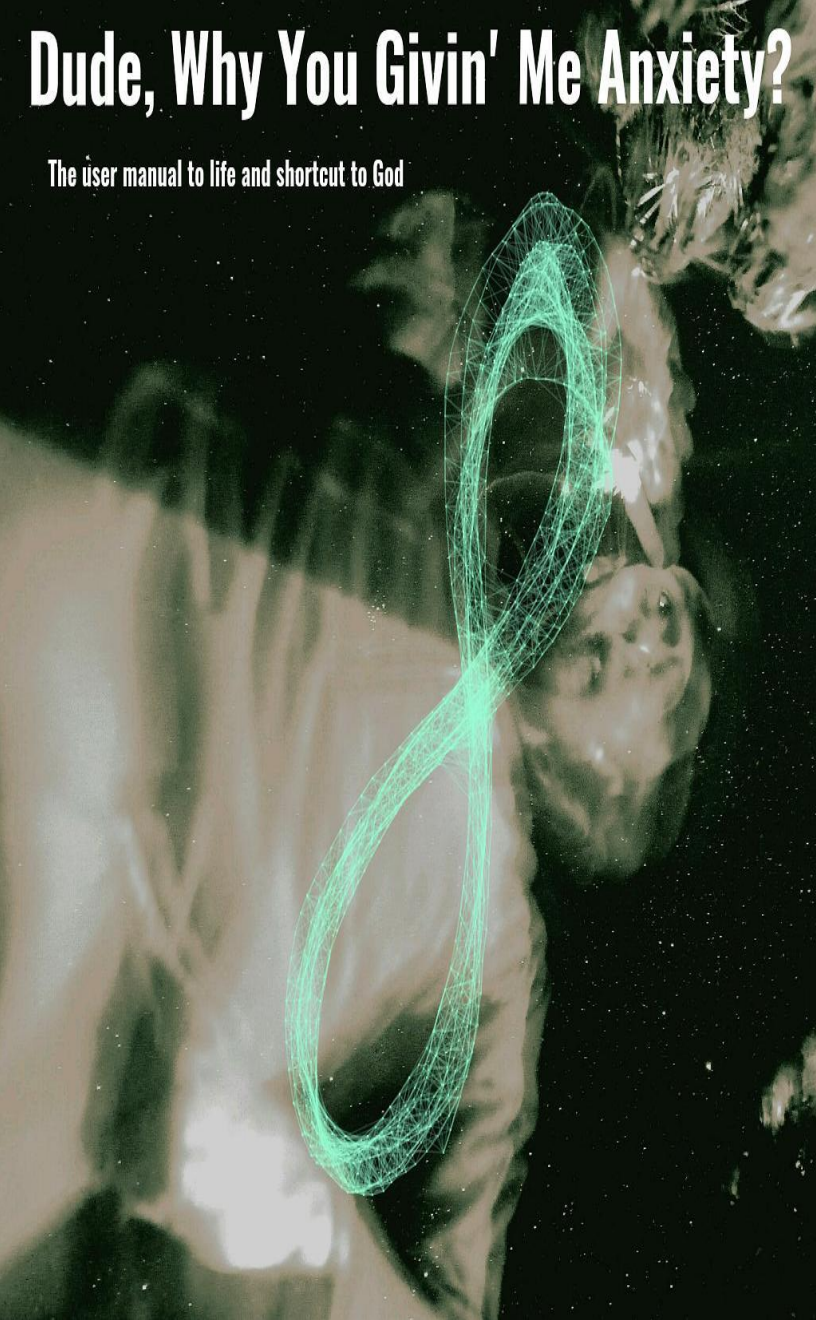


Dude, Why You Givin' Me Anxiety?

The user manual to life and shortcut to God



DAVID CONNELL

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First edition

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This book was professionally typeset on Reedsy.

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*This book is dedicated to parents who gives life, to Alana
who gives meaning, and to every soul in existence who
gives love.*

*Gratuity is constant and eternal to be practiced every
moment.*

Thank you God, The Source

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Introduction

The ideas in this book are not definite. Quite the opposite, if you practice this philosophy the potential possibilities are infinite. This is not an entire belief system, merely it is only part of a balanced way of life. The golden rule still applies. These concepts are meant to supplement whichever faith, belief, or ethos you choose to ascribe. I am not an authority. I am an average every day person. I am no more of a prophet than anyone else. My only difference from others is that I want to change the world and believe we can. I don't know the future. In fact I believe that the only thing we can know is that we know nothing at all. That being said I have never been more sure about anything else in my life. These ideas are nothing new. They have existed since the creation of universes. They are the representation of every single form of expression and creation. This knowledge is intrinsic to everything. This offering is nothing new, it is only a perspective. The most beautiful part is that this practice works with or without your

participation. It has always been and it will always be. Now I Know how crazy it sounds that I got this information straight from God, but I also know that by the end of this book, with an open mind and open heart you too can communicate with God.

P.S. This is the most difficult part, you're doing awesome keep it up!

Where to find God.

Alright folks, here we are. This is one of the big things that a lot of people have been asking for a long time. Think about it, has anyone ever asked you if you've found God? Well, good news everybody! I can tell you exactly where God is.

You're not gonna believe me when I show you because it seems too obvious, but it is the truth. So, are you ready? You may want to sit down for this one, but feel free to stand if you prefer. OK here we go, take your right pointer finger and put it to your temple. Next, take your left pointer and stick it right in your bellybutton. There it is my friends, you have found God. Now, don't worry. Again I am fully aware of how insane this sounds. like I said, I didn't believe any of this at first either, but trust me.

I will explain.

The Residence of God.

If God resides in everything then why wouldn't God reside in all of us? The truth is that God does. I ask you to point to your head because the mind is a temple just as much as the body. We must remember that our brains create our reality. We are receivers which interpret stimuli into existence. We are each Gods of our own universe. We already know everything there is, we just haven't discovered it yet. As above so below. In other words that which exists in the mind exists physically and vice versa. I know what you're going to say. It can't be that simple. Life can be so hard and complicated, there can't be a easy solution. Well, you're right, it's difficult and confusing most of the time. This is where the belly button comes in.

The Bellybutton.

Alright, now for the question everyone really wants to know, the bellybutton. Yes I know that this part is weird or crazy or whatever. It makes no sense to me either. It just is. Believe me, if I knew why I'd tell you, but it should make more sense after this. The bellybutton represents the home of the soul. It connected us to our mother and nourished us in the womb. Now it connects us to source and feeds energy to our being. Think of the vagus nerve. It connects brain, heart, and gut. It is what links all these systems together in communication. This is why we must trust our gut. Our intuition. We've all had instances where we've had correct premonitions. Deep down in the dark recesses of our selves we all know whats true and whats right. We may just have to do a bit of archaeology to find it. We must learn to trust our guts. Anytime you have that sinking feeling, or butterflies, or whatever the sensation may be in your stomach, PAY ATTENTION! That's God knocking on your door.

Whats the Point?

Yes, yes, I know. Now we have the secret of the universes. What the heck do we do with it? Well, I regret to inform you that this part does require some effort on your part. But no worries! This is the part of the process that works whether you choose to participate or not. These concepts are constantly in action and at work. These forces take effect without conscious input or knowledge. It is ingrained in our D.N.A. and in every particle of the universes. It is the code for life. What I offer is not magic. It is a way of cooperating with the endlessly abundant energies of the universes. It is the way to unlock the true power of potentiality.

P.S. Great job everyone you're almost done! Amazing work! Keep it up!:)

What do I do?

Congratulations everybody! We've made it to the end! I'm very proud of you for making it this far. Just as in life, we've made it through some difficult and confusing stuff. Trust me, I know how hard it can be and we just made it through some tough material, but you all are doing great. So, how do we use all of this amazing knowledge? It's so easy you're not even gonna believe me. I didn't believe myself at first either.

... Alright, here we go!

Practice.

Here it is my friends, all you need to know for a better communion.

Ask.

This often happens naturally, but focus on your question.

Listen.

Listen to your gut. This is one of our most powerful tools. Anytime you feel something in your gut God is telling you to pay attention. It is of upmost importance to align, listen, meditate, and contemplate.

Feel.

Love is life. Listen to your feelings, understand your feelings, express your feelings. Feelings are teachers with infinite lessons.

Thank.

Gratuity is constant and eternal to be practiced
every moment.

Forgive.

We must learn to forgive everything, including
ourselves.

Create.

our purpose.

Alignment.

As if all of this wasn't crazy enough, what is all this aligning stuff? Aligning yourself is the simplest way to represent symbolism with actions. Symbols and signs are prevalent and important in life and we must understand this. If possible, its ideal to orient yourself facing eastwards when meditating, praying, or contemplating. As stated earlier, this practice is constant with or without your participation, but alignment is beneficial. It is important to balance and align every aspect of your life in order to strengthen this practice.

The End.

The end of this book is the beginning of our lives. We must recognize the God in everything and every one. We are not separate from God or anything else in these amazing universes. We have forgotten that.

This is a reminder. The fact that you are here is proof that you are meaningful, you are worthwhile, you have purpose, you are loved, you are good, you are god. the only problem is that you forgot. Oh, and always remember... I love you.

Alignments.

(always growing, in no particular order)

Ask

Listen

Intuit

Gratitude/Grace

Negate/Forgive

Love Purpose Creation Passion Soul Mind Body

Community Environment