

INNERWEALTH BOOK SERIES

INSPIRED By NATURE

Chris Walker

INSPIRED



When you are Inspired you thrive and when you are not inspired you can attract cruddy stuff. You can learn to be self-reliant, inspired, clear minded, resilient and open hearted all by simply being inspired.

How to be inspired in work, life and love is pretty simple really. Just do the Following: No Fluff, No Bull, Be straight talking, Honest and Authentic. Especially with yourself.

That sounds easy until our mind gets involved. So, the process is easy but you may not find it easy because your mind might fight.

We spend alot of time learning how to judge. So, when someone comes to offer an alternative, we balk. There are infinite excuses as to why we should balk and changing our mind.

Just try this little experiment:

There are two sides to everything: right? So, what's the benefit of sin? What's the benefit of war? What's the benefit of bullying? Two sides to everything is just one of the mental awareness that can only be consumed when we are ready.

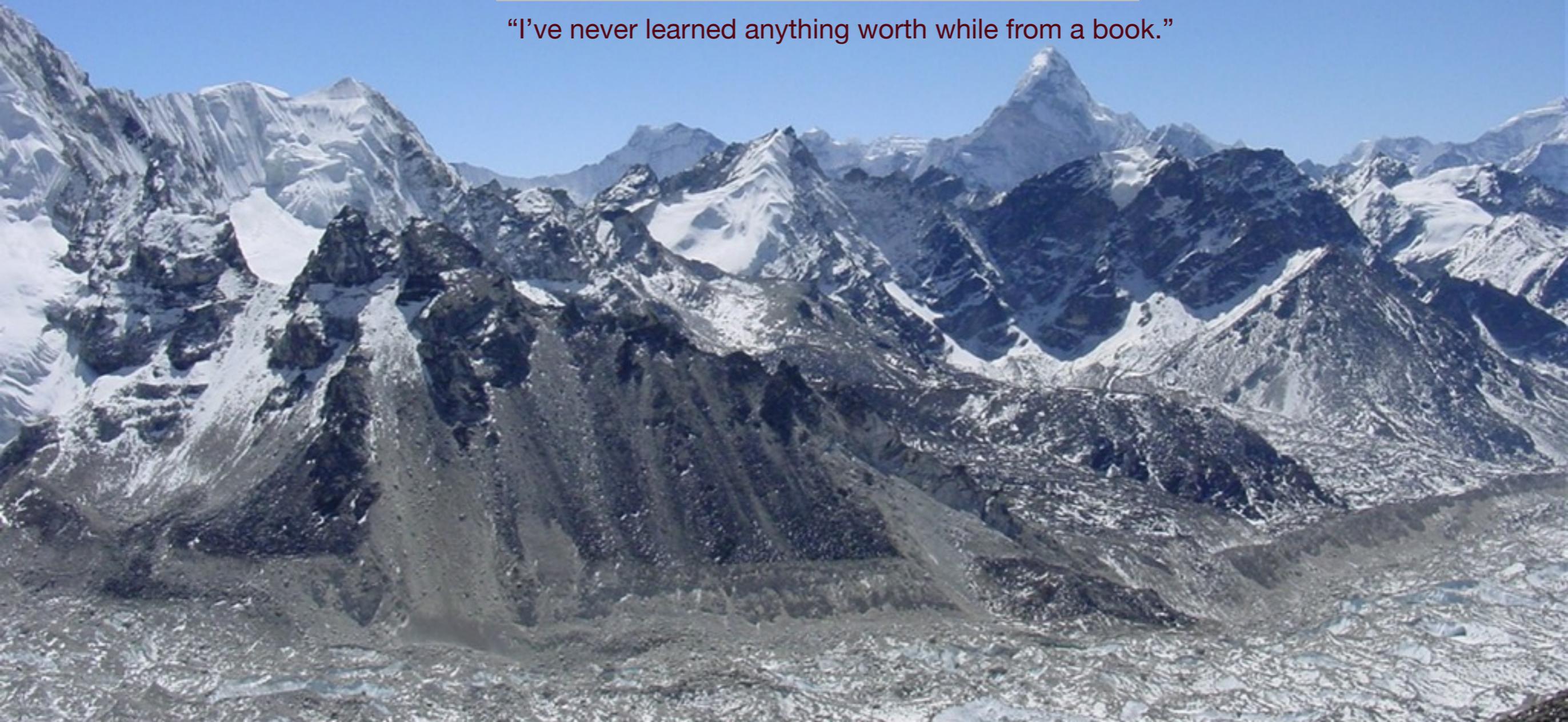
Really, it's a fight between conventional thinking (emotion) and universal thinking (Inspired)

Many of us get trapped half way between. We become afraid to trust that even balance can exist, and we become disgruntled with the ups and downs of the mindset in which imbalance is emotional perfection. Lost in space....

Innerwealth offers one side of that argument. There is no confusion from inner wealth, your heart opens when it sees balance and shuts when it doesn't.

NATURE

“I’ve never learned anything worth while from a book.”

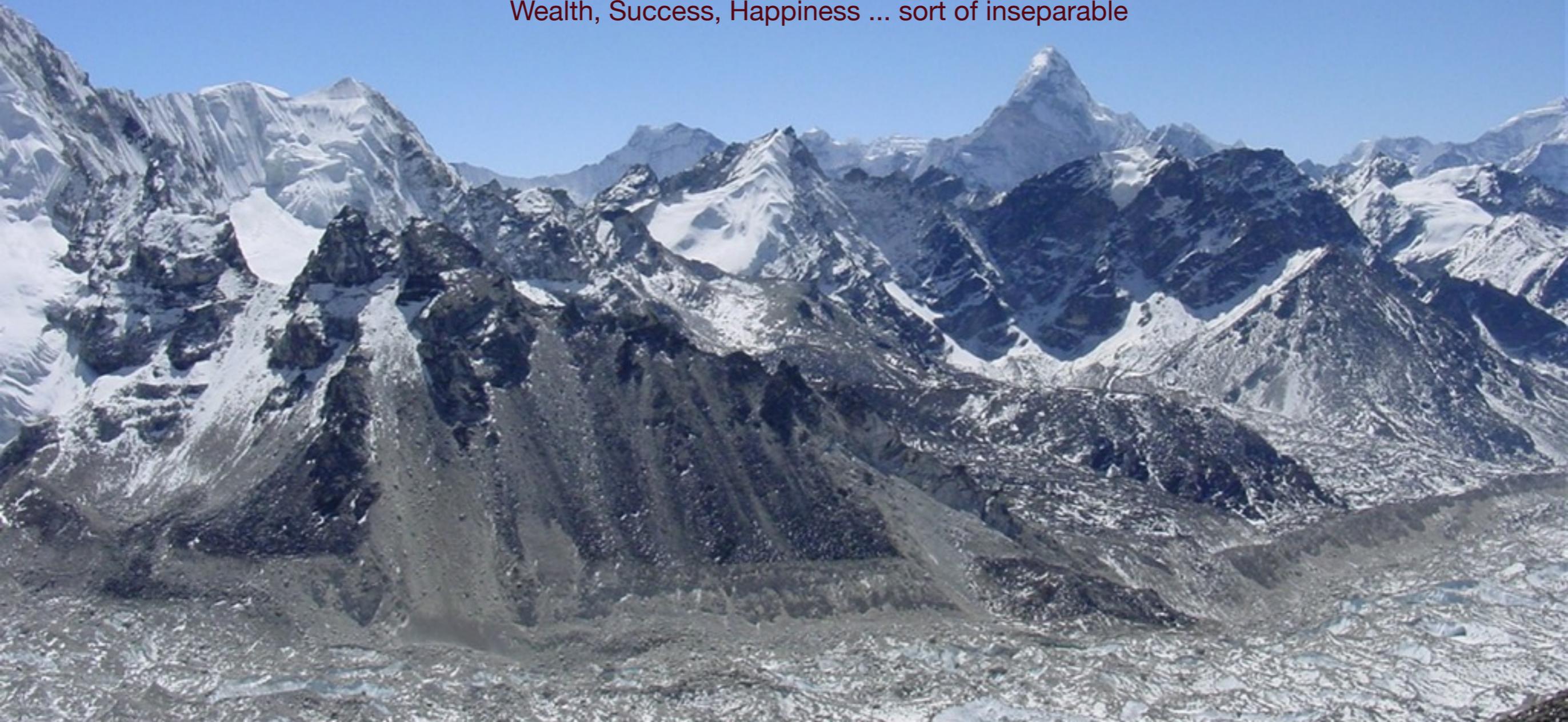


Why Nature?

1. It's REAL - it can't be faked by reading books, attending classes or by adding Sri in front of your name.
2. No Weekly Classes - you don't go to a temple, shalla or anyplace special to practice it.
3. Unconditional - You don't have to wear tie dyed pants, save the whales, or eat organic carrots
4. Boundaryless - If you get inspired in one area of life you get inspired in all.
5. Authentic - It's yours, no one can steal it or complicate it
6. More Mojo - It makes you look and feel sexy (you'll find out why later in this paper)
7. Stay Young - Nature doesn't conform to ageing ... think like nature stay fresh as nature
8. Self Confidence - Emotional baggage just drops off when you are inspired by nature
9. Business thrives - You want profit without slog - get the Nature' MBA - short cut to big bucks.
10. Get Smarter - Naivety and "poor me" out the window, in with smarts and good choices
11. In control - There's order in the chaos... wanna know how to find it? Nature
12. Olympic Gold - You've seen those champions go to water in the Olympics... well, it's all about mind control and Inspired by Nature you think like nature... nerves of steel.

WEALTH

Wealth, Success, Happiness ... sort of inseparable



What we appreciate grows. What we don't appreciate, shrinks. (depreciates) - I wish it were more complex but after 30 years of business consulting I can clearly state that 99% of business failures come because owners and leaders take customers for granted.

The internet is a weapon. It's awesome for selling products. When the internet works - it works. However, the basics of great business still hold so true. Love your work, your product and what it does for people so much that they feel it in all you say.

Wealth creation isn't difficult. You can get a good job and stick with it. You'll be wealthy in the end. Or you can do fast track and gamble your money by owning your own business. Here's a few suggestions:

1. Don't use your own money to finance business investment (if it's not strong enough for banks et al to lend to then why would you?)
2. Don't hire someone you couldn't fire. (relatives)
3. If you lend money - charge interest on late repayments
4. If you lend money to a friend of family kiss it goodbye and be shocked if you ever get it back.
5. Bank interest is better than no interest.
6. Renting, hiring and leasing might have tax benefits but they are wealth sucking
7. Tithe secretly - "never tell no-one"

WORK

Nature destroys anything that doesn't fulfil it's purpose



- Work Smarter not Harder
- Calm the mind, relieve stress and live more peacefully
- Improve Meetings and Communication
- Mind focus skills
- Schedule Your Day for Best Results
- Focus on Quality not Quantity
- Less hours .. More Results
- Quality Downtime .. Play intense
- Turn Up 110% whenever you work
- Turn Off 110% when you don't work
- Have a Big Vision... the person with the greatest certainty leads
- Think Slow Act Fast
- Eliminate Emotional Infatuation from Your Choices

I'll bet you've heard those famous words "do what you love and love what you do."

But did you ever ask "what's love look like?"

To the hippie love is flower power. To the emotional fruit cake love is pleasure. To the desperate individual love is “anything that helps to avoid looking in the mirror”

So, “doing what you love and loving what you do” rings all of alarm bells.

Nature’s Love is the only love human emotions can’t screw up. I mean, the divorce rate is over 60% and 90% of the remaining 40% are surviving for the kids. Love isn’t rocket science and we all fall into it with mastery and expertise...but staying in love?.. Phew just look at the book shelves, the singles web sites and the titles of the last 3,000 best selling hits... It’s all boo hoo - They say love is all you need so why is it so difficult?

Do what you love and love what you do is dead accurate. Nature destroys anything that doesn’t fulfil its purpose. So maybe loving what we do and doing what we love means something different in nature than it does to human emotions.

It seems that we sabotage all of what we don’t love in our work,

So, doing what we love and loving what we do must link closely with success.

The questions become:

1. What’s love got to do with it?
2. What’s nature’s definition of love?
3. Is the big challenge finding work to love or learning to love the work irrespective of the form of it?

I’ll answer each of those questions later -- for now, let’s see how being Inspired by Nature would shift your personal, team or organisational performance at work.

I've chosen just five of the 105 benefits to business from Being Inspired by Nature:

1. Avoid Dumb Choices
2. Let Customers come to You
3. Silence that Negative Noise
4. More Productive Staff
5. Kills doubt

1. Inspired By Nature Helps You Avoid Dumb Decisions

It's estimated by the masters of business that 60% of our time at work is wasted. 99% of that waste is because we are left with no choice other than reacting and responding to the forces of the market. In such a mode, all decisions, no matter how many hours or dollars we spend on research, have a 50/50 chance of success.

Gut feel also has a 50/50 chance of success because gut feel is just another way of saying "emotional choices" and that's all based on the errors and rhetoric of the past. A poor friend and best. Smart choices? If you are going to use analysis make sure the conclusion is "neutral."

The balance of nature exists in all things, especially analysis and logic. If the conclusion is lopsided, the analysis is a self fulfilling prophecy - I.e the consultant proving a theory right.

And what about Gut feel? If we deal with all of the rhetoric and emotional judgements we carry, we can raise gut feel to intuition. If we process "discard" those emotional imbalanced thoughts that generate intuition, we reach the higher "gut feel" state of Inspiration.

That's the space in harmony with nature. Decisions in this space are 100% accurate. Nature wins again.

2. Inspired By Nature Lets Customers come to You

The perpetual groping for clients, marketing, flogging dead horses, making silk purses out of sows ears, trying to sell something and differentiate something that people don't want differentiated is a complete blow out in stress, exhaustion and human spirit. (feeling good)

In nature we know that nothing is missing, it just changes in form. So, the key in nature, to making things grow, is to believe it before you see it. In other words, in nature nothing is missing, so your new clients and increased sales are already there, you just can't see them yet.

The rationalist will panic and say, "my sales are down, I have to sell to new clients" the nature based business owner will know different, they'll say, "nothing is missing it just changes in form, so, what form are my future clients currently in and how can I appreciate that?" Simply, in nature we believe it before we see it." Nature wins again.

3. Inspired By Nature Silences Negative Mind Noise

People are different in nature. More inspired, more generous, more visionary, more creative, more relaxed, smarter and usually allot easier to get along with.

The reason is simple: there's a certain harmony in nature that we tune into, respond to and feel good about. In more complex language, "the ego takes a break."

The Ego is what defines us and ultimately we achieve that definition not by being the same as everyone else but by being different. Hence, Ego separates us and gives rise to the idea that we are what we think... It's a sad mistake but it happens less when people are in nature.

In nature we are what we do. What you think - in nature - has absolutely no value.

Think what you want, "philosophise" about this and that, it's irrelevant. In nature, it's what you do that defines you. And with that re-valuation of identity comes a certain silence.

Just to dwell on this for a moment. We have three minds: two thinking minds and one inspired mind. The thinking minds are conscious and subconscious. The conscious mind thinks one thing, the subconscious must, no choice, think the opposite. You have the capacity to choose to listen to either or both of them. If one mind thinks positive the other thinks negative.

The inspired mind is not in your head and therefore is not subject to space and time, or, in everyday talk, doesn't think positive or negative. Nature wins because it doesn't value or respect the thoughts in your head. Instead, it values your inspired actions.

I guess another way to say this is that you are smarter in nature and less prone to interpersonal conflict.

4. Inspired By Nature You Get More Productive Staff

Biophilia is the science of productivity based on the impact of nature.

There is scientific evidence that we are totally better, smarter, happier, more productive, less of an ass, more good and more creative in nature. They've even proven significant productivity gains in research using screen savers with nature rather than Facebook.

Walking meetings, indoor plants, photos of nature, screen green, views of nature - gee the list is infinite ([and on my web site](#)) - of how to bring nature to work and guarantee spontaneous productivity increases, cost reductions and happiness index improvements. (cheap eh?)

5. Inspired By Nature - Kills Doubt

If there was ever one dirty, low down, cheating, nasty, trouble making bug that is responsible for most business and personal disasters, DOUBT wins it, hands down.

All human eyes are turned to the future. You might not believe it given the "power of now" and the all too overused "be in the moment" quotes.

All human eyes are turned to the future until the crud hits the fan. Then all human eyes are turned to the crud (to fix it). Crud fixing is not life. Crud fixing is what happens in order to get back to life. If crud fixing becomes life, then we have to create crud in order to live life. It's horrible and very much the new age model.

Doubt comes with crud and if we buy into the idea that crud fixing is how life is normally, we live in total uncertainty about the future. It's really a nervous panic.

I've met billionaires who lived in fear of losing all their wealth, great beautiful people who live in fear of being "dumped" in their relationships and I've met great yogi's who feared death.

Living in doubt is a mistake. It's a mistake that's easy to make if we go through a tough time, come out the other side and then forget to get back to normal. Staying in crud fixing mode stuffs life up. In nature, you can't live in crud fixing mode. It doesn't work.

If you walk in nature in doubt you slip, fall, crash, bump, get bitten, attract mosquitoes, feel sick, get altitude sickness, upset the tent, crack your back, get sunstroke, dehydrated, flatulent and lost. (ok - not all at the same time) ... but doubt in nature attracts crud and crud in nature hurts, so it doesn't work.

In city life, coffee, grog, drugs, sex, lies and rock and roll help us deal with doubt, but underneath all that life shortening stuff, there's a catastrophe waiting. So, nature wins again.

Conclusion? Yes, of course you make more money running your business in harmony with nature. Der....

Chapter 5 The Nature of ...

SALES

“Nothing changes until something changes”



Maybe you are in forth gear in life, in cruise mode and all is fine. But there's nothing surer than challenge. All of nature, (including you and your business) evolve at the border of support and challenge. And, what doesn't evolve gets recycled.... (bankrupt, burnt, divorced, lost or "deaded")

Challenge is a part of life. Complacency causes it and yes, amazing as it may seem, most people aspire to complacency... everything is fine ... or in Aussie language "she'll be right mate." Bad news - No, she won't.

Lets run the gauntlet of one of these five steps to some magical place and try the five steps to building and inspired business.... It's a start at least.

1. Inspired Product
2. Inspired Leadership
3. Inspired Market
4. Inspired People
5. Inspired Marketing

1. Inspired Product

If the product is crap, don't proceed to step 2. It'll waste energy and time. Sell your product to just one person and if they don't sell it to ten more within a week, go back to the design table. All the marketing and strategy tricks in the world will only add cost to your business if the viral side of business culture doesn't work.

The greatest advocates of your company products and services are your employees. Are they buying, selling and promoting your product. Go to GM and look in the car park.. how many employees are driving new cars? If you sell pharmaceuticals, look in the drug cabinet of your employees and see if they are using your brand, or no brand. I guarantee that if your employees aren't loving what you make - the clients won't buy.

If you are in the garden business do you have a gazebo in the back yard, a place of refuge you built yourself out of scraps of trees you chopped? If you are a party hire business do you have parties? Are they outdoors? Do you use what you sell. The old days of not walking your talk are gone.

2. Inspired Leadership

Love is infectious. If the team, group, business or family leader is not in love with the whole space of what they do: the clients, the products, the suppliers... they'll pay double, have twice the overhead, make twice the mistakes and have triple the stress they need. So, if there's a great product and people love it, then leadership being in love with the business and products becomes the next critical element.

3. Inspired Market

I designed a web site that I love. When I asked my clients what they thought they loved it. But when I asked someone who was not a client, but who could be a client, they hated it. So, be aware, marketing has two functions: Convince existing clients they did the right thing and provide the platform for new clients to enter your world. Miss the mark on either count and you'll be working twice as hard as you need to.

4. Inspired People

Once upon a time we valued the energy people put into creating something. We'd go meet the tailor, the shoe maker, the gardener, the designer. Now, we use people we've never met, don't care about, somewhere in the antipodes of China or India. As long as we get the result, we think - "who cares" - but that's not realistic. People matter, how we treat people matters. Those people are sales staff. They sell you, your business. I've sold tens of thousands of books, most were not mine, they are the books of people I meet, books that really sell some idea. I'm a salesman for people I get inspired by. If I love the book and disconnect with the person, there's no way I'll promote their book. Its the same for any business.

5. Inspired Marketing

Spend 50% of your marketing on existing clients and 50% on getting new ones. Include your suppliers, staff, and support teams in marketing. Social media functions on "Like" and if you don't hook into that "like" nothing happens. It's called "emotional appeal."

Ok?

And Last But Not Least.... Remember to love what you do and do what you love as long as you know the Nature of Love.

the real difference between nature and ego is love

LOVE



Is Love all You Need? Doing what you love.....

1. What's love got to do with it?
2. What's nature's definition of love?
3. Is the big challenge finding work to love or learning to love the work irrespective of the form of it?

1. What's Love Got to Do With It?

It was less than 20 years ago that I came to the realisation that my attitude to my work really did have a huge impact on not only my business performance but my family. My first reaction was to become elated about work. The consequence was that I became depressed about my home life. That's a law of nature.

I soon learnt that love and elation were not the same thing.

Motivational language, like you hear people on TED talk about by advocating, positive feedback, community and support at work as vital to performance are not talking about love. They are talking about elation.

Elations need food because if they starve, they sink. Elation is an imbalanced thought. There's more upside than downside so, we get elated. The more upside there is in relation to downside, the more elated we get.

Inspired language is not so common.

You can't love your partner and hate your work. That's impossible. At best, you can get elated (enjoy) your partner and get depressed (not enjoy) your work, but neither of these is love.

Enjoying something is not loving it. Enjoying something is enjoying something. Liking something is not loving something, it's liking it. We confuse states of satisfaction and pleasure with love and stuff up both as a result.

Love is detached. When we love we are absolutely thankful for both the good and the not good side of it. So, Love work means support and challenge, positive and negative feedback are both equally welcome. Elated on the other hand is thankful for support and positive feedback, and, if it's Canada, passes laws to prevent the opposite.

In homes where elation is confused with love there's a big difference between what the public sees and what goes on behind closed doors. Domestic violence, manic sex, self abuse, raging arguments and more can take place in a relationship where elations and love are confused.

In a business where elations and love are confused an individual will take everything personally because elation feeds their ego and depression squashes it. Few people realise that the hunger for elations breeds depressions. They just don't associate the two and try to do more elation and numb the depression with substance, food, drugs, affairs and spirituality (stress relief etc).

3. What's nature's definition of love?

Inspired by Nature means love like Nature. There's no rhetoric in this. Love like nature means to balance elations with down news and balance depressions with up news. There's simply no interest in side tracks to gratify short term ego trips.

When you fall in love with your beautiful partner it's probably because you know so little about them that there's nothing to knock you out of the ball park with them. You think you know them but really 99.9999999% of it is projection.

After a week of being in love they start to fart in the car or eat like a horse and put back all the weight they took off for the wedding or eHarmony photo. They get tired at night instead of keen for sex and start to flick the TV on, when not so long ago it was smooch time. Here the art of elation and the art of seduction support each other to infatuate the honeymoon phase and leave the bad news for another day.

It's not love... it's elation and elation makes people horny. So, the more horny you are to your partner when you meet them, the more pissed you are going to be after the honeymoon period. Horny and scrawny. There's no up without a down (sorry guys).

Love is different. Yes there are uppers we lust after those, yes, there are downers and we wish they didn't happen, but instead of ignorantly thinking complaining, self help or therapy is going to fix it, we embrace it.

In a business, to love your work means that whether the sun comes up in the north or the east, you do your duty, you do your work because you are willing to pay the challenges and chaos in order to do what you do. It's not a honeymoon, it's a marathon.

Clients run from people who are elated about their products or business. Clients love people who love what they do. The great thing about this is, you can't fake love. However, people have been faking passion and elation (product benefits) in order to sell stuff they hate for years. Now, we're smarter and for most, inauthentic love, doesn't wash.

3. Is the big challenge finding work to love or learning to love the work irrespective of the form of it?

After a lot of experimentation I came to understand a different language. When I woke up to that difference, it changed my whole career and personal life.

I discovered that it's not the work that determines whether we love what we do.

After changing business' three times the same cruddy issues kept raising their head and driving me away from loving what I do. I realised that every job, business has two sides to it and if we don't do something about that, we eventually descend into the world of motivation and emotional uppers and downers.

The honeymoon period of doing something new engages us emotionally in an all too familiar up and down engagement but it's not sustainable without huge intervention and synthetic feedback loops. It's just not natural to be so dependent on "good news" to lead or run a business.

I realised that it wasn't the business giving me negative feedback, it was my definition of "Love!" I sorted it out this way: In nature Love is thankful for Support AND Challenge. In ego and emotion Love is thankful for "ONLY" Support.

When I started to trust Nature more than I trusted my own Ego, things shifted. I loved my work independent of the work.

So, even putting the garbage out became loveable. A big key to this was knowing my purpose in life. I felt that what I could link to my purpose was worth doing and loving and what I couldn't link to my purpose wasn't worth the effort or CHALLENGE.

Actually that's not such a radical discovery. Nature destroys anything that doesn't fulfill its purpose, and we, being part of nature, sabotage anything we can't link to our purpose.

So, is Love all you Need?

In my experience -

ABSOLUTELY YES.

TALK

If everyone in the world who didn't really know what they were talking about fell silent, the world would be a very, very quiet place



There are two aspects of all communication

A. The Emotional Engagement

B. The Spiritual Engagement

When we engage people emotionally, they feel happy, thankful, comfortable, pleased and temporarily at least, satisfied. This we call engagement and it's really important because most of the world is driven by these emotions. If you don't engage emotions, you don't get attention.

To engage emotion you need to make people feel good. Nature does the same thing. In nature there are four seasons, and five elements. So, nature is always moving about, from one place to another satisfying the demands of the tic toc of emotion.

One lady admonished her husband at a party "you only spend the night talking to those attractive women because they make you feel good." And with that she realised why their relationship was in the doldrums. She'd forgotten to engage her husband's emotions.

But the feel good cycle is a never ending cycle. What makes us feel good today, becomes our expectation tomorrow. And our expectations being fulfilled does not make us feel good, we want more. The achievement of one goal just gives birth to three more.

So, communication does need to engage emotion but that can't be all. Communication needs to engage the spiritual side as well.

A thirteen year old girl spends an afternoon lying back on her bed playing music and talking to a friend on skype. They talk about feel good stuff for a bit, like clothing and boys, and then they swing to the spiritual topic - The Future.

Their hearts beat faster, energy surges through their brain and blood pumps to feed nerves. Their breathing changes and they both sit bolt upright and begin to talk faster. Here is real spirit. The future.

The two girls talk about becoming great dancers and having children and going to uni and getting married and making families and behaving in certain ways that are, not by accident, designed on the opposite of all the things they dislike in their parents, and in alignment with all the things they like in them.

In this conversation the two thirteen year old girls are doing the best job they can to SELL the dream. They are talking to each other but really, they are talking to themselves. It's an inner conversation about outer things.

Spiritual may be a distraction for many people because there are so many versions of it. Many spiritual offerings are either designed to build the emotional engagement or escape reality all together. This is not what I mean.

Real Spiritual is nature based, it means future. A big vision. A Purpose greater than self. A life of expanding possibilities. In nature, everything has a purpose. Each grain of sand belongs, in some way, to a plan for the future. Nature is committed to evolution, and that evolution is not random. It has direction.

50% of the focus of our conversation can therefore be focussed on the future. If we engage people emotionally in the current moment they will be interested in the future. All human eyes are actually turned to the future (once emotions are satisfied).

Nobody is interested in your future. Everybody is interested in their future. Real Spirituality is a very personal thing. So, if nobody is interested in your future, why would they listen to you talk about it?

The answer is wonderful and goes to the heart of love, leadership, romance and family dynamics. People listen to your future to see how and if it can help them create theirs.

In nature, everything is connected. So, in human dynamics, everyone is connected. If your future helps me get what I want in my future, I will follow you to hell and back.

This is the Real Spirit aspect of sales and marketing. If my future includes some experience, and your company offers me a road guaranteed to provide me that experience, I buy what you sell.

So often in communication people sell the product which is the emotional part of the contract of communication. It is important but only 50% important. The rest is the key to great communication. I sell you the dream, your dream, not mine.

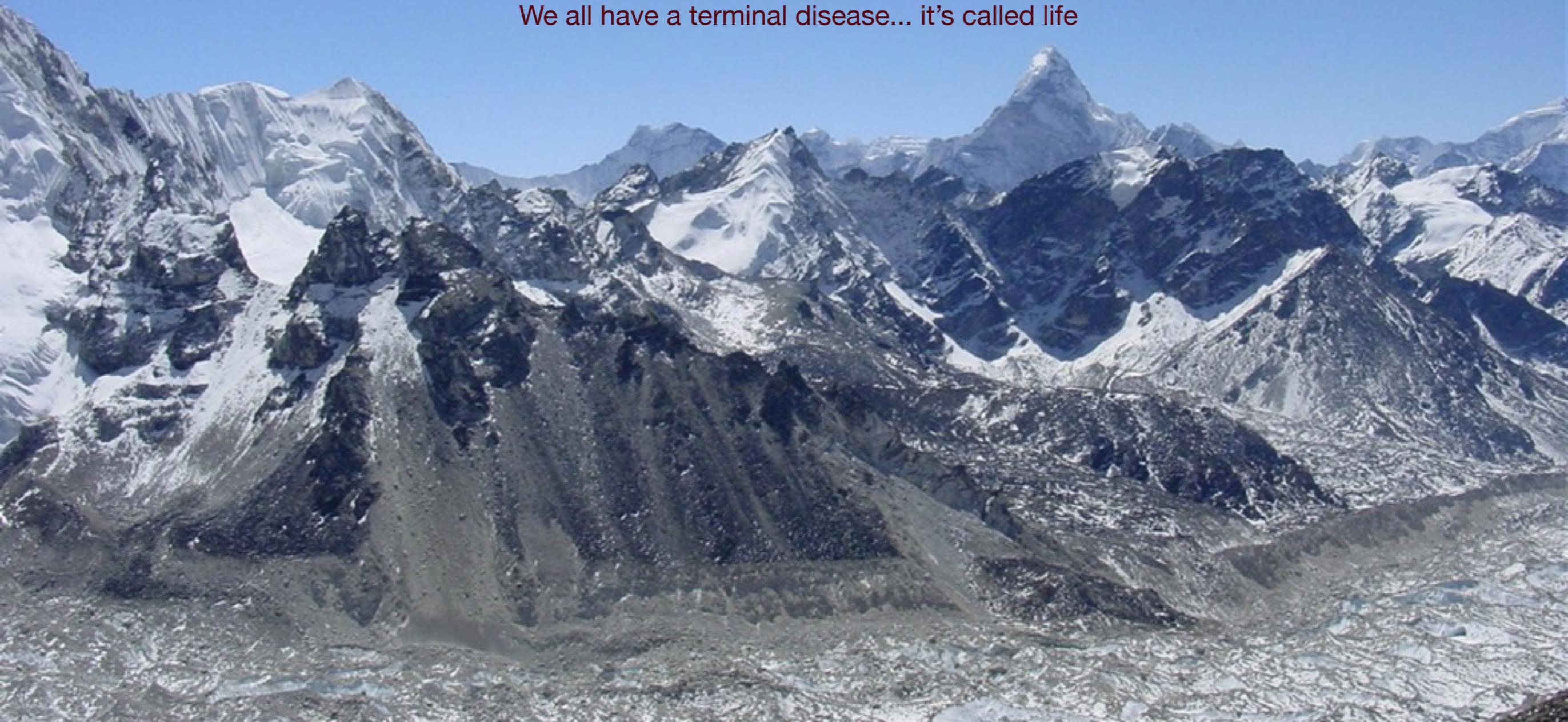
A family binds together because two people love each other and choose to create followers. Those two people may only collude for a short while on a few things and then maybe none except maintenance. Therefore they create some uncertainty in the future and that can be the undoing of the family dream.

The spiritual side of family dynamics is the future. This is vital for relationships to thrive. If a couple can collude on just 33% of their future dreams, then there is, in nature's language, a relationship that will last. More than 33% and it's smothering, less and there's really no reason to be together.

This is a law of nature, not a Walker's law.

HEALTH

We all have a terminal disease... it's called life



Overspecialisation leads to extinction. No matter how much you try to save the whales, they'll beach themselves and extinct their own specie if they can't sort out the difference between the signals they use to guide their way at sea, and the local radio station broadcast.

Over-specialisation is a big error in health management too.

The vegetarian who never eats meat is painting themselves into a corner. The organic consumer is missing the adaptation benefits of eating pesticides and the person who lives in the remote, cigarette free zone of the rain forest will never be free to travel to Kathmandu.

Hygiene is killing us. Our bodies are being protected from cold, heat, dirt, bacteria, germs, smoke, electricity, bad people, conflict and more... in other words... we are becoming imprisoned to live in virtual reality. Protective attitudes are super kind, but like the overuse of antibiotics, some things we do in the interest of emotional feel good are not always in harmony with spiritual direction.

Our children need a few scrapes, a bit of challenge at school.

But overspecialisation is more dangerous in the separation of cause from effect. You catch a flu and you treat the flu with rest and pills, but did you treat the cause? If we treat the cause we evolve our immune system. If we treat the effect (symptoms) then we might get over the flu faster but we'll be more vulnerable next time the bug hits town.

We evolve our health at the border of Healthy and Unhealthy... support and challenge and as long as our immune system is strong enough we get through these lumps and bumps. The key therefore, rather than avoid those things that challenge health, is to focus and concentrate on building our immune system to cope with broader challenges.

Turning our focus now to cause, rather than effect, I believe that most serious ill health, like allergies, serious flu and such things as cancer have their root in a period when our immune system was way down.

Typically, immunity is associated with thankfulness and the opposite of thankfulness are: anger, greed, jealousy, fear and guilt. So, the question can be put to someone who is wanting to evolve their health, “which of those is running down your immune system?”

If we can find the source of the broken down immunity, we can fix both the effect and the cause. It’s a powerful healing process that combines both mind and body.

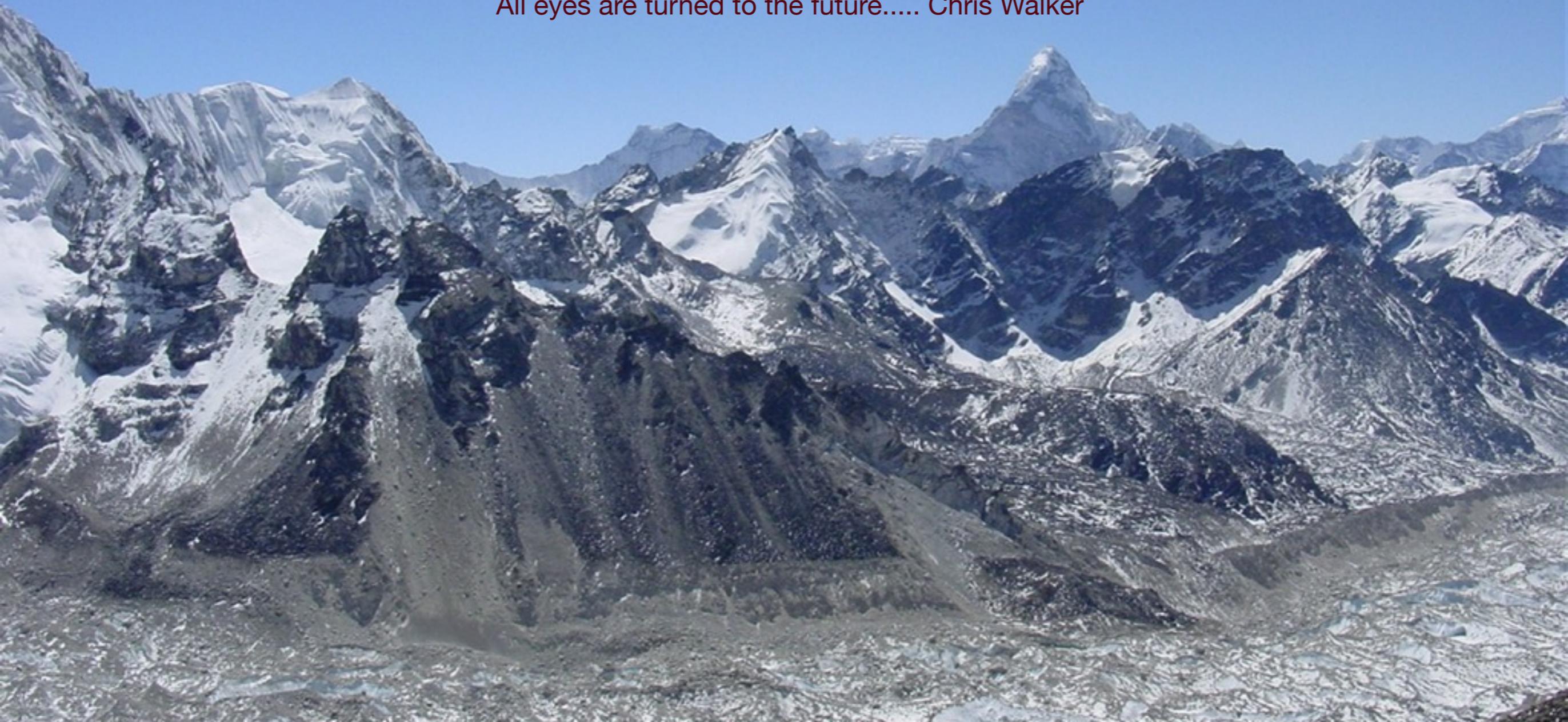
Overspecialisation in these times usually means we deal with mind with one person and body with another. This is only a more modernised way of dealing with illness and, I believe, misses a major opportunity in healing process.

Our local GP might dispense all sorts of medical advice but they rarely look at the mindset that might be causing troubles. Just sit in the waiting room of any medical practice to see that mental health and physical health are highly interconnected.

Chapter 9 The Nature of ...

SPIRIT

All eyes are turned to the future..... Chris Walker



It may be fantastic sitting down with our legs crossed hoping that the sun will rise in the West and that we can save the lives of porcupines. But in reality spirituality impacts to human condition in far more tangible and beneficial ways than this.

All human eyes are turned to the future. Real Spirit, human nature, gets fired up when that future looks fantastic. This is the key role of spirituality and the essential ingredient of nature based spirituality. The Future -

It's really important to separate spirituality from religion. They are not in conflict with each other because they function at two different focal points. Spirituality serves for self-management. When the future is clear and we are inspired about it then we have reached a great height of spiritual awakening.

But there can be delusions. If our aspirations for the future are not realistic and venture into the world of fantasy than they are just a temporary relief from an emotional disappointment. So the art of spirituality is to make the future REAL.

The present moment is the emotional moment. We seek emotional gratification in the present moment and so we want the present moment to be positive. So the art of containing life into the present moment is the art of emotional management. This is life management for happiness and feel-good experience.

But just because we feel good, feel happy today, there is not guarantee that tomorrow the crud isn't going to hit the fan. So, the end result of "being in the moment" is a deep aching uncertainty about the future.

In contrast, all of nature is preparing for the future. Even the beaver will start to prepare for a bad winter months earlier than normal. The instinct of all nature is to prepare for the future.

Delusion about the future belongs to human beings alone. We can confuse the emotion of the present moment with the actuality of the future. This becomes clumsy and complicated. So it's necessary in spirituality to be very REAL about what we want in the future so we don't end up creating fantasies and fairytales and thinking that they are dreams and visions.

For example: I can imagine myself being an Olympic 100 m sprinter and defeating the world champion in under 9 seconds. If I follow most of the New Age teachers they will have me writing this down in a journal, affirming it on my bathroom mirror, sitting in close eye meditation and fantasising about it. But will it ever happen?

But there are even more simple errors when it comes to spiritual development. And most of those simple errors emanate from a disconnection with nature.

The person who lives in nature and works with their hands knows automatically that there are two sides to everything and that to fantasise about something is to think that there is only one side to it. So the farmer who is having a good year will put some money away in preparation for a bad year. When a person who lives and earns a living from the land meets you, they greet you with an open heart because they don't buy into our ego and insecurity. They see you as just another normal balanced human being.

In city life we have lost this understanding about nature. We buy things thinking that there is a one-sided opportunity and we don't for some reason put away for the future. When we are asked somebody should there be a challenge in a workplace the answer would be no. This is a revelation because at a spiritual level the idea of a world without challenge is impossible. The consequence is that when city people do a vision they think of all the good things that they want to have happen in the future and ignore the balance.

Therefore, their future is always disappointing.

The Future and our visions of it must be real and therefore there is no greater and more profound opportunity to understand spirituality than to go back to nature. In nature we are inspired and if you take anybody who is experiencing life challenge and leave them in nature long enough they will let go of the tension and stress that keeps them from their inspiration.

But we all can't live in the bush. The idea I have is to bring the bush to the city. The way I have been sharing this, and propose to do this is by helping people in leadership roles to understand the laws of nature, those things that are intuitive to a person who works on the land. If we share these nature's laws with city people they get the best of both worlds.

For some people this doesn't change much. Emotion thrives on a disconnection from nature and many people's lives are created and supplemented exclusively with emotion. [Sugar, alcohol, drugs, sex, food, tobacco, coffee, television etc.] So bringing the laws of nature to all city people is not going to change everyone but it will change the vision of those who lead. Leaders in any field can't survive on emotion alone.

The 100% in the Now, emotional people learn the hard way. I have worked with people who have lost their vision and become 100% emotionally driven. They didn't lose their eyesight, they lost their heart sight.

I've seen the devastation that comes to a community where people have lost their vision and gravitate to violence in order to extract the most emotional gratification out of the moment. I've seen couples tear each other to shreds in court because when they separated one of the two people realised they had no vision and therefore no life.

I've seen people threaten to take their own life, totally suicidal, or become addicted to drugs because it's the only way they can think without a vision of tomorrow.

Nobody wants less, everybody wants more of something. Tomorrow must be better than today or we lose our heart, our spirit and fade into emotional gratification and self delusion. When we lose our vision all sorts of disaster, calamity and humbling circumstances come into our life.

It's this hurt and suffering that helps us to recognise the importance of REALSPIRIT in everyday life, but not the sterile westernised commercial forms of spirituality, here we are talking about nature's spirituality. This is where inspiration has its root.

Size Doesn't Matter

The key is not to evaluate the size or merit of a person's vision.

The key is to understand that everybody has the capacity to dream the future.

The less emotionally dependent that person is, the longer the distance in the future their dream will become.

A person who is in emotional pain dreams that the next 5 minutes there will be pain relief so their vision is simply a five-minute window. A person who has developed an emotional awareness and therefore whose expectations of life somehow mirror the realities of life, will start to develop a vision that extends years into the future.

But with all this visioning there is a grand opportunity to become confused and UN-REAL.

So we need some form of filtration to make sure that these dreams are not fantasies because fantasies lead to depression and disappointment.

Here are a few questions that I use to help clients do a REAL vision:

1. Can you see pleasure and pain in the future?
2. Can you see that no matter how much you do you will always be hungry?
3. Can you see that the satisfaction of one goal will create 3 more?
4. Can you see that what you want you've already got but in a different form?
5. Can you see the vision is not an escape from pain?
6. Can you see all 7 areas of life in your vision?
7. Can you see acceptance and rejection in the future?

If the answers are yes, it's REAL.

These are just a few of the list of checkpoints that we can go through in order to understand the spiritual side of future vision. In nature there are two sides to everything, everything grows at the border of support and challenge.

So, by understanding the laws of nature we can create visions that are grounded, inspirational, achievable and make a dent in the universe.

To those people who feel insulted that spirituality in its generalised form is for emotional pleasure, bliss, enlightenment or escape from pain I'm sorry. Facing reality now is, in my experience far better than in the future.

“The pain of regret outweighs the pain of reality”

A story to share:

“There were 2 monks sitting on the mountaintop. One was dancing with a huge smile on his face. The other was sitting in a meditative position, cobwebs covering his entire body. They’d both been there for 20 years. One dancing the whole time, the other sitting still. They decided to call down Shiva and ask one question each. The monk in the cobwebs, asked the 1st question “how much longer before I’m enlightened?” Shiva spoke “40 more years” and the monk bowed his head in disappointment and went back to the grind of meditation. The dancing monk then spoke “how much longer Shiva?” and Shiva replied “40 more years” and the dancing monk screamed with joy at the prospect of 40 more years of dancing and immediately evaporated into enlightenment.

The witnessing of this story for me is quite beautiful because what it exemplifies is that once we have a vision of the future that is so enticing and inspiring that we are excited about it and enthusiastic to live every day of it, then we reach the highest spiritual awakening possible and yet you may not ever sit down in front of a Buddha statue, bend over backwards in a yoga class or be anointed in the holy waters of India. It’s not that those things are fantastic fun and emotionally rewarding, it’s just that what they’re trying to achieve is often distorted by bad or inexperienced teachers. Real Spirituality can be experienced in more simple realities as it was always intended to be.

Love the future, love what you are doing and wish to do it for eternity. Find joy in doing as well as being and having. This is the spiritual side of life... dreaming dreams and knowing with certainty they will come true - this is REAL-SPIRIT, the Human Nature, awake and alive and well.

HEART

There are three minds to listen to - Ego owns two of them and they are the positive voice and it's opposing negative voice.. it's a toss up because they oppose each other. And then there is the inspired voice... it's nature talking through you... it is called "Heart."

People say put your heart into it, it means to become fully invested in something. It means to throw the full weight of your humanity behind something.

When we explore the term heart in common language, we find that “heart” means the central or inner most part of something such as the ‘heart of the city’, it also means the essential or vital part of something such as "what is the heart of the matter?"

A person with a ‘lot of heart’ is someone with determination. To ‘lose heart’ means to be discouraged so we see that the will of a person emanates from their heart. We refer to the heart when we talk about generosity or sincerity as well as consideration, understanding and helpfulness as when we say, ‘He has a big heart.’ or ‘She is a dear heart.’

When a person is cruel or mean or when someone shows no regard for others we say, ‘His heart is closed or small or cold or that he has no heart at all.’

An open heart does it mean rushing around solving the world’s problems either, because those obstacles are countless and that rushing around is in itself part of the world’s problems.

By listening to your own heart, to your own particular gifts, it enables you to express yourself without tension or reaction.

If one spent their whole life doing nothing other than opening their heart and developing the qualities of the heart, it is no exaggeration to say that this effort alone would bring them to the highest spiritual goal of human life, because it is through the heart that one finds their truth and within the heart that one finds their true nature.

But to live with heart you and I and everyone have gotta learn when to shut up, sit down and listen.

Each day I go to the beach and run, swim and stretch. I listen to music and people and I have a great sweaty time staying healthy. But I also sit down on a rock and shut up and listen. What am I listening to? I don't know.

The waves make noise, I hear that but I'm not listening to that. People laugh and cry I hear that but I'm not listening to that. I shut up and wait. And that's listening.

If prayer is thanking the universe, meditation in nature is receiving from the universe. That's the source of inspiration.

There are three simple techniques that almost guarantee listening is switched on:

Balanced

If the mind is balanced the heart will open. This is the source of inspiration.

Centred

When the body is centred, the mind is free and when the mind is balanced, the heart will open. This is the source of inspiration.

Calm

When the nerves are calm the body is free to be centred, then the mind is free to be balanced and the heart will be open and the actions inspired.

1. CLEAR THE FOG

When your heart is open you thrive. When it shuts we don't. It's really important to know whether your heart is open or shut.

Sometimes, something annoys us or disappoints us and we carry that disappointment for years and years, finally getting what it feels like to live in inspired with an open heart.

It's really important to clear the fog every day to make sure that you haven't started to accumulate a history of judgments which, begin to create a fog around your heart and therefore sabotage your relationships and work.

One way to clear the fog every day is to go out into nature and admire the scenery.

Clearing the Fog - Process

Things I did great today	Downside of the things I did great	Things I Could have done better today	Upside of the things I could have done better

2. BE REAL

Another important process on a daily basis is to avoid anything that disguises tiredness or stress. We really do want to know if we are tired or stressed. If we cover tiredness up with coffee or adrenaline then it's highly probable that after some months we'll have a crash and burn experience. Our heart can not stay open if we are tired and it certainly doesn't open because we learn to to mask the tiredness.

Stress also closes our hearts and blocks our vision. So anything that disguises stress such as alcohol, drugs, eating or yoga may dull our awareness and therefore leave us shut down emotionally but still reacting biologically. That's the worst stress, the one we don't know we have.

Every time we hear ourselves speak the words "got to" or "should" we know we are not in a smart place. It's wise, and therefore smart, not to act at a time when we are not thinking straight. Typically, in those times, we are reacting not acting wisely.

Any work done in reactive mode sends a message. We may think that our reactive thinking is a secret but it's not. We are extremely transparent. People know, or at least feel, where we are at, even if it's only at a subconscious level.

3. STAY FRESH

What is your VIP? Vision, Inspiration and Purpose in life? Find this and following your heart is simple.

Boredom and stagnation drive us into our mind and emotions and therefore make the whole day mechanical.

If you come home from work with less energy than you went to work with in the morning then there's a shift needed.

Biophilia is the science of maintaining a productive mindset through the use of nature in both work and domestic environments. [On my blog](#) you will find extensive reference to the application of nature to keeping the mind fresh and alive at work.

The other ingredient of keeping fresh is to deal with expectations. In other words, every time you meet somebody, make it like the first time. We carry a lot of expectations in our mind and they complicate our relationships. Imagine, instead that each time you meet your partner, it's the first time you ever met them.

Don't try to change what people are. Rather develop what they have. According to Kahlil Gibran "Our worst fault is our preoccupation with the fault of others". If you want to get the best out of someone, you must look for the best that is in them. People can only use their strengths to excel, not their limitations.

Chapter 11 The Nature of

YOU

Be Real - True Nature



- More Inner Stillness
- Better Decisions
- Loving Relationships
- Greater Perspectives
- Clearer Commitments
- Inner Strength
- Mid Control
- Greater Focus
- More Inspiring
- More Heart - Less Dogma
- Emotional Integrity
- Personal Honesty

There are many more benefits to REAL SPIRIT.. the whole objective is to wonder and explore your true nature.

Inside you is a wealth that can become a rock of strength even in the midst of the worst circumstances. The gift of that wealth is not exclusive to those who devote their lives to achieving it, instead, it's free for all who are ready.

*Every blade of grass has its Angel that bends over it and whispers,
"Grow, Grow."*

The Talmud

*"The way you see people is the way you treat them and the way
you treat them is what they become"*

Goethe

*People are learning to become the person they already are,
potentially. You are
potentially a soul, and you, as mind, are learning to be what you
already are in potentiality.*

*So you are learning through education what you already innately
are.*

*Learning has two forms, asking and telling; to withdraw out and to
impart in. All forms
that are under the illusion that they're not souls do this.*

If the corporate body has no leader it becomes chaotic, and everybody gets into their own issues. Once someone comes in with a vision which is greater than the vision of those below, it puts the soul back in there and there's less editing to do.

You have three levels of writing; intellectual writing, intuitional writing, and inspirational writing.

That's 'got to,' 'want to,' and 'love to.'

Ungrateful and grateful; doing it because something on the outside says you have to, or writing from the inside loving to come out.

With 'got to' you have a lop-sided perception of pain or pleasure driving it, and you add or delete. In 'love to' they're equal, and it's flawless.

Our life can be the same way. If we are grateful, we get inspired, and have little editing to do. If we are ungrateful, we have lots of editing. To edit just means to add or subtract, to gain or lose.

The principle we see in writing we can also find in knowledge. If we listen to our inner voice, which is grateful and sees the balance, we have less editing to do in our lives.

Less editing means we have less gain or loss in our knowledge, because we realise that we can't gain or lose.

Inspired writing and living need no editing.

*We ourselves feel that what we are
doing is just a drop in the ocean. But if
that drop was not in the ocean, I think
the ocean would be less because of that
small drop, I do not agree with the
bigger way of doing things.
To us what matters is the individual.*

Mother Teresa

*The Gospel of St. Thomas says so
beautifully, when the disciples asked
Christ how to enter into the
kingdom of God;*

*"When the outside is the same as the
inside, and the inside is the same as the
outside.*

*When the above is as the below,
and the below is as the above.*

When the masculine is as the feminine...

*In every block of marble I see a statue
as plain as though it stood before me,
shaped and perfect in attitude and
action. I have only to hew away the
rough wall that imprisons the lovely
apparition to reveal it to the other eyes
as mine see it.*

Michelangelo

I sought my God and my God I could not

see

I sought my soul and my soul eluded

me

I sought to serve my brother in his need

and found all three My god, my soul and

thee

Anonymous

*A study of economics usually reveals
that the best time to buy anything is last
year.*

Marty Allen

*Decide what you want, decide what you
are willing to exchange for it. Establish
your priorities and go to work.*

H.L.Hunt

Life is a school. This school does not give out passing grades, but demands a perfect A from each student on every subject. You can never quit this school, and this school has no time limit for graduation. You will not graduate until you get it "right". If you are a Christian, your schooling might end when you draw the last breath. If you are Hindu or Buddhist, then you will never graduate until you reach your full Divinity, and that might take millions of incarnations. God is not democratic. He demands of His children the best they can be. He demands that they be like Him, and the cost for failing the courses is your liveliness and happiness. However, as long as you are fighting the battle tenaciously and courageously, the magical, unseen hand of the Divine is there to aid. This is not merely rhetoric, but a common experience that many people have found to be true.

*Einstein noted that a great person knows of his or her greatness
long before anyone else does.*

*most people have been conditioned to be affected by
the opinions of others and therefore
never get to see their own
magnificence.*

*Let everything be allowed to do what it
naturally does, so that it's nature will be
satisfied.*

Chuang Tzu

*Acquire the courage to believe in
yourself.*

*Every persons work, whether it be
literature or music or pictures or
architecture or anything else, is always
a portrait of him or her self.*

Samuel Butler

Conquering others requires force.

Conquering oneself requires strength.

Lao Tzu, Tao Te Ching

Work to become, not to acquire.

Elbert Hubbard

Take no credit, or you will be faced with taking blame. Get not elated with what you do, or you'll get depressed about what you don't. If I allow myself to get self-righteous about what I do, I eventually attract something to make me self-wrongteous. It's not a matter of taking credit or blame, it's about doing what you love. I do what I do because this is what I feel I am to do, it's like I couldn't do anything else but this.

Chris Walker

Almost everyone thinks he wants to be rich, but in reality most of us are where we want to be financially. Obtaining prosperity is not about what you are willing to do to gain it; more importantly, it is what you are willing to give up in exchange for it. This is an extremely important principle to remember. It is like the making of a superior athlete.

The first thing the athlete has to confront is the question:

*What am I willing to give up in order to
become a great athlete?*

Am I willing to give up the times that I spend with my friends?

*Am I willing to forgo the parties and fun times that my friends
enjoy?*

*Am I willing to forgo delicious, fattening food in exchange for a
disciplined diet program?*

The list goes on.

*Many teachers preach that you must do what you love,
then you will be very good at your job.*

This is only part of the story.

*Most people have not reached a clear state
of realising exactly what they love to do and what they are good at.*

By simply being aware

that there is a “divine plan” for your

life that waits to unfold in the course of life itself,

you will begin to be consciously in tune

*with every incident that comes into your professional and personal
life.*

*Treat each incident with the eye of a good detective and try to unveil
the mystery of
your destiny.*

The record of historical achievement cries out loud in condemning tones against laziness.

Gibbon spent 26 years writing

"The Decline & Fall of the Roman Empire".

Milton used to rise at 4 every morning writing

"Paradise Lost".

Bryant rewrote one of his essays 99 times.

Webster worked 36 years to produce the first edition of the dictionary that bears his name.

Aciers practiced speaking before his friends every day for 30 years to perfect his elocution.

Now, it's your turn....

The content of fear may be intense and gripping, so much so that it overwhelms us completely.

But when we look beyond that content, at the fear itself, what do we find?

Pure energy, energy which, if we focus on it directly, will begin to reveal its real nature.

Then, instead of filling us with agitation, the energy of fear can actually lead us to a state of exhilaration, or intense concentration, or love.

Ancient hindu scripture

I'm going to define the soul as a photon, which is a relatively massless and chargeless state. It is a massless and chargeless quantum of light. Your soul is a particle of light, a photon, because it's a parcel of the divine light. But the second it comes toward a finite world from its infinite origins, and manifests as a mind in a form, a body, it dualises itself into positive and negative, which I'm going to define as a positron and an electron, because a photon entering into a domain of different density automatically splits into two polar sides of charged particles.

Freeman Dyson gave to Richard Feynman the idea that consciousness is a cloud of charged particles of light. In his studies of quantum electrodynamics, particularly in the study of electrons, Feynman showed that a photon can be split into a positron and an electron, and a proton and a neutron can exchange neutrinos and anti-neutrinos as well as positrons and electrons. We are literally manifesting matter by taking light and putting it into different densities; by creating positrons and electrons, and merging them into photons, or diverging them and making neutrinos and anti-neutrinos.

All the exchanges of these particles are nothing more than plays on consciousness being integrated or disintegrated. Gratitude merges those particles and steps them up in potentiality, while ingratitude diverges them and steps them down in potentiality, into kinetic energy, and creates massful and chargeful particles.

A basic law of psychology, is that anything in which you haven't discovered the balance of perceptions will keep running your life until you do.

Anything in your life that you do not have a balanced perception about will consistently show up in your life, in the form of memories and imaginations, until you bring it into balance.

*To be yourself in a world which tries
night
and day to make you just like everybody
else is to fight the greatest battle there
is to fight, never stop fighting.*

E.E Cummings

*When you are inspired by some greater
purpose, some extraordinary project,
all your thoughts break their bonds,
your mind transcends limitations,
your consciousness expands in every
direction, and you find yourself in a new
great, and wonderful world. Dormant
forces, faculties and talents become
alive and you discover yourself to be a
greater person by far than you ever
dreamed
yourself to be.*

Pattanjali

As a person thinketh so he / she shall

be