

# INTRODUCTION TO *The Coaching Edition*

## **WHAT IS *The Practical Guide to Becoming Love*?**

It's a book that gives modern, practical instructions on how to tame your mind and practice Love so you can become the most Loving version of yourself.

## **WHAT'S DIFFERENT ABOUT *The Coaching Edition*?**

*The Coaching Edition* is a private workshop in a book. It's like I knocked on your door, you invited me in, and we spent the next week reading *The Guide* together and creating a personalized plan for you to BECOME LOVE. As you read through *The Coaching Edition*, I will prompt you to fill in *The Become Love Training Plan*, located at the back of this book.

## **WHAT IS *The Become Love Training Plan*?**

A workbook you fill in to personalize the Love practices from *The Guide*. *The Training Plan* helps you put *The Guide* into action. But this is not a workbook you fill in once and forget; this is a training plan you will revisit for the rest of your life (training is ongoing practice).

## **WHY MAKE A *Training Plan*?**

*The Guide* tells you *how* to do the practices to BECOME LOVE, but it doesn't tell you how to go from the amount you practice now, to the amount you need to practice. For example: Just because you know *how* to sit-down meditate doesn't mean you'll suddenly be able to do it for 15 minutes twice a day, every day. To go from the amount you sit-down meditate now, to 30 minutes every day, in a reasonable amount of time, will you require you to make a plan.

If you want to practice Love but you're having trouble getting started or staying focused, making a *Training Plan* will certainly help.

## **WHAT DO YOU GET FROM *The Training Plan*?**

An 80-page personalized document that makes it clear what to practice every day so you know exactly what you need to do to BECOME LOVE. Your plan will show you:

Who You Are Now  
Who You Want to Become  
How to Get From Here to There  
What to Do to Get There  
Why You Want to Get *There*

*There*, is who you want to become: the most patient, forgiving, grateful and compassionate version of yourself. The version of you that doesn't suffer, that feels joyful, that helps humanity live in peace. We're going to make an 80-page plan for you to BECOME LOVE, and you're going to write that plan yourself, so it's personalized to fit your busy modern life. That's the goal of this *Coaching Edition*. Then, all you have to do is follow your plan.

Don't worry, I'm going to coach you through every step of the way. Down to the smallest details. By the end of this book, you're going to hold in your hands a document so detailed and straightforward you'll wonder why you weren't doing all this stuff already. Then it's up to you. Will you put in the work? The daily, hourly, minute-by-minute, second-after-second work that it takes to BECOME LOVE? The kind of work necessary if you really, seriously, want to stop suffering, feel joyful and help humanity live in peace? Yes, you will. Because you're going to have so much fun.

## BECOMING LOVE IS THE MOST FUN YOU WILL EVER HAVE

Overriding automatic responses that you picked up years ago so you can be free to be yourself today—that's fun. Running home to write in your Become Love Log that you chose patience over impatience with a snarly customer and it made you feel *good*—that's fun. Finally letting go of the resentments that make you feel angry and alone so you can heal the relationships with your closest family members—that's really fun. Becoming Love is so much fun. I'm so excited for you.

But maybe *fun* isn't the right word. Fun doesn't have the heft, the profundity, the awesomeness to capture the enjoyment of becoming Love. Maybe the right word is *meaning*.

## BECOMING LOVE IS THE MOST MEANING YOU WILL EVER HAVE

Having meaning gets you up in the morning. Having meaning gets you through challenges. Living a meaningful life is... fun. Do you know what's not fun? Feeling like you have no meaning. That there's no reason to get up. That life is a punishment you suffer through, chasing one temporary pleasure after another, kind of, sort of, wishing the whole thing would end, but terrified it might actually happen. Life without meaning sucks.

Feeling this way is the result of spending your life trying to satisfy your ego—**which is your brain's desire to be separate from everyone and everything**. Your ego will never give you meaning. It will chase after *things* it promises will give you meaning, but just when you're close enough to grab them, the meaning will disappear like trying to grab smoke. Then your ego will invent some other *thing* that will give you meaning. Living life according to the whims of your ego is a relentless, endless chase to grab smoke; it's straight-up mental slavery; it's pretending to be a selfish caricature of yourself in the hopes that maybe, maybe, *maybe*, by being this way, you'll get some *things* that deep down you know won't make you happy. It's a trap! And we've all fallen for it. Humanity. Our people. For thousands of years, we've begged our egos to get us what we want, and for thousands of years, we've suffered. Because what we really want, ego can't give us. What we really want is...

## PEACE

It's not just a slogan on tote bags. It's not just a platitude at beauty queen pageants. It's the deepest desire of the human being. It's what happens when your mind shuts up and you get to just be *you*, without worrying if you are enough, or if you have enough. Peace feels so *good*.

Peace is what you feel when you stop suffering; suffering is not being at peace. We think of suffering for only the tragic events, but suffering has a continuum. Any time you are not at peace, you are suffering to some degree. Anxiety is suffering. If you were at peace, you wouldn't be anxious. Loneliness is suffering. If you were at peace, you wouldn't feel lonely. Feeling so burnt out that even simple tasks like cooking make you cry is suffering. Even billionaires suffer: Not feeling like you have enough money, even when you have more than everyone else, is not being at peace. We are all suffering. And the thing we all want most is to stop. We think we want riches *so it will bring us peace*. We think we want

attention *so it will bring us peace*. We think we want power *so it will bring us peace*. Really, we just want the damn peace!

Becoming Love is how you live in peace. When you can be infinitely, immediately and unconditionally patient, forgiving, grateful and compassionate with yourself and others, you are always at peace—because nothing can make you suffer. So when you make the goal of your life to BECOME LOVE, every moment of every day is an opportunity to practice Love and get the thing you want most. That imbues every moment with *meaning*. *Fun meaning*. Hefty, profound, awe-some, *meaningful fun*.

## BECOMING LOVE IS THE MOST MEANINGFUL FUN YOU WILL EVER HAVE

*That's* why you will put in the daily, hourly, minute-by-minute, second-after-second work to BECOME LOVE. And do you know why you're going to stick with this? Why you will stick with becoming Love even though you didn't stick with the diets, exercise plans, hobbies, or relationships? Because to BECOME LOVE and be at peace, you will need to *tame your mind*. And when you tame your mind—learn to be in control of your thoughts and actions—you can stick with anything. The reason you didn't stick with all that other stuff is because when your mind said 'Give up!'—you listened. Instead, when you can tell your mind to 'Shut up!' and *it* listens—you can do anything you want. Really. Imagine what you could do if you never gave up...?

TAME YOUR MIND ➡➡ BECOME LOVE ➡➡ BE AT PEACE

Here's the tough news: taming your mind and becoming Love is the hardest thing you're ever going to do. Humanity has known how to do it for thousands of years, but we've kept this wisdom scattered amongst different religions and spiritual traditions. There are two problems with that: 1) Many people don't like religion/spirituality, so they can't separate the wisdom from what they don't like. 2) Religions don't regularly cooperate with each other, so wisdom from one isn't used by another. This means that up until now, if you wanted to tame your mind and BECOME LOVE, you would have had to read a lot of old books from a variety of spiritual teachers to piece together a system that works for you; or, join a religious organization that you may or may not believe in; or, give up on the idea entirely because it's a *those people* thing and not an *all of us* thing.

This is why, despite knowing how to be better for thousands of years, humanity is still so messed up.

Now here's the great news: I got so tired of suffering, and so sick of watching other people suffering, that I spent the last decade developing a better way. A modern, practical, religiously/spiritually neutral way that *all of us* can practice no matter what we believe. It doesn't matter if you're religious or not religious or conservative or liberal or apolitical—you can add practicing Love to your life by following this method. You don't have to change anything, you just add.

There has never been a more straightforward and accessible instruction on how to tame your mind, BECOME LOVE, and be at peace—ever. I've looked. Then I waited for someone else to write it. Then I got angry nobody did. Then I sat down and wrote it myself. Then I learned how to teach it. And now that I'm your coach, we're going to make you a rock-solid 80-page training plan that skips all my mistakes so you can get right down to the work.

You only need to do six things to BECOME LOVE:

1. Sit-down meditate
2. Stand-up meditate (practice PFGC)
3. Stop self-sabotage
4. Repeat Love
5. Join a Become Love Group
6. Keep a Become Love Log

From there, you will personalize your plan. When will *you* sit-down meditate? Who will *you* practice PFGC with? How will *you* replace old code self-sabotage with new code healthy behaviour? When will *you* repeat Love? Where are *your* Become Love Groups, *your* Become Love Log? Together, you and I are going to figure out all these details. Those details will become your *Training Plan*.

## HOW TO USE *The Coaching Edition*

Read through this book. As you do, it'll be like we're reading *The Practical Guide to Becoming Love* together while I add commentary: deeper explanations, and more motivation. Along the way, I'll also ask you to complete exercises to create your *Training Plan*, located at the back of the book. The creation of your *Training Plan* is the whole purpose of this edition.

If you'd prefer to print out your *Training Plan* so it's standalone from this book, visit:

You can print off your *Training Plan* and fill it in by hand. Or, if you'd prefer, there is a fillable PDF *Training Plan* you can complete on your computer. You could also use this book's *Plan* as a first draft, then print off another *Plan* to make a second, more detailed draft. Whichever works best for you. But keep in mind: You'll need to refer to your plan every day.

## DO YOU NEED TO READ *The Guide* BEFORE *The Coaching Edition*?

No, however, it may help to be familiar with the bigger concepts. That's why for some chapters I will have you read the original text first, then we'll go back and read it together, with my added commentary. This way, you get the best of both worlds: The general understanding of *The Guide*, and the personal understanding of *The Coaching Edition*.

*The Guide* is everything you need to know to BECOME LOVE. But it's written generally. It's written so anyone, no matter what they believe, can pick it up and learn how to practice Love. *The Coaching Edition* is written just for you. Imagine I'm sitting next to you saying: "Okay, so you have to do this sit-down meditation thing. The best time is usually in the morning after you wake up. But what if that doesn't work for your life? Let's find a time that does." Then I will ask you to pick times that work. Then you will write those times in your *Training Plan*. Then I will tell you how often you need to practice (spoiler: it's every day). Then I will show you exactly how to go from where you are today with that practice—maybe it's never practicing, maybe it's occasionally practicing—to practicing every day. Step by step. Little by little. Practice by practice. Until one day, you will wake up and your very first thought will be, "I know exactly what I have to do to stop suffering, feel joyful and help humanity live in peace." I'm so excited for you. You're going to have so much meaningful fun.

## THE STRUCTURE OF *The Coaching Edition*

*The Coaching Edition* is broken down into:

- **3 Steps** (based on Steps 1, 2, & 3 of *The Guide*)
- **18 Lessons** (a set of exercises)
- **61 Exercises** (individual entries into your *Training Plan*)

Each lesson is a set of exercises dealing with a specific topic. Use the lessons as built-in breaks: stop at the end of a lesson, rather than after an exercise. And please do take breaks. You may want to complete this work as quickly as you can, but if you rush through it you will shortchange your *Training Plan* with shallow answers. That won't be helpful to you in the long run. Expectations-wise, I think one week is a good minimum amount of time to complete this book. That means up to three lessons per day. One week to put together a *Training Plan* that will last you the rest of your life is a very efficient use of your time.

**A quick reminder: Please complete exercises in the order they appear in this book. Do not skip right to the *Training Plan*.**

I've written this *Coaching Edition* to best approximate private coaching. I wish I could spend a week sitting with everyone in the world, showing them exactly how to use every moment of their life to BECOME LOVE. But that's not possible. So, accept this book in my stead. The only thing missing is you can't ask questions to a book. And you will have questions. When you do, I encourage you to email:

coaching@becomelove.ca

- 1) I promise to answer all your questions.
- 2) I promise to answer them promptly.

If you have bigger questions to discuss at length, we can set up a call. Email me and we'll figure that out.

## HOW TO USE *The Training Plan*

There are five sections to *The Training Plan*:

- EGO PROFILE (Who I Am Now)
- LOVE PROFILE (Who I Want to Become)
- PLAN OVERVIEW (How I Will Get There)
- PRACTICE SCHEDULE (What I Will Do to Get There)
- REMINDERS (Why I Want to Get There)

Together, these five sections make up your *Training Plan*. It's a concise, personalized document that will keep you focused on your goal of becoming Love. And trust me, you will need help keeping focused. None of what you're about to do is "natural."

A few words on "natural" behaviour: Our ego tells us the way our ego wants us to be is "natural." It's "natural" to be jealous of romantic partners, or lazy at work, or condescending. When we try to be "unnatural," as in, we try to mature past this "natural" behaviour, we inevitably backslide, and our ego tells us, "See, *this is just who I am.*"

Crap. Utter crap. The kind of frothing, scamming, lying, BS crap out of the mouth of the worst, most unethical, charlatan, snake oil salesman. It's self-sabotage. You tried to do something hard your ego didn't want you to do, and when you got knocked down, instead of dusting yourself off and getting back up again, your ego said "Hey, why don't you just stay down?" Like the worst bully. Like the most awful abusive partner. Like a tyrant in your head. And you listened! Forgive yourself: We all listen, and we accept, *this is just who I am.* And then it takes us weeks, months, or sometimes even years to try to change again. I've been there. I've tried something and failed and been wounded so badly that I gave up trying for years.

What you are about to do is totally "unnatural"—in the best way. You are trying to leave behind the fake and inauthentic you that now comes naturally. Who you are now is whoever your ego has turned you into based on the influences of your DNA, parents, friends, culture, media, emotional pain and trauma. That's not the real you. That's just Who You Are Now.



## **EGO PROFILE (Who I Am Now)**

You need to understand this version of yourself in order to change. That's why we're going to make you an EGO PROFILE. You're going to be able to stare directly at your ego for the first time, sitting there, written out on paper. Look, you're not *only* ego. You're a human being and that's a complicated mixture of ego, mind and Love. But when push comes to shove, our egos come out (for now). That's not the "real" us. That's just who we've learned to be.

This ego version of you is so ingrained, so deeply habitual, that you *believe* it's the real you. But every once in a while something beautiful happens. You get a fleeting glimpse at another you—the joyful, Loving you—and you feel like yelling, "I want to be this way always!" So you go after it. You clean up your act. You watch your language and your behaviour. You try to be patient and compassionate and... out comes the ego again... and you feel like a failure. And instead of dusting yourself off and trying again, your ego says, "See... *this is just who I am.*" And we say, "Yeah, I guess you're right," and forget that fleeting glimpse of Who We Want to Become.

But what if you had something to refer to: a detailed, robust, written record of you at your most Loving that could remind you *who* you're after every time you read it?

## **LOVE PROFILE (Who I Want to Become)**

That's why we're going to create your LOVE PROFILE. This is going to be a meticulously detailed vision of exactly who you want to become. I'm going to ask you to imagine you have already BECOME LOVE down to the smallest details, pulling inspiration from the Loving people and experiences in your life. Then I'm going to ask you to organize your life, slowly, according to those details. For example: Sleep is an important part of becoming Love. A tired mind is a mind harder to practice with. So you want to get good sleep. Now, will wearing an eye mask help you sleep better? If the answer is yes, but you don't have an eye mask right now... what are you waiting for?

So, we will create this detailed analysis of Who You Are Now (EGO PROFILE) and a detailed vision of Who You Want to Become (LOVE PROFILE). But... How Do You Get From Here to There?

## **PLAN OVERVIEW (How I Will Get There)**

Here's the truth of the matter: You already *are* Love. You don't *need* to find anything, learn anything, go anywhere, or buy a sleep mask (but practicing Love is hard and you'll want all the help you can get.) You just *need* to get rid of the ego crap that blocks you from being who you already are. Practicing Love gets rid of the crap.

I've written you a one-page PLAN OVERVIEW detailing everything you need to do, every day, to get rid of the ego crap. It's similar for everyone, but yours will be personalized. For example, sit-down meditating every day is non-negotiable, but *you* will decide at exactly what times you do it. Then together, we'll create a schedule to take you from however much you practice now, to that every day goal.

## **PRACTICE SCHEDULE (What I Will Do to Get There)**

Practicing Love every day, all day is a monumental task. What if you don't sit-down meditate at all right now? Can you go from not at all to every day, twice a day, all at once? No. If you want to be successful, you need to create a PRACTICE SCHEDULE—a schedule to tell you when, where and how much to practice every day, building up the amount, step by step, little by little, until you reach your goal. For example: You will start by sit-down meditating for 30 seconds once a day. I know you can do that. Then we're going to create a practice schedule to take you from 30 seconds of sit-down meditation once a day, all the way up to 15 minutes twice a day, every day. Incrementally. Then we'll do that with stand-up meditation by practicing PFGC. Then we'll do that with stopping self-sabotage.

Which is going to be hard. So hard, that you'll forget why you even started practicing in the first place. That's why I'm going to have you write REMINDERS to yourself, short notes you can read to remember Why You Want to Get There.

## **REMINDERS (Why I Want to Get There)**

These are short motivational notes you can re-read to remember why you're doing these difficult things, for when it's tough and you want to quit. I will ask you to write these reminders when you're most passionate, so you remember that fire every time you read them.

When you complete your *Training Plan*, I will have shown you everything you need to do to BECOME LOVE. As your coach, it's my job to prepare you so well that you don't

even need me anymore. I'm just some guy that helped you out once. Which is, really, a humble contribution. And that brings me to the last topic before we begin.

## HUMILITY

As you work through *The Training Plan*, you will be forced to confront some ugly truths about yourself. We all have them. We must expose them in order to change. But exposing them and continuing to work will require you to be humble.

Humility is the opposite of arrogance. Arrogance is acting like you know everything, so there's nothing else to learn. Humility is knowing you don't know everything, so there's lots for you to learn. This means humble people can accept being not perfect. And since nobody will ever be perfect, humble people can be at peace right now. Conversely, if you can't be humble, you can never be at peace. So, you want to be humble. How do you do that?

You learn to be humble by practicing Love. When you practice Love, you will be forced to confront the limitations (imperfections) of your focus; your patience, forgiveness, gratitude and compassion; and your ability to stop self-sabotaging. If when you find these limitations you allow your ego to arrogantly decide, 'I don't have to change. I'm good enough now,' then you will stop trying to be better. Instead, if you push past these limitations and keep practicing—even when that's scary—you accept you don't know everything, *and that's okay*. And not only is it *okay*, it's *great*! Because now you can turn these limitations from obstacles into challenges you can use to BECOME LOVE. Simply by practicing Love, you practice humility.

I promise, the more you practice Love, the humbler you become. And the humbler you become, the easier it will be to practice Love. But how do you get started? I mean that very practically: How are you going to turn this page and start this difficult work even if your mind is screaming 'No! Stop! I don't want to do this! I don't want to change! This sounds scary/silly/BS/boring!'?

I'll tell you how I did it. I developed humility after many, many years of being terribly arrogant. But being arrogant prevented me from being at peace. And eventually, I got so exhausted with not being at peace, I reluctantly gave up arrogance, kicking and screaming. Then I could really start practicing Love. Then I made real progress.

So for now, try doing what I did. Want so badly to be at peace you stop fighting it.

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