

EPIPHANY

A
360° Positive
Change to a New
and Better Life

by
Brian Thomas

The purpose of this book is to help as many people as possible in some way, but if it only helps one person, it will have achieved its goal.

Epiphany
The trio of a lifetime
To
A new happier life

Each person on this earth was
Created to have a better life
And a purpose
Everyone

Epiphany

A comprehension or perception of a reality
by means of an intuitive realization

a sudden manifestation of the
essence of true meaning of something

or

in other words
a complete transformation
resulting
in a dramatic change in thinking
and behavior in a more spirited
existence, and a new life
of happiness and a meaningful
purpose to our life

“All of my life my heart has sought a thing I cannot name.”

An epiphany brings you to God and
God comes into your life.
There is no such thing as a meaningless life.
Each and every one of us have a purpose.

EPIPHANY: A 360° Positive Change
to a New and Better Life

Copyright 2024
Published by World Class Promotions
ISBN: 978-1-7372228-0-4

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Beyond Your Pale
Getting Past Me and Being Closer to Thee
Think for Yourself: Control Your Life
See Thru Other People and Know Yourself
Breakup Recovery: A New Beginning
The Can Do Spiritual Exercises
I'm Dying to Get to Heaven
Peace of Mind
Isight

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CHAPTER 1

INTRODUCTION

First of all, this is not a religious book. This is a spiritual book. Everyone has a spirit, so this book is for everybody. The book is primarily for those who live in a dark world: the homeless, the drug addicts, the alcoholics, the incarcerated, those who have lost everything, people who have hit rock bottom, those who are rejected by society, have a fatal disease, the abused, and anyone who has no one and has given up all hope.

Those deplorables of society are the ones who need an epiphany the most. There is no one who could use an epiphany more to make their life better. Experiences have taught me that only a small percentage can or will have an epiphany, either by choice or by being a victim of a life changing, drastic experience. The result is the same. A different person emerges. A person who has a purpose, knows and likes themselves, has

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humility, loves other people and becomes more spiritual than worldly.

Anybody is capable of anything, good or bad. There is no such thing as a worthless human being. One of the steps necessary for an epiphany is true humility. You are better than no one and no one is better than you. Just different.

This book consists of true stories of real people who had an epiphany and changed their life for the better, a no holds barred self-examination, what it takes to share an epiphany, and last but not least, some life decisions and choices. The author had an epiphany that changed his life. It wasn't easy. Nothing worthwhile is, but it was more than worth. The author's story is not in the book. The stories are very graphic and not for the faint of heart, so don't be startled by what you read.

It's of the world.

CHAPTER 2

STORIES

The purpose of these stories is to show what can be done, to instill hope and to know that there is a way out of any situation in which you find yourself in. The main takeaway is that it can be done and you can do it.

“Character cannot be developed in ease and quiet. Only through experience in trial and suffering can the soul be strengthened.”

-Helen Keller

P.s. If you decide this book is something that you're not interested in, please pass it along to someone who may be wanting to change their life and make it better. Thank you.

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True Epiphany Stories

The following are true stories. The people in these stories have all experienced an epiphany. Their lives took a 360° turn for the best. All of them involved great hardship and suffering. This pain and suffering seem to be the main reasons to have an epiphany and goes along with it.

Story #1 – The sinner to saint who founded the world's longest Catholic order.

Story #2 – A dyed in the wool cocaine addict for many years who saw the light.

Story #3 – A functioning alcoholic since his teens who was about to lose everything near and dear to him until he had an awakening.

Story #4 – A totally self-centered, selfish, and completely immoral user of everyone until he had a revelation.

Story #5 – The best for last: A woman who was sexually abused, beginning at age 5, by her father, uncles, grandfather, and assorted neighbors. She was sold into sex slavery, became an alcoholic and drug addict, and descended to the lowest of low before coming to a realization that turned her life around and steered her toward college and getting a degree.

Story # 6 – I Traded Cigarettes for God

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Story #1 – Sinner to Saint

Ignatius of Loyola was considered the worst of the worst in his day. He was violent, completely lacking in morals, two-faced, dishonest, brutal, perverted, cunning, and vindictive with an unbendable will of iron. He went to war and a French cannon ball landed at his feet, shattering his leg. His leg was set, but had to be reset still—leaving part of his leg protruding, which had to be sawed off.

He was strapped on a rock facedown for months on end and in awful pain. He endured all of this with no pain killers. During this time, he thought about his life and the pain he had brought to other people and how his life had no purpose. At this point, he made a deal with God that he would spread the word of God wherever he could. He established the order of Jesuits in 1540. The Jesuits founded dozens of universities, hundreds of schools, thousands of priests, spoke every language, were in every country in the world, held more patents and copywritten books than any organization on Earth, and became the Catholic church's largest religious order. A Jesuit is now pope.

All of this was created by the “worst of the worst” who made a choice to change his life and who found his purpose in life. A true epiphany.

The worst of the worst became the best of the best.

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Story #2 – A Dyed in the Wool Cokehead

It all started when he was drinking with a few friends, one of which was doing some coke. The one who had never had cocaine was offered to try some coke. He did and from that moment he was hooked. He became an instant addict. His entire life changed. Coke became his obsession. He lived for it. Coke came before his wife and kids. He entered into a world of addicts. He partied with women who were coke freaks and who would do anything for a fix. Women became his second addiction. He didn't care about anything or anybody even himself, only coke and women. This went on for years.

He was going downhill fast, both physically and mentally. One day, his wife came to him and told him she was leaving him. He was going to lose everything that had once meant everything to him. He was on the verge of losing it all. A voice inside of him told him he only had one chance and one chance only. He had to make a decision and he had to make it then. The voice said now or never. In that moment his life flashed in front of him and he had an epiphany.

He made the right choice.

STORIES

Story #3 – The Bottle in Front of Him, and the Life He Left Behind

This story begins when he was a teenager. Boys like to get together, go out, and have a party where they can do things they can't do at home. It usually starts out with having a few beers and then someone brings in a bottle of whiskey. Let's call him Dee.

Dee liked whiskey instantly from the first drink. It made him feel so good, so free, so fun-loving and happy. It really made him feel good and the more he drank, the better it made him feel. He was one of those rare individuals who can work all day and drink all night. He was up to a fifth each day. He had a good paying job that he was able to keep. At a fifth a day, he was a full-blown alcoholic. His job didn't suffer, but his family did. He was married with two kids, which he almost totally neglected. Kids without a father who cares can develop some serious problems and they did. His wife was not only losing respect for him, she was losing what love she had. Things were reaching a breaking point.

Slowly, he began to realize that he was about to lose it all. The day came when the wife gave him a choice. The family or the alcohol. Realization came to him like drops of rain in a thunderstorm. He was overwhelmed by what he was going to lose. He had an epiphany and a choice to make. For an alcoholic to stop drinking in one day is very, very rare, but so was the epiphany that came over him. He has never had a drop of alcohol since that choice. He now has a meaningful life, a purpose, and is happy both with his life and himself.

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Story #4 – Mr. One and Only

This story is about a guy who was completely selfish, lacked any morals, was a user and a taker. When he used or took from people, he gave nothing in return. He used women with abandon. Everything he did was for himself or about himself. He caused many people chest pain and was responsible for ruining more than a few people's lives. He didn't care about anything or anybody except himself. Then it happened.

He was involved in an accident, which left him bedridden for a long time. There can be two factors in one epiphany. Immobility and solitude in silence. He couldn't move. All he could do was think. He began to think about his life and the people in it. He thought about all of the pain he caused, and all of the lives he ruined. He began not to like himself, his life, and what he had done. He couldn't live with himself. He had two choices, live in regret for the rest of his life or change. He had an epiphany when he decided to change. He became more spirited than worldly, more himself than arrogant. He had reached the end of his rope. He had nowhere to go, physically or mentally. His life had changed. He became a better person. He was no longer that self-centered person, but he knew something was still lacking. He needed something to believe in and a purpose for his life.

He needed help and he had nowhere to turn except God, so he asked God for help. His prayer was answered. He had something to believe in and he found a purpose, which was to help his large family of mom and dad, brothers and sisters,

STORIES

and nieces and nephews. His purpose was to help any and all of his family any way he could and forget about himself, and he did exactly that. Any and all epiphanies involve a lot of suffering for all concerned. Anyone can have an epiphany. It's all a choice.

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Story #5 – Nothing Else Left

This story begins with a five-year-old girl being abused by her father, her uncles, and some neighbors. This went on for years until she was hired into a sex trafficking ring. She became an alcoholic and then along with that, she turned to drugs and became a drug addict, too. She was only in her twenties still.

It was a way of life, men, alcohol, and drugs. She was angry, shamed, suicidal, suffered from great depression. Her life spiraled into darkness. She went into a detox program and managed to stay sober to keep the job. All of her old feelings kept coming back, the depression, the fear, the anger and deep-seated feelings of inferiority. She dealt with these feelings on a regular basis.

Someone suggested that she go to college. She did and got a degree. She then turned to God. Where else was she to go? Slowly but surely, things began to get better. She was able to deal with all of those old demons from the past and she had a purpose, which was to help people who were going through what she went through. Her epiphany was nothing short of a miracle. There's not much you can add to the story except to say if she could overcome all of what she had to go through, any and everyone has a chance to change for the better.

STORIES

Story # 6 – I Traded Cigarettes for God

Stephen basically didn't have a family. He was alone and fending for himself. He slept anywhere he could and forged his mother's name to get into school so he could get breakfast and lunch. He got in with the wrong bunch, robbed a store and got caught. The judge at the hearing said armed robbery was a 20-year sentence. Believing that he was facing 20 years as he lay in his cell, he said to himself, "God if you're real I will never want another cigarette." Little did he know that as a minor he could be sentenced to only three month and probation. Cigarettes were the only thing that kept him together all those years. He never picked up another cigarette. He related this to a pastor who said to him, "You're loved and you're forgiven." This was his combination epiphany. He turned his life over to God and spent the rest of his life working with juvenile delinquents.

CHAPTER 3

GOING WITHIN

The question on this part is for you only. Answer the questions in your own mind. Do not seek assistance from anyone else. This is a strictly private matter between you and yourself. No one else. Be honest with yourself. Lie to anyone, except yourself. Only you know where you are and how you got there. Only you can change things. Nothing or no one else can. It's all up to you.

Would you like to have a new and better life?

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What do you want out of life?

What is the purpose of your life? Everyone has a purpose.

How did you get to where you are?

Who and what do you hate?

Who and what do you love?

Who or what do you blame for your present situation?

What do you see when you look in the mirror?

GOING WITHIN

Are you willing or want to change for the better?

How were relations with your parents and siblings? How are they now?

If things were bad with family and/or friends, is it your fault?

What could you have done to make things better if there were problems with friends or relatives?

Are you afraid of death?

Have you ever tried to commit suicide?

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What was the reason if you did try?

Are you afraid of life?

What fears do you have?

Do you ever ask yourself why you did something?

What do you believe in?

What is your greatest fear?

Did you suffer from rejections?

GOING WITHIN

Do you feel shame?

Have you been humiliated much?

Do you ever feel alone?

What do you need?

What piece of you is missing?

What was your biggest mistake?

What does the future look like to you?

EPIPHANY

What was your best day?

What was your worst day?

Do you lie to yourself?

Do you lie a lot to other people?

What triggers you to drink or do drugs?

Do you have any desire to have a better life?

Do you want to be free?

GOING WITHIN

Do you like yourself?

Do you feel inferior?

Do you feel superior?

Is your life out of control?

Do you believe things could be better?

Who are you?

Do you suffer from depression?

EPIPHANY

What depresses you?

What is your biggest regret?

What is the biggest wrong you have done?

What was the last nice thing you have done for another person?

Do you feel you are being punished?

Have you ever been in jail or prison?

Do you feel you have lost everything?

GOING WITHIN

Do you feel you have hit rock bottom?

Have you given up all hope?

Is your world dark?

Have you ever been homeless?

Do you feel like a victim?

Do you feel worthless?

Would you like your life to be better?

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If you have answered all of these questions honestly, it's probably one of the hardest things you have ever done. The answers are to stay with you, no one else. You do not have to answer to anyone. The biggest benefit to answering all of these questions is now you know yourself more than you ever did before and that there is a way out of your present state of mind. As the old saying goes, "it's all in your mind."

CHAPTER 4

NECESSARY STEPS TO ARRIVE AT AN EPIPHANY

There is no need to read further if you feel you don't want to change. Anyone can do better if they choose and it's your choice. If you choose not to read, please give the book to someone who may want to have a better life.

#1 God

If you don't believe in God, maybe you should. Man did not create the world, or the mountains, oceans, or anything else. Man did not create the animals, large or small. Man did not create man, nor does he cause the heart to beat 24 hours a day and night or any other bodily functions which function all day and night. One day, when I was only about 4, I looked

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all around me and came to the conclusion that man could not have created the flowers, trees, and the squirrels running through the yard. Someone or something must have created all of this. Later, I found out it was God. Everything comes from God. You have to put your faith and trust in God. You have to believe that God loves you no matter who you are or what you did. In exchange for accepting God's love, you must love God. First by loving yourself and then loving other people. You will never be able to love another person until you first love yourself. In other words, you love God by loving yourself and others. This is not easy, but it's more than possible. You can do it if you choose to.

#2 Humility

Humility is realizing that you are not better than anyone else and on the other side, no one is better than you. Just different. Humble people consider other people first and are willing to accept second place. This doesn't mean you have to take a backseat to everyone and everything. It's basically saying that you need to stop putting yourself and what you want as number one. Remember humility is believing that you are no better than anyone and no one is better than you. Just different. You can do it if you choose to.

NECESSARY STEPS TO ARRIVE AT AN EPIPHANY

#3 Forgiveness

During our life, we will have been hurt mentally and physically by a number of people. We also will have hurt many people mentally and physically. In addition to all of that, we have hurt ourselves mentally and physically. We need to forgive others and we need to forgive ourselves. We need to do this for ourselves, not them. They probably wouldn't care whether or not you forgave. We need to forgive ourselves so we may be free from resentment and grudges, which are like acid to our spirit. If you hold a grudge, you will never be free. You can forgive if you choose to.

#4 Love

You must be able to love yourself before you can love another person or persons. You must have love in your heart to be truly happy and it's not enough to love, you must love unconditionally or it's not true love. You must love a person or persons no matter who they are or what they do to you or others. You must love with no desire to gain something. Example: Some religious people say they love God so that they may go to Heaven. If they really loved God, they would not want to gain anything or expect to be rewarded. You can choose to fill your heart with love. If you haven't loved much, it won't be easy, but you can do it if you choose to.

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Thoughts for After

Being alone can lead to an epiphany

An epiphany is full circle

Forgive others and yourself

Everything comes from God

It's always the way you look at it

Epiphany is Solitude-Silence-Empathy

NECESSARY STEPS TO ARRIVE AT AN EPIPHANY

Every disaster is an opportunity

Humble people are happy

Put yourself aside

The only person that can change you is you

You were meant to be happy

The spirit is the center of our universe

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#5 Choice

Choice is the nitty gritty, the bottom line. It all breaks down to choice. You can have a better life if you choose to. You can overcome a drinking or drug problem if you choose to. My mentor's favorite saying was, "Life is mind over matter. if you don't mind, it won't matter.

He even put it on his tombstone. He told me this when I was a teenager. I thought it was funny and would laugh when he said it. He would say to me that one day, I would understand. It took me about 12 years before I would understand, and then it came to me. You must think and picture something in your mind and then you create matter or whatever it is that you had in your mind. Skyscraper buildings began with a picture in the mind. You can picture anything you truly want in your mind and it can become a reality. You can picture yourself being drug or alcohol free and happy. Man has been given only one true freedom. We are free to think anything we choose to and then act upon it. You are free to have a better life by discarding your old or present life.

An epiphany can be a product of great pain and suffering or it can be a choice that is forced upon us to avoid pain and suffering. It doesn't matter which way, there is still pain or suffering, but you know something, it's worth it. It still breaks down to choices. It's your personal choice no one else's.

P.s. Start with something small, do one nice thing for someone in need.

NECESSARY STEPS TO ARRIVE AT AN EPIPHANY

“Men are not prisoners of fate, but only prisoners of their own minds.”

-Franklin D. Roosevelt

“It’s choice – not chance – that determines your destiny.”

-Jean Nidetch

Thoughts for Choice

Every person on earth has a purpose

Out of bad comes good

God is love and you are loved

No matter what you do

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You must love God

You can't kill an idea

Talk to God all day

The biggest thing you can overcome is yourself

We live in two worlds, the spirited and material

The only thing man controls is what he thinks

Always have something to look forward to

NECESSARY STEPS TO ARRIVE AT AN EPIPHANY

Anyone can have an epiphany

Affirm that which you wish to gain

Ignore that which you wish to lose

Turn a tragedy into an epiphany

Enjoy every minute of your life

CHAPTER 5

IN CONCLUSION

“It’s of the World”
A new way of looking at life

We must live in the world because we are a part of it. This does not mean that it is the beginning and end of everything. We attach too much importance to the things of the world.

I had a friend who accidentally backed into another car and put a slight dent in it. The other driver got out of his car and began to get angry and loud. My friend remained calm and said, “Don’t get excited, it’s only two pieces of metal.” What he was saying was it’s of the world. When we run into difficult situations or people, if we could get into the mindset of “it’s of the world” and let it go, our lives would be a lot less stressful. If you’re an alcoholic and trying to stop

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drinking and someone offers you a drink, if you would say to yourself, “it’s of the world”, chances are you wouldn’t take the drink—since “it’s of the world,” it has no importance. This applies to arguments and disagreements. They have no importance unless you give it to them.

When you think “it’s of the world” it puts everything in a new perspective. Something loses its importance if it’s of the world. You probably can’t change it or the mind of a person who has a particular belief. You are making a choice to give no importance to things which are not important. Things of the world are only as important as what we make of them. Let them go. Our spirit and spiritual life are what is important.

An epiphany can be yours if you want it.