

# A Practical Guide to Tinnitus Free Living

by Paul Tobey © 2006



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## Introduction

Hello and welcome to Tinnitus Free Living. My name is Paul Tobey and I want to thank you for downloading this eBook. Before I get started, I want to say right up front that I am not a licensed doctor, a licensed psychiatrist, a holistic healer or any other form of physician. Though the things I discuss in this book have worked for me, please consult your doctor and/or a health care professional before you try anything discussed herein.

I am someone who has suffered in the past with chronic Tinnitus and have over time learned to live a 100% Tinnitus Free Life. And, I'll be sharing the benefit of my experience and my journey to recovery with you. Please make yourself comfortable, relax and enjoy.

Thank – You

A handwritten signature in black ink that reads "Paul".

Paul Tobey

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## **Chapter I ~ Terror In My Head**

I remember back to January 6<sup>th</sup> 1999 when I first got my Tinnitus. And, I think that while everyone's tinnitus story is a little bit different, you may find some similarities to mine. I had been suffering from a pretty severe head cold and I don't normally get that sick very often. But in this particular case I recall taking some over-the-counter medicine (which I never do) to unblock my passages and my ears were also plugged up. Shortly after taking this cold medicine I went to bed and I woke up the next morning to a noise which I could only describe as sitting on tarmac at Toronto International Airport with jets taking off. I mean it was just this horrific high pitched whine which I could only describe as a complete wash over my head. And I really didn't know what to think of that because obviously it was a new sensation, a new sound that was very loud and very invasive. I rolled off the bed and onto the floor struck by panic, confusion and physical pain.

I thought "Oh My God! What is this?" And the first thing that came to mind was, "How long was this going to be around for?" So I waited the better part of the day, and the next day I went to the doctors because to my horror, the noise in my head hadn't subsided. And that was when I first heard the word "Tinnitus." I can recall the doctor giving me a referral to an Ear, Noise and Throat specialist and basically saying at the time "well, it could be temporary or it could be permanent."

You know, at that time I was just in complete denial that this was even happening. When I went to the Ear, Nose and Throat specialist a few days later he checked me out and with

emotional detachment and said, “other than your cold there is really not a whole lot wrong with you.” He sheepishly added that the Tinnitus might actually go away.

But, it didn’t. And it’s been seven years since then. And, you know, when I think about, and I try not to think about it too often, the volume of my Tinnitus has never really subsided. I mean it has its ups and downs, it goes up in volume, it goes down in volume, usually related to stress... but for the most part, I confess I have learned to live with it. At the time, when the ENT specialist diagnosed me he said, “you’d better go home and learn to live with it.” But back then, I didn’t want to learn. It just completely destroyed me. I spent the next couple of years in severe depression and yes, those first few years with Tinnitus was a really, really rough time. I barely hung on.

I believe that there are a number of stages that people go through when they first start to suffer from any kind of debilitating disease. For me it wasn’t that much different. I think for me the first stage was complete denial. I kept telling myself “it’s going to be temporary.” At the same time, I was hurting a lot and the tinnitus was affecting my quality of life. I couldn’t hold a conversation. I couldn’t keep my attention on any one particular thing. I couldn’t concentrate on anything. But, I was pretty much in denial that this was going to be a permanent situation. I thought “okay, we’ll just take it day by day and we’ll see what happens.” But of course the Tinnitus never really did subside.

The stage following denial was anger. I was pretty frustrated. I went to great lengths to try and alleviate the symptoms and that included visits to a number of different doctors.

I even went as far as Japan to meet a specialist in holistic healing. I didn't have much belief in that but I tried it anyway. I also tried acupuncture, homeopathic medicines, ginkgo biloba, ear candling, and a number of other things. I'm sure many tinnitus sufferers go through the same hunt for a cure and they probably try anything that shows promise. I too was looking for that sort of wonder cure but, for me it was never to be that simple. And, I believe for many tinnitus sufferers, it's never going to be a simple cure. But there is hope and that is what book is all about.

After the initial stages of denial and anger, I experienced a fear (although it was more like terror) that my Tinnitus was never going to end. My belief was that the Tinnitus was powerful enough to rob me from living the rest of my life. I can remember being very desperate in search for something to help. I was a victim in search of anything to alleviate the symptoms.

I grew from that situation. As many people would when they are faced with similar situations. Yet I had a lot more growing to do. However, before my healing would begin, I would succumb to a total breakdown. I just broke down, completely.

I dropped out of life. I remember making life decisions such as "I'm not going to be social, I'm going to drop my music career, and I'm going to drop everything." What I didn't realize then is that I basically chose to embrace the victim role and decided to blame everybody for my problems, or blame others for what I judged was their incompetence. And, I think many people come to the realization that there is nothing

anybody else can do to heal their Tinnitus. There is no wonder cure. There is no miracle drug. There is no physical healing on that level. I was crushed.

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## **Chapter II ~ The Point of No Return**

I think for me, when I reached the point of realization that there is nothing anyone can do, and this journey was mine alone, I died. The Paul Tobey who had lived for 36 years on the planet earth died and a new man was born. I finally realized that no amount of anger, no amount of fear, no amount blaming, no amount of judging, no amount of persistence in trying to heal this thing, and no amount of searching was going bring about the ultimate cure. When I met that demon in my life, when I reached that point – I just finally broke down and surrendered. I had enormous fears about what I just had surrendered to. I was deeply mourning the loss of silence – a privilege I had taken for granted my whole life. I was also mourning the loss of the person I once knew as me. My reality was forever changed.

I can remember crying for 24 hours straight when I reached that point of no return. In those 24 hours of crisis, pain and fear, I made my choice. I chose acceptance which, I believe is the first step to the healing of any disease. When you finally realize that the only way back from this long descent of pain and agony is acceptance, then only from that point can you begin to climb your way out. Because I think, for me at least, only through acceptance can one really begin the healing process.

Once you have clarity and acceptance, you can look for other avenues for healing rather than focusing on what you don't want. When you focus on what you DO want, that is the beginning of the healing process. I started focusing on; "what can I get out of life,"

“what things can I do,” “what things can I accomplish,” and I stopped focusing on what I didn’t want - which was Tinnitus. I didn’t want that. But if you focus everyday on NOT wanting something, you’re just going to get more of the same.

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### **Chapter III ~ Seeking the Cure**

Back at the beginning when I first contracted tinnitus, on the scale of one to ten, my tinnitus was an eleven. I was basically physically suffering 30 days out of 30. Every day was a challenge. Everyday I would wake up from very little sleep, because the Tinnitus was so loud that it impacted my sleep process. And of course that's a viscous loop as well. The less sleep you get the more your tinnitus goes up. This distressing pattern of no sleep, high stress, and absolute chronic suffering lasted 2 years.

At the end of a 2 years period it was 28 bad days out of 30. I had 2 days of what I would call good days. I was still at this point in search of a cure and to alleviate this really high pitched loud jet engine in my head, I spent thousands of dollars in the hopes of finding my miracle. To find tinnitus relief, I tried to mask it various ways. I went as far as to put a real live fountain in my bedroom which had pretty big waterfall. But that didn't work. I tried white noise. I tried leaving the television on. I tried head phones with music blaring. If you can think of it, I probably tried it. I tried anything I could think of that might produce a sound louder then the Tinnitus but not so loud as to be annoying. The more I did that, I think, the louder the tinnitus got. I don't know about you, but I don't think anyone can keep that up for long periods of time.

And the thing about that is, if you constantly have loud noises around you, the times that you don't have loud noise you really suffer more from the tinnitus. Of course, when you are out in public you can't always have those loud noises to take with you. Although I do

remember feeling some Tinnitus relief when visiting restaurants and public places where there was a lot of people and a lot of conversation going on. I think being out in public and being around people seemed to help quite a bit.

So, when I started out with Tinnitus it was 30 bad days in 30. It eventually worked its way down to 28 bad days in 30. Now, I have maybe one bad day in 30. That's one bad day a month. On a physical level the noise is always there however, the only time I'm really *aware* of it is when I'm feeling stress from external factors that I "feel" I have no control over. For example; if I'm overworked or losing sleep or I have a deadline or if I'm staring at the computer for 10 hours straight to meet a deadline. It's usually some kind of external factor which raises the tinnitus level; such as food. What I eat or drink can really affect tinnitus.

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## Chapter IV ~ Diet and Tinnitus

Diet for me became a very important part of the healing process. And it took me a long time to realize that food was a direct factor in that process. I first started noticing that food made a big difference in my tinnitus volume just shortly after I had my major breakdown. I started experimenting with food because I realized, by trial and error, that some of the things I was eating or drinking had noticeable effects on my tinnitus volume. So what happened was, for example if I drank a cup of coffee, I recognized that the tinnitus would raise significantly in volume maybe 10 minutes later. If I had a beer, for example, the tinnitus would also raise in volume. So I started really experimenting with food and began a daily log of what I ate, what I drank, when I consumed it, and ranked my tinnitus and stress levels before I ate, and 30 minutes after I ate. If I took medications, herbal or prescribed, I logged that too. Through the process of elimination, I started to hone in on the foods, liquids or meds that were contributing to my Tinnitus volume. Also, if a particular situation was stressing me, I wrote about my emotional reaction to that stressful situation.

### Sample Log ~ Feb. 15, 2001

Time	Stress (1 – 10)	Rate Tinnitus (1 – 10)	Solid Foods	Liquids	Medications	Rate Tinnitus 30 min later (1 – 10)
7:30 am	4	7	White Toast with butter	1 Cup of Coffee with 1 cream	None	10
1:00 pm	4	10	Greek Salade with Feta Cheese	1 Ginger ale	None	10
6:30 pm	4	10	Roast Beef (no sauce) + broccoli (no butter)	Water	None	6

8:00 pm	4	6	½ of a dark chocolate bar	Cranberry Tea (decaf)	None	8
11:00 PM	3					8

I'd keep a separate page to write in little notes about my sleep patterns, various therapies etc. Over time, my wife and I began to recognize clear patterns. And through a lengthy trial and error process, I began to recognize that there were definitely certain foods and liquids that affected the volume of my tinnitus. I could give you a big long list of things. But for me, the basics of that formula are as follows:

<b>Raises My Tinnitus</b>	<b>Has No effect</b>	<b>Had Beneficial Effects</b>
Wheat Of Any Kind; Breads, Or Cereals, Or Beer	Yellow Or Orange Vegetables	Broccoli; Any Green Vegetables
Dairy Products; Milk, Cheese, Anything To Do With Dairy	Apples, Pears,	Red Meat
Red Wine	Chicken, Fish	
Salt	Non-Wheat Muffins	
White Vegetables (Potatoes, Cauliflower)	Cranberries	
Corn		
Pork		
Oranges – Any Type Of Citrus Fruits		
Pop Soda		
All Alcohol In General		
Strawberries		

Changing my eating habits was a very difficult thing for me. I was always in good shape and health conscious, but the elimination of some foods in my diet was really a tough go. But, Tinnitus was a strong motivator. Probably the hardest item to give up was red wine. I fancied myself as a red wine connoisseur. My wife Nancy and I frequented wineries and we would buy special wines on a regular basis. Our dinners would include a glass of

wine or two. I just absolutely loved it but, I don't drink it anymore, because I can't. I just cannot drink it. Even today, it will raise the Tinnitus. On very special occasions, like New Year's Eve or times like that I'll break down and have a glass of wine. However, this comes with the awareness that my Tinnitus levels will go up. So I try to avoid that at all costs. All alcohol in general elevates the volume of my Tinnitus. For me, Alcohol and Tinnitus just do not mix.

Tinnitus sufferers may find that they have similar allergies to those types of food. I call them allergies but their not really. It's more like a reaction to certain types of food. I learned what I could consume through trial and error. I wouldn't eat anything but one specific food, and then chart the Tinnitus volume as I perceived it. Some things were pretty simple to test. For example; if I suspected strawberries caused my volume to go up, I would put this theory to a more stringent test. For lunch I would have only strawberries and see what would happen. My head was soon screaming the obvious at me and I ended up ranking strawberries right up their with red wine.

And then about six months to eight months after I started this process, I began to discover foods that would actually seem to decrease my tinnitus volume. Was it possible that some foods could be beneficial? I'd liked red meat in the past. I'd never been a big red meat eater (of course for all of you vegetarians and vegans out there I apologize for this) but I recognized that red meat really helped decrease the volume of my Tinnitus. I don't know why that is, it just is. Then I stumbled onto the combination of red meat and

broccoli and noticed a significant decrease in volume. I often eat red meat and broccoli now just because I know it's good for me.

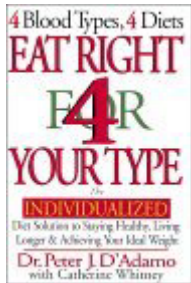
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## Chapter V ~ You Are What You Eat

About six to eight months after I started that process, a vegetarian friend of mine gave me a book called *Eat Right for Your Blood Type* by Dr. D'Adamo. As I skimmed the first few chapters with curiosity as Dr. D'Adamo built a very strong case for people of specific blood types and what they should be eating. It was based on the theory that genetic inheritance relates to a person's need for specific foods, lifestyle and environmental factors to improve one's health. Now the book was primarily written for people to lose weight. My friend didn't think I had a weight problem. She had thought, that maybe, the food recommendations could improve my Tinnitus.

Coincidentally, the whole list of foods that the book recommended for type "O" blood (I'm "O negative") was already on my list. I had already figured most of it out through my trial and error process. Of course, there were some foods in the book that I hadn't tried before but, for vast majority of foods that were listed I had already added or eliminated from my diet. Coincidence? Hmmm, I wonder? I've also read many reviews about this book. People claim that since following the "eat-right-4-your-blood-type" recommendations, they either lost some weight, or otherwise felt better. However, this whole way of eating can be considered by some to be a lifestyle change that is universally beneficial *-regardless of someone's blood type -* such as cutting out junk food, and/or eliminating certain types of food. Eating right for your Tinnitus is of course just a theory and I'm not a doctor. Please consult your doctor if you plan to make any drastic changes in your diet and make certain that these changes are appropriate for you. But my true

feeling on this issue is that diet and tinnitus are relational. And, exploring that relationship gave me a sense of empowerment over my Tinnitus. I felt like I could help myself – and I did. By the way, if you have type A, B or RH blood your diet would be completely different than mine. If you would like to pick up a copy of “Eat Right for Your Blood Type” click here...



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## **Chapter VI ~ Stress and Tinnitus**

So, don't get me wrong. Obviously food is not the only contributor to the volume of my tinnitus; there are a number of other factors; the biggest one being STRESS. And, I think more than anything else, more than food, more than any external factors, it's the internal factors like stress which cause dramatic increases in volume in my tinnitus. One of the things that always happens to me when I begin to get stressed out, is my mind immediately points out to me that the tinnitus has raised in volume. In other words, if I wasn't stressed, my mind wouldn't jump to attention to point out the volume.

I can be conscious of my tinnitus, but not aware of my tinnitus. When things are good, I'm happy, I'm doing what I need to be doing, and I feel I'm moving forward with my life. I have trained my mind to completely ignore the sound. However, when I back away from those things and I begin to only notice problems, my mind will immediately shift its attention to the tinnitus. It almost looks for it as a warning signal screaming, "YOUR STRESSED! HERE I AM! HEY, HEY IT'S MR T! LISTEN TO ME! HERE I AM!"

For me, my emotional reaction to problems is obviously a huge contributor to stress. And when I focus on problems, that's when I notice my tinnitus volume going up. When I'm focused on what I don't want, Tinnitus enters my awareness. It is inevitably hooked into my emotional process somehow.

Now that may not be everyone's reality when it comes to Tinnitus, but it certainly is for me. It's a viscous loop. Tinnitus feeds my stress, and stress feeds my Tinnitus. So how do you break the cycle? How do you stop Tinnitus from entering your mind and going "Hey, I'm Here!" "Pay attention to me and only me!" "Hello! Am I freaking you out yet?"

I've learned to win this game, and here's how.

You must first learn what stress is. Once you begin to understand what stress is, you can regain control over it. And I think the number one reason why I started to heal from this process, is because I finally figured out what stress is. Actually, I didn't figure it out on my own. I read a definition of stress by Ecker Tolle, in a terrific book called The Power of Now.

Before I give you the definition of Stress though, it's important to recognize that thoughts and emotions create the backdrop for our inner dialogue, and it's from the viewpoint of this dialogue that we view the world around us. The downside to this phenomenon is that our mind is often in the habit of looking for drama and problems. For tinnitus sufferers, our mind is in the habit of looking for the Tinnitus. Under stress, this background noise grows louder and louder and gets into the foreground of our thoughts and robs us of energy that could be used to lead a more healthy lifestyle. The trick is to understand what Stress is and become AWARE of it immediately so you can CHOOSE to go to your mind and change your mind's habit of finding the tinnitus by introducing a new thought.

When people think of stress, they relate to the symptoms of stress. There are physical symptoms such as:

- sleep disturbances
- back, shoulder or neck pain
- tension or migraine headaches
- upset or acid stomach, cramps, heartburn, gas, irritable bowel syndrome
- constipation, diarrhoea
- weight gain or loss, eating disorders
- hair loss
- muscle tension
- fatigue
- high blood pressure
- irregular heartbeat, palpitations
- asthma or shortness of breath
- chest pain
- sweaty palms or hands
- cold hands or feet
- skin problems (hives, eczema, psoriasis, tics, itching)
- periodontal disease, jaw pain
- reproductive problems
- immune system suppression: more colds, flu, infections
- growth inhibition

And emotional symptoms such as;

- nervousness, anxiety
- depression, moodiness
- “butterflies”
- irritability, frustration
- memory problems
- lack of concentration
- trouble thinking clearly
- feeling out of control
- substance abuse
- phobias
- overreactions

But, I think if you get right down to the root of it, the true definition of stress is this:

**Stress is the amount of energy that you  
put into resisting your situation.**

In other words, its not the situation itself that is causing you stress. If you have a situation at work where you are having a problem with a boss or co-worker, it's not that specific situation that is causing you the stress. It's your RESISTANCE to it.

So, when I became AWARE of the huge amounts of energy I was putting into resisting Tinnitus, I realized that it was robbing me from all the energy that I could be channeling into creating a happy and healthy life.

Let's say that you do put a lot of energy into resisting your situation, how do you stop doing that? How do you find ways to alleviate the stress and alleviate the Tinnitus?

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## **Chapter VII ~ Breaking the Tinnitus Habit**

Stress and Tinnitus are linked tightly at the hip but, how do you go about changing that? Well, when you have a stressful situation, there are only two things you can do. Not five, not ten, but two. And in terms of Tinnitus and Stress, there are only two things you can do. The first one is:

### **Accept It**

Because when you choose NOT to accept it, you choose to RESIST it. And resistance will create more stress, more tinnitus, and more symptoms.

Let's say you are at work and have a stressful situation with your boss. If you fight back with from a position of fear, pain, ego (I'm right, you're wrong), you are only making things worse. The end result will be more fear, more pain, and more stressful situations in your work environment. That doesn't help. So, let's take tinnitus for example. If you fight back tinnitus from a position of fear, pain, stress and emotion, your tinnitus will get worse.

My first reaction and instinct was to fight back from a position of fear, pain, and emotion. Why? Because, those were the tools that my mind was equipped with. My survival instincts kicked in, and my mind used whatever tools had been there before. Of course this didn't help me at all but, that's what I tried to do for a long time. When I realized

those tools were not working for me, I had to find some new tools. And, when I found them, I was able then to fight tinnitus from a position of acceptance. And this made the whole journey with Tinnitus much easier. Today, it's almost effortless. I say almost, because everyday I learn something new and must take the time to incorporate those tools into my life.

Just like you cannot fight your boss from a position of fear using force or reasoning, or logic – neither can you use force, reasoning or logic with Tinnitus. However, when you come from a position of acceptance, then you realize that the only thing you can do to improve your life situation is to “fix” you!

Tinnitus isn't you. It's your life situation. If you fix you, you can work on making your life situation better. So just totally be in one hundred percent acceptance of your life situation. Do not resist it at all. So that's the first thing you can do.

What the second thing you can do? Leave.

For example if you've got a stressful situation at work and it's escalating to a point beyond repair, then the only thing you can do to fix it is to leave that situation; either quit or get fired. The same goes for any other stressful situation, you could either accept it, or you can leave. Just remove yourself from the situation completely.

So, I can hear your saying, “how can I leave my Tinnitus situation?”

You can't. It was a kind way of telling you that you ultimately are faced with only one choice. Acceptance!

Now chronic sufferers will say "well, yeah, I do have a way to leave." Believe me, many have considered it and that's suicide. So, if you are at that point, where you are considering checking out of life, permanently please, please, please pick up the phone and call your doctor, or a professional, or a psychologist, or your mother, or your father, or a friend, or somebody. Just pick up the phone and call them and tell them what you are thinking about. Let someone know how much pain you are in. That's all you have to do. Just tell them "I've had it up to here with Tinnitus. I don't want to live like this anymore." Just tell that to somebody. Give your thoughts a voice and that's when the healing process will begin. Because, once you've realized you have reached the point of no return, you are very close to acceptance.

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## **Chapter VIII ~ Healing from Within**

From denial, to anger, to fear and then to depression is a healthy process, and it's all on the road to recovery. But, some people need more help than others to transition from depression to acceptance. Help can come in various forms; but usually it comes from a friend, a doctor, a priest, minister, a rabbi, a support group, or a stranger with some words of wisdom. If you are having a difficult time making the transition from fear, anger, denial, and/or depression, please contact your local health care professional. Tinnitus resources can also be found online or on my blog at [www.paultobey.com/blog](http://www.paultobey.com/blog).

Okay. Let's get back to the only two things you can do in terms of a Stressful situation:

A: Acceptance

Or

B: Flight

Flight can include prescribed drugs, marihuana, self-imposed isolation, deterioration of close relationships, etc.

Your only choice in terms of Tinnitus is acceptance. It's such a kinder and gentler place to be in, and I warmly invite you there. And, when you begin to accept it, very shortly after that process, that's when the healing will begin. Again, I can only speak from my experience. Anyone suffering with any type of debilitating disease will have a similar story to tell. From the position of acceptance the healing begins. It is a slow climb back,

but well worth the effort. You'll be glad you started today, instead of waiting another 5 years.

Okay, let's say for example you are at that point. You've reached the end of the line and you've decided that acceptance is your only choice. Because it is. How do you begin the healing process after that? And when will it begin? Where do you start?

When I think back to that point where I did begin to heal, was the moment I opened myself up to learning. Because when you stop learning, you start dying. I learned that from a very famous author and speaker T. Harv Eker. His philosophy is - "One step in the right direction is worth a hundred years of thinking about it." And in one of his seminars I heard him say, "If you are not learning, you are dying."

That resonated with me big time and when I adopted this philosophy I began to read. Despite my talent, awards, and career history, I realized that my knowledge of the inner human being was limited. I didn't really know how to heal myself and it was clear nobody else did either. I spent seven years visiting doctors, holistic healers, acupuncturists and all of that, but no one was truly empowered to cure me. Eventually, I learned that the only thing that I could do was learn how to heal the parts of myself that were causing the Tinnitus.

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## **Chapter IX ~ Believe In What You Can't See**

I had taken back control of my life by exercising control over tinnitus using diet, but by far the hardest part of my healing was severing my emotional attachment to the Tinnitus.

I had grown so familiar with the pain, that I had formed habits around it. One of those habits was to focus on it. I would bring my mind's eye, my awareness to it about 100% of the day. I would focus on the pain, on the stress, and put 100% of my energy into being aware of my tinnitus.

Another habit was that I would let stress increase my Tinnitus, and my Tinnitus in turn would increase my stress. I also let the Tinnitus bring about all sorts of negative thoughts, resulting into negative emotions.

How does one go about breaking those habit forming emotions and thoughts?

How did I do it?

First of all, I had a lot of support. I had great friends and a loving wife that wouldn't let me give up. One of my friends began suggesting a number of books. Most had to do with the inner healing and personal growth. And a lot of people say, "I don't believe in that. I only believe in what I can see." Based on my experience, people that only believe in what they can see, are generally not very good healers. Simply because they haven't yet

recognized the power inside themselves that can largely contribute to their healing. For example, if you have no belief system at all, it's very hard to believe in hope, in the power of mind, or in the power of prayer. And I realized after reading a number of books, that there are four parts to the human being.

**Emotional**

**Mental**

**Physical**

**Spiritual**

The emotional, mental and spiritual are the three parts of yourself that you do have control over. Those are the three parts of yourself that you can work on to cause changes in your physical world. So, it's those three most important parts that can change the physical world around you. If you fix the emotional, the mental and spiritual parts of yourself first, you'll begin to see changes in the physical world.

**Emotional + Mental + Spiritual = Your Physical world**

Not only can it make significant changes in your Tinnitus, it will also make significant changes to your stress levels. Also, because of your emotional healing, you'll see changes in the people around you. You'll see changes in your environment, changes in your family, and changes in your community.

I'm a professional concert pianist by profession. Despite knowing what I was born to do, I had never really asked myself, "What do I want in this lifetime?" When I finally asked myself that question is when I started to fight for the things I really wanted. Then I started to heal the emotional parts of myself which had an outward affect on almost every one around me. I began to build a circle of very close friends. I began to build a circle of community. I joined my local business club, I volunteer my services and I started to do everything that I could to help the people around me. In return that process helped me heal a lot of the mental, emotional and spiritual parts of myself which allowed my physical world to change. I noticed that for example, in terms of spirituality, I had grown up in a Christian family. My father was a United Church Minister, and I rebelled against that for a long period of time. But over time I developed my own belief system which includes seeing truth in almost every faith. For example, there's truth in the Christian faith, in the Jewish Faith, in Islam, in Eastern Philosophy, etc. I do not stand in judgment of other people's belief systems. It's how one assimilates their truth, and each of those truths into their human journey that is important. We are all on our own life's journey. We are human beings learning human lessons. This is a blessing. It is an opportunity. A universal opportunity! You and I are living a co-creative universal opportunity that is inclusive of all belief systems.

I get a lot of emails from tinnitus sufferers and the thing I hear the most is, "I just dropped out of life." I understand what that is like. I did that too. But once I understood that I was throwing away my one unique opportunity to take part in this great universe, this really helped me change my perspective on things! You have one shot living this

human experience. If you truly understand how precious that is, what are you prepared to do to live it? Your reality is part of a co-creative process which includes healing. Healing is only one of your many human lessons. Your unique gift. Your mystery to unlock. Your journey to explore. Yours to walk. Yours to discover.

Let's take a look at Eastern Philosophy and the concept of Living in the Now. Eckhart Tolle in his book "The Power of Now" talks about present moment awareness. If you walk along the razor's edge of now, not living in the past, or not projecting yourself into the future, but believing that all that's ever been, and all that there ever will be is the present moment, then you realize "there is only the now." And if "Now" is the only thing you have, then now is a good time to live. So for me, what I needed to do is focus more in the now on what it is I really want. What am I here to do? What do I want to learn during this human experience? Do I have time to be victimized by Tinnitus? Do I have time to stay in a dark place, or do I want to be in a place of light? What do I really want out of life anyway?

~

## **Chapter X ~ The Key To Getting Anywhere**

Do you know the number one reason why most people don't get what they want in life?

Now, everybody may have their own idea of what the answer to that question may be.

And I ask this in all my seminars. I ask, "What is the number one reason why most people don't get what they want in life? And the answer is very simple:

**Most people simply don't know what it is they want!**

Now, I hope that makes sense. For me, I look at this situation and say okay "What do I want out of life?" Well, I want to be a performer, a musician, I want to be a good family person, I want to be a good person to the community, I want to be a volunteer, I want to be all of those things. Those are all good, but I think it goes way beyond that. You need to adopt a really REALLY big goal. The reason is;

**If you shoot for the stars you are at  
least going to hit the moon!**

So, for me, I chose Carnegie Hall as my goal. And I feel excited to get out of bed every day because I've shifted all my negative energy (negative thoughts and emotions) into positive energy (positive thoughts, emotions and action) to allow new possibilities to enter my life.

Instead of focusing on the Tinnitus, I've written symphonies, I've performed a number of big concerts, I've rallied the community and I've rallied volunteers. I've rallied people in the industry to believe in what it is I'm doing. Am I going to get to Carnegie Hall in this lifetime? I have no idea. I "feel" I have a serious shot at it, but who's to say? But, I'm five thousand percent further towards that goal than I was even three years ago, because I shifted my energy towards that goal. And while I'm living in the now, I live my life with intention. That really big goal is a human experience that I am focused on creating.

Okay, so let's say you've decided that you know what you want in life. You've adopted a really big goal. For me that is Carnegie Hall, for you that could be building the Titanic II (that's my son's goal). Please don't think of it in terms of what your limitations are. A lot of people think, well I can't do that because I'm not smart enough, strong enough, fast enough, good enough, good looking enough, rich enough - any number of things. Try not to pick something with a limitation on it. Pick something that is astronomically ridiculous in your own mind.

Let's say for example I'm a genie and I can grant you any wish you want. Pick a wish, make it big, and make sure it's something you really REALLY want to experience in your lifetime. A lot of people spend weeks and weeks, and even years figuring out what they want! Most people never even get around to even thinking about it. And that's why most people don't get what they want. Because they don't know what it is they want, because they never stop to think about what it is they do want.

Here is a guideline to help you determine what human experience you really REALLY want.

- What are you passionate about?
- What are you knowledgeable about?
- What are your natural talents?

So, what do you then? Once you have decided what you want, what do you do next?

~

## **Chapter XI ~ Knowing What To Do**

The second most important key to getting what you want in life is you need to know is “What To Do!”

And that’s where the learning process comes in. You need to basically go out and learn everything you can about attaining that goal. So for me to get to Carnegie Hall are several stepping stones which I need to learn such as:

- How to build large audiences
- Business skills and good money management skills
- Online marketing
- How to be a better entertainer
- Better orchestrating skills

More importantly, I had to become a much more grounded and likeable person to build the network of individuals its going to take me to perform at Carnegie Hall. Because I know I can’t do it alone! You see, I can be a legend in my own mind, but if nobody knows about it, there is no way in hell I’m ever going to get to Carnegie Hall!

So “Knowing What To Do” is a big part of the process. You need to go find and learn everything it is you can about reaching the goal that it is you want to reach.

Okay, so now you know what it is you want and what to do about it. What's next?

~

## **Chapter XII ~ Knowing How To Do It**

The final thing, and by far, the most important part of the process is knowing How to do something.

Knowing what to do is not necessarily going to make it happen. You need to know “HOW” to do something. That’s the crossroads for most people. Even if they got the first two things, most people will end there because they really never figured out “how” to do something. Because the way most people go about figuring out how to do something is by “Trial and Error.” That’s by far the most popular method of learning how to do anything. And it works. Sometimes...

But, it generally takes a really long time. You can try something and make some mistakes. You try something else, you make more mistakes. Eventually, through perseverance, you’ll figure it out. Maybe.

What happens to most people at this stage is that they focus too much on their failures. If you are focusing on all your mistakes, you’ll attract more mistakes. Successful people focus on solutions rather than problems.

For me, I think the most efficient way of learning to do anything, or learning HOW to do anything, especially anything worthwhile, is to learn from somebody who is already doing it and has enjoyed some success doing it. So what does that mean? That means

you have to track down people who are already successful at what it is you want to do. Let's take me for example. If I want to be successful and build an audience that's big enough to fill Carnegie Hall, I'm going to have to find individuals, companies, situations, relationships that allow me to learn the things I need to learn in order to get to Carnegie Hall. You know, people that are already connected with that situation. So, do I start right away contacting by people that have already performed at Carnegie Hall? Sure. I may also choose to contact the people that have helped them get there. Or, I might go to the people that have helped other people get into similar places such as Roy Thompson Hall or Royal Albert Hall. I need to start a network of individuals and people that know how to do this industry stuff. For me, being in the music business, that's not an easy thing to do, because of course, a lot of people are afraid. Some industry folks don't want to share their successes because of fear. Despite the awkward challenges, you must persevere.

Find people who will help you do what it is you need to do. One of the ways I did it is that I dug deep into my pocket book and wrote a bunch of checks to people who knew how to do stuff. I learned how to market, I learned how to do public speaking, I learned how to enroll and engage an audience and I learned how to market online. There are a number of things that I had to pay for in order to move my career towards that ultimate goal. My professional growth expanded 100 times throughout these past 4 years, which was in sync with my personal growth. But of course, I couldn't learn what it is I needed to learn if I wasn't emotionally, mentally and spiritually ready to learn it.

Here's the kicker in the whole thing. When you do that, when you start to make those first steps towards your personal growth, that's where your healing really takes flight.

Your journey comes to a crossroads when you get Tinnitus. Then after hitting the proverbial brick wall you eventually choose to live in 100% acceptance of your Tinnitus. You then begin to build a life from the position of acceptance towards your ultimate goal. Your process of living in the now and building up your tool box of knowledge, emotional skills, mental skills and spiritual skills makes you feel alive, empowered and you're excited about living a purposeful life. Every single day you are running towards the goal (your purpose).

Here's a secret for you!

It is not the destination that's important here. It's not your big goal! It's the journey that is important and how you live that journey.

For example, let's say I get to Carnegie hall within a year, or within two years. I'll be happy of course if I get there, but the journey doesn't end with the destination. The journey and how I lived that journey is what truly matters.

Everyday, learn about your emotional, mental and spiritual parts of yourself that cause you to take some action towards an ultimate goal. But it's not the goal that is important here. It's the learning and the doing and everyday taking action and fighting the good

fight for what's really important in your life. Because if you focus on what's not important and you focus on all the negative stuff in your life, for example, if you focus on Tinnitus, you are just going to get more Tinnitus and more negative stuff in your life.

### **What you focus on expands!**

So if you focus on Tinnitus, you are just going to get more of that. And you say, "No, I don't want Tinnitus." Well, you are focusing on "Not Wanting." When you focus on not wanting Tinnitus, that too will expand. When you focus on "not wanting something", you will create situations that remind you of "not wanting." Focus on what you "Do Want," and avoid focusing on what you Don't WANT. And that's why Knowing What You Want, Knowing What to DO and Knowing HOW to Do It are so important. Because you are now training your mind to focus on what you *really* want. And that's what alleviates your Tinnitus symptoms. You've broken the habit of focusing on what you don't want. And, you've trained you mind to get back into the game of life. You've gotten back on track focusing on what's really really important for you.

So, let's look at Tinnitus now, not as a tormentor, not as something to hate, but something to embrace. Something to say "Hey, tinnitus brought me quickly to the point of no return, and it's acted as a beacon in my life to get me back to living my full purpose in life." Tinnitus actually sped up my human process. It's been a healing friend on my journey of personal growth. Now that may be hard for many of you to accept but, I now

use Tinnitus as a tool to propel me towards what it is I really want in this human experience.

Realizing that I have choices *in the now* and that everyday is part of that journey; is a gift. I must live every single day fighting for what it is I want and what it is I believe in. If you do that, your whole world will change around you. Your family will change, your friends will change, your whole environment changes because you've now got this new outlook on life that people can *feel* from miles and miles and miles away. It is attracting a new world to you. It's not only your perspective that has changed; your whole reality *is in a constant state of attracting!*

~

## Chapter XIII ~ Fighting the Good Fight

I began attracting new things into my life as soon as I set my intention to attract. For example: I've built an opt-in mailing list now on paultobey.com that's well over 9,000 people and growing every single day. That's my growing audience I wanted. How did that happen exactly? Well, first of all I had to take some steps to figure out how to even begin constructing an opt-in email list. I then learned how to share valuable information and products such as free music, free movies and free eBooks. But more than that, I attracted it, because I shifted my negative energy into positive energy. I *allowed* good things enter my life. I became open to change and open to attracting new people, situations, and abundance. As a result, I began to attract a network of people and individuals willing to help me chart my course to Carnegie Hall. Am I going to live up to everyone's expectations? No, of course not. Am I going to live up to my own expectations? You bet! Because, I'm fighting the good fight and living my life's purpose. Training your mind to adopt new thought processes is a life-long process.

Your mind will resist change.

Your mind will taunt you with excuses, rationalizations, and it will want to keep you prisoner of your mind. But you are not your mind. You can choose to carefully listen to what your mind is saying, write it down, then say to your mind, "Thanks for Sharing!" Now shift your thoughts to what you really want! Teach it positive thoughts. Positive thoughts lead to positive emotions which lead to positive action.

My mind tried desperately to keep me trapped in a number of negative thoughts and emotions. I had tons of excuses as to why I couldn't evolve as a human being. The biggest one was that I was physically crippled by Tinnitus. I felt trapped in the human experience of Tinnitus.

Let's quickly look back at my Tinnitus situation. I went to the Canadian Hearing Society and I spent close to \$4000 dollars on noise generating devices called Tinnitus Retraining Therapy which was supposed to, over time, alleviate the symptoms of my Tinnitus. It was supposed to trick my brain into thinking that the noise wasn't there.

Well that didn't work for me. Does it work for other people? There are testimonials out there that say it works. Would I recommend that you try it? Yes. If you have the means, try it. Who am I to say it's not going to work for you?

Tinnitus Retraining Therapy boasts a pretty good success rate. The results vary from person to person because doctors can't necessarily measure your emotional, mental and spiritual being and whether those parts of yourself are prepared to accept the process. Should you not try it because it didn't work for me? Of course not. Do your research, and make decisions based on your own research

What I am basically saying is that TRT was part of my trial and error process. I had to come to the realization that the only person empowered to help me with my chronic

Tinnitus – was me! And that I had to fix those parts of my self that would give me a different print out of my reality. And based on my experience, getting in the game and working towards a goal is a major part of the healing process. Why? Because you are starting to fight what it is you believe in.

And it's that daily fight, for what you do want that erases the things that you don't. And that works for everything by the way. Not just Tinnitus. If you are focusing on Tinnitus, that's going to expand. If you are focusing on what it is you want in life, that's also going to expand. For example, if you focus on making more money in your life, you'll get more money. If you focus on, not having enough money and your debt, you are always not going to have enough money and attract more debt. That's just the way it is.

~

## **Chapter XIV ~ The Law of Attraction**

Now, the belief in things that you can't see, I believe, is far more important than the belief of things that you can. For example, the universal Law of Attraction. This Law is best explained in the movie "The Secret." You attract the things to you that you want. But you also attract the things to you that you don't want, because if you focus on the things that you don't want, you will attract more of the same. What you focus on expands. That's basically the whole premise of the Law of Attraction.

That is an internal process. Nobody can create that process for you. For example, you can't blame anybody else for your lack of something. You can't blame anybody else for your lack of money. You can't blame anybody else for your Tinnitus. It's just the way it is. And if you keep focusing on that, your lack of something, you're going to create more lack in your life.

**Your thoughts have power.**

And when you realize that life is not about lack, you too may come to the conclusions that there is an abundance of things in the universe, ready for the accepting. I repeat, all you have to do is; Know What You Want, Know What to Do, And Know How to Do It.

~

## Chapter XV ~ What Will You Miss?

Okay, here's a really good question. Something I want you to think about. Let's say you are at the point of no return. And you realize there is only 2 things you could do. There is either;

A: Acceptance

or

B: Flight

In this case, this is suicide, anti-depressants, drugs of any kind, something that checks your mind out completely. And if you are at that point and you are contemplating ending your situation through those means, **what will you miss?**

You have to think about what you will miss, if you do that. So let's take me for example. If I had ended my life four years ago, what would I have missed? I get very emotional in my seminars, because I realize how selfish I was in even thinking about suicide. I couldn't project myself into the future, and had no clarity on how much of a gift it was to have a human experience. So, I am humbled and live in gratitude of every moment.

As I list the things that I would have missed, I want you to think about universal abundance and some of the things you may miss if you keep focusing on what you don't want. Focus on the things you do want, think of all limitless possibilities, and think about what a new reality may look like for you. Four years ago, I had no idea what I would have missed. That's what brings tears to my eyes even as I write this:

I would have missed my unbelievably incredible son who is now nine years old. All his violin competitions, his snuggles, his smiles, winning his first soccer championship and his abundance of love.

I would have missed walking my pilgrimage on the Road to Santiago. I walked 850 km in prayer that my tinnitus would leave me only to realize the journey is about the journey, not about the destination.

I would have missed my beautiful wife, Nancy, who absolutely loves and adores me and vice-versa; we are just an incredible team. I would have missed many great days of lovemaking, affection and many loved filled moments.

I would have missed the rest of my family and missed my mother's passing. I would have missed the opportunity to be by her side for the final 2 years of her life, and I would have missed being by her bedside to help her through her last hours.

I would have missed all my friends and every Sunday breakfast with them. I would have missed experiencing the joy of their successes, new grand-children, all the celebrations. I would have also missed in sharing their sorrows, and healing.

I would have missed the thrill of performing in front of thousands of people, and enjoying my many career successes.

I would have missed the thrill of composing nine symphonies. Who knew that this was even possible?

I would have missed knowing that I could help lots of people through their own journeys and never realize that I affect people's lives in a positive way.

I would have missed doing the Eulogy at my food friend Joe's funeral. That was incredibly important for me, and I'm so grateful I was able to do that for him!

I would have missed knowing George. The little bichon-poo puppy we adopted to help my mom get through her long hospital stays. I would have missed how George trained me to pat him every time he sits!

There is no way I could have projected myself into the future to know those gifts were waiting for me. What would you miss? What will you choose to attract?

~

## **Chapter XVI ~ Affect or Infect?**

There are basically two things you can do in life. You can either affect people or infect them. And when you choose to affect people, this has really positive returns for you. So everything I do in life that has authentic intention, returns to me ten fold. And, I think about how I choose to live my life everyday because that's all that's really important. Everybody focuses on this world on things, and what materials things they want, such as cars, houses, etc. All of those things are good and really can make the human experience that much more pleasurable. But when you really get down to it, what's really important? There's really no point in clawing and scraping your way to the top, because once you get there, there may not be anybody beside you to enjoy it with. So you don't want to claw and scrape your way to your goal. You want to build healthy relationships with your family, your friends and your loved ones. I can only recommend that you totally focus on friends and family, because in the end, that's what you will value the most. In 20-30 or 40 years, will your gravestone be inscribed with the size of your boat and the size of your house? No. Ask yourself, what will the people attending your funeral say about my life experience? Did I affect people or did I infect them?

What I used to do with my Tinnitus is infect people. I used to complain and bitch about it all the time. That infects people. What do they do in return? Well they either find a way to dump on you or they infect you all about their problems. And, pretty soon you've got this vicious loop of people focusing on problems and infecting each other! What you focus on expands. If you focus on your problems, you'll get more problems. If you

focus on solutions, you'll get more solutions. So you want to focus on who you are hanging out with. Are these people supportive or non-supportive? Are they positive or negative? Are they affecting or infecting your life.

You want to focus on everything that you can do to empower other people's lives. If you have the wherewithal to help the people around you, then do it. It's a major part of the healing process and you begin to see the whole thing really speed up.

I'm really excited every morning when I jump out of bed. I'm excited about my journey, exploring and discovering life. Sure, I have good days and bad days. Everyday, I know there is something I need to do to either help the people around me, or advance my own personal or professional growth, and just try to stay in a constant state of awareness.

~

## **Chapter XVII ~ The Cure**

People sometimes ask me, “is personal growth a cure for tinnitus?” You know, my body still carries the physical symptoms of Tinnitus. The ringing in the ears is still there (although way less than it used to be). But, here’s the thing, I do not for one second let my mind focus on that. If I spend 100% of my energy focused on the things that I do want, then I’m spending ZERO percent energy focusing on my Tinnitus, which is something I don’t want. Therefore, if I’m not focusing on it, it doesn’t really exist. Does it?

That’s going to be a hard concept for many people to understand, because people are looking for that cure, that wonder drug, that thing that just wipes tinnitus away. Well for me, I realized a long time ago, I was going to have to do the hard work. Blame, denial and justification were not working for me. There are many researchers working on cures, millions of dollars being spent on Tinnitus research, but so far, there is not a cure for 100% of the people. Sure, it is reported some people have been cured through various scenarios. Some people have even had their tinnitus just vanish.

I didn’t want to stay in the “waiting place.” And, when I say I have one bad day in 30, even that one bad day is still no where near as bad a day as the 30 on 30 bad days I used to have. On that one bad day, I know how to immediately fix the Tinnitus volume. I instantly become aware of my emotional, mental and spiritual parts of myself that need to be addressed, and I start focusing on what I do want. So is it a cure? I say Yes!

Why? Because if you are not thinking about your Tinnitus, and you are not stressed out about it, and you are not focused on it, it doesn't exist. Does that make sense? I really hope that does make sense, because I still have tinnitus but I'm cured from its symptoms at the same time. You can shift your thoughts, your emotions and your mind habits to change your physical reality.

Let's say on a really quiet, still night I walk outside and I look at the moon and because it's quiet I manage for one fleeting second to notice my Tinnitus, what do I do? Immediately I shift my attention to something that I do want because, if I stay in that negative space I am fully aware that I will attract more of that negative energy.

When you are in a state of awareness, you can shift your thoughts and emotions. This process is the cure. And it's the cure for everything. It's the cure for humanity in general. If you are focused on the mental, emotional and spiritual parts of yourself that can be healed, then the world around you changes. And, the world around all of us will change. It will end all wars; it will end all conflict, all confrontation. Because, when you look inside yourself for healing, that's when real healing begins.

~

## Appendix

I wish to thank you for reading A Practical Guide For Tinnitus Free Living. For those of you that would like more information you can always visit my web log at <http://www.paultobey.com/blog>. I post a number of answers to questions from people who email me and there is a lot more learning to do there.

I've also compiled a list of books and Tinnitus resources that have helped me.

<http://www.paultobey.com/tinnitus-resources.html>

Comments, questions and suggestions can be emailed to [info@paultobey.com](mailto:info@paultobey.com) or you can post a comment to my blog.

To order an audio version of this eBook please visit <http://www.paultobey.com> (Total Running Time: 57min and 16 sec)

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