing the work, you'll expand your palette – and come up with some unique recipes of your own.

You can also think of this book as a gateway. It is not an end in itself. Reading about an astronaut's trip to the moon is all fine and dandy, but it will never be a substitute for going to the moon. Everything worth doing must be done by YOU. Do you understand? Reading is not doing. Let me say that again: Reading is not doing. I am pointing to things, but they will not be found in this book! They will not be found in any book. Ever.

In Chip and Dan Heath's book, [*Made to Stick*](#), they discuss an experiment involving "tapping." They had volunteers tap a song on a table (the song was "Happy Birthday") while another volunteer listened and tried to figure out what song was being tapped. The listener was able to guess what song was tapped only 2-3% of the time. Why do I mention this experiment? Because it is a good analogy for this book. I am pointing to a lot of valuable things, but if you just watch from the sidelines as a spectator, you will only hear the tapping and never get to hear the actual songs. We can talk about the music all we want, but there is no substitute for real music.

Everything must be experienced to be truly understood. Understanding is a process, not an end to be reached. Some things, moreover, are completely different from the outside. These are things that distort the very meaning of "meaning."

Things like psychedelics, meditation, language, and postmodernism, don't even make sense from the outside.

Approach this book with an open mind. You bring different experiences and levels of awareness than anyone else. That's fine. Some of the material will be new to you. Some will obviously be familiar, for we need reminding as much as we need educating. Whenever you think you already "know" the subjects, approach with a fresh eye. Any of the topics can be explored for a lifetime, so don't assume you're "finished" with something. Any two topics can be integrated, synthesized, and reevaluated. Also, look at each technique as a complete phenomenon, not a means to get something else. Doing the things I suggest to get something misses the point. They are what you get out of it, and learning to savor process is a huge chunk of life.

I can be pedantic, pompous, repetitive, contradictory, artless and humorless in this book. This information is not always presented beautifully. There are misattributed quotes and quotes without authors, and possibly garbled quotes. But there are no errors if you take the advice of the Beatles and **THINK FOR YOURSELF**.

Some chapters are thin because I have little to say. This does not mean those topics are unimportant. They are some of the most important things you can explore. But those chapters have to be experienced and written by you. Some chapters have a ton of resources (some have none) that you're welcome to explore or ignore. They are not essential unless you feel they are essential.

I offer little evidence. These are my experiences.

Here's how I suggest you work with this text:

1. First, give it a quick read through. You don't need to linger too long on any section. There are resources and exercises throughout, but ignore them on this first read through.
2. Next, reread the Essential Nine and do some work on each of these. Read one of the suggested resources, get more organized, do an exercise I suggest. Figure out where you're facing the greatest frustration with these Essential Nine and try approaching that topic from a new angle as suggested from the ideas I present.
3. Once you feel like the Essential Nine are working a little better, you can start exploring the other chapters in any order you like. Pick one that calls to you and explore that topic using my ideas or the resources as a springboard. You don't need

to wait until you have the Essential Nine mastered or finished (whatever that means, anyway!). Try the sections that fascinate you most.

Overcoming internal resistance could be your biggest obstacle. Keep reading and we'll demolish this resistance.

Life is worth living. You have greatness in you. You have something to offer that no one else can. These are clichés. They're also true. Thank you for taking these steps. Let's get started.

"The big question is whether you are going to be able to say a hearty yes to your adventure." – Joseph Campbell

THE
ESSENTIAL
NINE

Chapter 1:

PERSONAL DEVELOPMENT AND WORLD BETTERMENT

"The greatest growth is where the greatest fear is." – Jack Canfield

Personal development, or self-help, is the basis for this book. All it means is that you realize you don't know everything (right?), that the information to make you more successful is out there, and that you're gonna make an effort to find it. Simple and rather obvious, right?

So answer me this: Why is personal development often criticized, parodied, and laughed at? Why is it that when we see someone browsing the self-help section at a bookstore we often mock that person and call them a loser? They are putting in time and effort. Isn't it strange that we live in such a cynical world that we laugh at those who attempt to improve themselves? Why should we mock those who try to find the best that the collective mind has to offer? Why don't we encourage it? Why aren't personal development and success principles taught in school from the earliest age? The resources are out there to do anything. But how often do we consciously go for what we truly want with enthusiasm and discipline? Instead we break our backs doing work we hate and buying things the world has told us will one day lead to happiness... just a little further over the horizon... you can almost see it...

But it never seems to arrive. College degrees and six-figure incomes don't seem to get us to the core of existence and what we're really after.

Personal development is different: Other people have discovered great things while exploring reality – why not find out what they did? Why not use their technologies? We may not want to climb Mt. Everest or fly to the moon or make a billion dollars – but what was going on inside those guys that allowed them to do these amazing things? What did Mother Teresa feel and know that allowed her to find peace?

We can study their work. I have made it my life to do so. I think once you experience the benefits of doing so, you will, too.

This has been my basic process for Personal Development: