

# THE PATH

A Journey in Self and Team Leadership

Chris Walker



## About Chris Walker



For 30 wonderful years Chris Walker has helped bring the beauty and harmony of nature into people's lives. He's helped people all over the world find, live and work with more spirit, inner peace and personal harmony. Since 1976 Chris has run training programs, guided people to the highest peaks in the world,

taught executives about self mastery and helped many young people in his youth programs. He's dedicated to bringing people together in harmony with nature, helping them find their true nature and the nature of life. Beyond the mundane putting the spirit back into life.

Carrying a pack, discovering new trails, exploring the human spirit, dreaming with immensity, and gaining far away horizons: escaping the destiny of the sedentary, loving above all the supreme liberty of the human spirit at one with nature. This is Chris Walker's life!

Like the trails he explores with a pack on his back high in the mountains, unravelling the mysteries of harmony and focus at work or in relationship creates something special for any individual who decides to explore the wonders of it. A uniqueness, a resilience to the instability of conventional attitudes, a real freedom that only the human heart can fully understand.

Chris is a free spirit, a nomad. He follows his heart and helps others do the same. Are you ready to explore it?

# The Path to Awakened Work Life.

## Why take the Path?

In 1984, my marriage failed, my business life went to the dogs, and took me with it. If there were not signs that I needed to create change in my life before that, there were certainly signs after it. This course, is the result of a quest to explore better, more authentic ways of being in life and at work. An awakened way of being in the world.

However, there were signs before the journey began to this new awakened way of work and life. I blamed the world for my stresses, I had anger that I couldn't process and I was achieving great states of mediocrity in my work and relationship. Step by step, through trial and error, and taking some massive diversions, I found better ways to be happier, do better and achieve it faster. This is the foundation of this training program.

Ultimately, this Path is about more choices. Better choices in how a person deals with everyday work, life and relationship. It's about balance and personal strength, a realisation that, with certain choices we can find inner calm, be resilient to the challenges that come our way and give more of ourself.

This is not the only Path to awakened work life. But, I think you will find it is the most natural, direct, rhetoric free and shortest Path. I'm an Aussie, we believe in Quiet Achievement. That's the essence you'll find in this work.

Chris Walker



## Purpose of Program

To put a great range of choices into the hands of people who want to be happier, do better and get there faster.

## Outcomes you can expect as a result of this program are:

- Great range of personal choices for individuals in work life management
- Real Awareness of how and why things happen and the ability to impact responses to stress, emotion, uncertainty and wellbeing.
- Step by step journey moving from heavy handed poor communication to more refined, self responsible, more fulfilling and blame free work life.
- A deep respect for human nature, nature, and the way people can act in harmony with it.

# The Seven levels of Human Nature.

## A Course in Self and Team Leadership

To get more done in less time. To do what you do with increasing excellence. To go home with more energy than you came to work with. To bring home the best you and yet, to grow everyday of your life in the responsibility you carry. This is the way to improved self and team leadership.

## The Path

When people find real harmony within themselves and with the world around them, they become better people. Now, the question might become, “so what has this got to do with success and leadership?” And the answer is, according to all the great teachings, “everything.”

There is a path. It is a well trodden path. It too is in synch with nature. The path starts by building a personal foundation of emotional and personal stability and evolves all the way to the highest levels of personal mastery.

People want to find awakening in their life. To move to the higher and highest states of human awareness and performance. To move past the mundane and attain some sort of emancipation and understanding of life. This is a worthy ambition in life. The Journey is often referred to as, The Path.



# The Journey to Awakened Self Leadership

## Career Path and Global Change

There are many paths. There are many ways to reach toward this goal of finding an awakened state of mind in which you bring the best of you to the world as a leader, a partner or a lover of life and the rewards of such journey's are exceptional. The world needs awakened people, it needs you.

Each of us who step beyond the boundary of conventionality and find peace of mind in our existence becomes a satellite of hope for the rest. It is a burden of real leadership a responsibility to bring this goodness to the world, not only as teachers, but as icons. Once found, this awareness becomes a silent light for the future for those searching for guidance.

The Path I share is not smooth or hewn from marble. It is not the result of a powerful awakening by a prophet or an idol. It is, instead, Nature's Path and it comes to you from your life's experience. It is drawn from all disciplines of awakening and does not intend to form a new cult but instead, empower leaders to step forward and help people find their own way. To become an example of all that is humanly good in human nature.



# The Natural way - Nature's way

## Straight Talk - Raw Honesty

If you are a leader and you are looking for awakened mind states, inner peace, stillness, harmony and inspiration then you can know that this path, nature's path is the fastest path, the short cut. It is unique because it comes from everyday experience. It does not try to clone a human goodness, but instead, it helps people learn and grow through the real experiences of their own life, it is an individual way, your own path.

I will teach you methods. Any of these methods taken alone can lead to awakening in their own right. However, the methods are purely used to help you get on and stay on "The Path."

We are a pure and good society. A highly tolerant one. We are a kind and generous society, who gives to aid those who are less fortunate. We live in a good world.

And, it is on this basis that I encourage you to take this journey. We are good people, humanity is good, work is good, and families are good. We deserve the merit of higher awareness and understandings in whatever form they take to preserve the best, and evolve the rest.

# Why Nature's Way to Awakened living?

## Ancient Teachings in a Modern Context

As western people we are looking for more enlightenment, more enlightened ways of being in the world and, in our competitive world, it is difficult. There are so many opportunities to take a side track, to waste years. This is why, I, as a teacher of awakened living and enlightened lifestyle, believe nature provides a beautiful and most perfect alternative as a model for human growth and leadership.

Nature opens your heart. Just a moment standing in awe of a beautiful sunset, a frozen lake or the most beautiful leaf can transition a person from anger and greed, to love and peacefulness. Nature and human nature are intricately connected. There is a natural awakening that comes from our connection to nature.

Nature reveals the mysteries that underpin the whole essence of life.

## Nature is a raw and honest teacher.

Nature has no boundaries. There is no exclusivity to access nature. You don't have to pay for expensive American Guru's or travel to the middle of the jungle to learn what every human has the right to know. Rather, it is every human's birth right to understand the real dynamics of life, and the evolution of our consciousness on earth.

There are no techniques to self-awakening in nature. No practices or philosophies or any disciplines that separate us from everyday experience. Instead, nature is a mirror into which we can look and get a real, raw, honest and inspirational understanding of our mind, body and career.

Nature wants the best. Nature has no vindictive judgement. There are simply laws of nature that, have cause and effect. There is no more or less deserving, no credit points for being great or demerits from being good. There are simply consequences and those consequences are spread across the full spectrum of humanity. Therefore, we become empowered as the cause of awakening and the cure for the ills on our life path.

## Steps on the Journey

Everything in nature is hierarchical. Our business and organizations model this. However, sometimes the reason for people being at the top of their hierarchy is not according to their power or leadership, it is according to trickery or violence. But those are aberrations and people who follow those routes are seriously unable to celebrate the rewards of their achievement. So, you are wise to rise in your leadership according to the natural path, and in doing that, be able to relax and know you have risen and sit in this place with security and goodness.

In our complex world, we have the opportunity to simplify our understandings by relating everything to nature. The forest, the ocean, the sky, species, rocks, plants, animals and insects all have a voice. It requires silence and wisdom to hear it.

The Laws of Nature bring the harmony of nature into everyday life. Evidence of those laws can be found in music, in dance, in business as well as relationships. The universal laws are found in every walk of life.

Knowing those laws will create harmony in your work, stimulate the environment you create, direct the exercises you do and help create the depth and silence to open your inner ear to your own life inspiration.

# A Course in Self and Team Leadership

Step 1. Entering the stream. We throw off the 3 dark emotions and recognize that life, without them as a burden, is beautiful. This is personal happiness.

Step 2. Awareness. We develop the 4 awareness of mindfulness. We become aware that what we think, what we do, have consequences far beyond what we can see. We become aware of the importance of life balance.

Step 3. Effort. We learn the 4 secrets of right effort. We recognize that there is a limit to the time we have and that time itself is extremely precious. We learn to manage our Energy - mental and physical.

Step 4. Success. We discover the 4 basis of success and in doing so tap our deepest humanity. Here we create clarity for self and others.

Step 5. Powers. The five faculties of the leader lift us into positions of social responsibility. We become capable of guiding others.

Step 6. Awakening. Seven factors of awakening bring us closer to realization. We become absolutely unconditional in our work.

Step 7. Humility. We return to the first step, and begin the journey a second time with loving kindness, compassion joy and equanimity. We are teachers, or helpers and extend a hand to those who reach out for it.

# The Path to Self Leadership

**Step 1. Entering the stream. Letting go of Ignorance and poor motive. Free from Ego.**

- Beyond Anger
- Beyond Greed
- Beyond Hatred

**Step 2. Awareness. Becoming aware of those things that support and challenge our Truth.**

- Mindful of Body
- Mindful of Feelings
- Mindful of Mind
- Mindful of objects

**Step 3. Effort. Focussing life on goodness.**

- Doing the right thing
- Fixing and preventing doing the wrong thing
- Be aware of causing the right thing
- Sustaining and holding the right space

**Step 4. Success. Creating an Outcome**

- Diligence
- Energy
- Awareness (focus)
- Penetration





# The Path to Leadership continued

## Step 5. Powers. Faculties, Capacities and Abilities in higher realms

- Confidence
- Energy
- Stability - emotional and mental
- Concentration - emotional and mental
- True Understanding

## Step 6. Awakening.

- Full attention
- The Universal Laws - Cause and Effect
- Energy
- Joy
- Ease
- Concentration
- Letting go

## Step 7. Humility. We return to the beginning.

- Loving Kindness - Give joy and happiness to others.
- Joyfulness - Happiness for ourselves and others that causes no harm.
- Equanimity - Give and act unconditionally
- Compassion - Remove suffering from others

# Step 1.

## Entering the Stream.

We throw off the 3 dark emotions and recognize that life, without them is more productive, fun and beautiful. This is a key to extremely resilient personal happiness.

Letting go of Ignorance and poor motive.

- Beyond Anger
- Beyond Greed
- Beyond Hatred

Imagine that you are walking into your office. You sit down and someone makes you angry. What do you do?

Imagine that you are in a team and one of those team members deliberately acts to hurt you. What do you do?

Imagine that your career is going fantastic, you feel unbreakable, powerful and you are surrounded with brilliant opportunities. What would you do?

Emotions are powerful. They can take a person to the heights of pleasure and even cause great compassion. What motivates us toward our goals is highly relevant to self management and team leadership. The best leaders are free from the three lowest ignorance's and in this way attract people who are ready.

To grow beyond these three lowest motives people need a good process for mind control and emotional awareness because anger, greed, and hatred (read criticism) are quite natural reactions to fearful and stressed environments.

# Step 1. Entering Part A

## Letting go of Ignorance

Everything people react to runs them. So how we deal with other people and how we let them affect us goes to the heart of leadership and advancement in your career. Motivated by anger, hatred or greed brings about a terrible turbulence in your career. It will divide your team and your loyalties. In this, It is wise to rise above those dark emotions as any form of trigger for action in your life and leadership. All ignorance, which in corporate jargon is referred to as conflict, non cooperation and emotional abuse finds its home in either anger, hatred or greed. Commit yourself to rise above these as any sort of trigger for action.

### ***Skills you can learn for this step are:***

- Anger Management
- Fear Management
- Moving from lower to higher awareness

## Step 1. Entering Part B

### Letting go of poor motive.

Determination, commitment and dedication to your work are essential but if there is any anger, greed or hate directed at your work colleagues, yourself or even life itself outside of your work, it will sabotage your efforts.

There is no peace in a heart that has these three emotions and people will not be willingly led by a turbulent heart. So, to inspire confidence and trust it is your duty to yourself to abandon those three dark motives.

It is also essential to remember that hate, anger and greed does not have to come from work to infect your leadership with negativity. If you are angry at home, or about the world at large or even toward yourself for anything, it will translate into anger at work. You may not feel it, but it is there and will block your career. Finding peace in nature and having some personal coaching can, from time to time help clear any backlog of anger, hate or greed. Time in nature is a great antidote to tensions built up over the past.

#### ***The skills I use for this step are:***

- Inner calm
- Energy of the Heart
- Clearing Skills

not a strong wind  
nor a surge of pressure  
nor a fit of passion  
nor anything  
for that matter  
can throw you off  
when you mind and your body  
are in balance

## Step 2.

### Awareness.

- Mindful of Body
- Mindful of Feelings
- Mindful of Mind
- Mindful of objects

Imagine you are sitting at your desk, a meeting is about to start and it is very, very important but your mind just won't function clearly. Everything seems jumbled, you are not fully prepared, you decide to wing it.

How could you have done this differently and why was your mind fuzzy? How could you get in control of your performance?

How much stress do you think this situation places on people?

How could you change this situation just by simple body mind techniques?

How could you change this situation just by simple mind control techniques?

What does this circumstance have to do with yesterday?



## Step 2. Awareness Part A

### Becoming Aware of Body.

Where does the mind start and the body finish? It is a known fact that the body stores emotion, and in some cases, that emotion causes disease in the mind and body.

For a clear mind your body must be in your awareness. You will need to know the affects of food, posture, breathing, exercise and environment on your body and therefore your mind.

The step of becoming in control of the way your body is positioned, what goes into it, how it serves you in your life is a very beautiful one. It took me thirty years of yoga to discover the answers, but it doesn't need to take that long. In my seminars we spend only a few hours and from that, the whole body mind science can be completely understood, and then, the difficult challenge, the key is to apply that knowledge: putting it to practical use.

***The skills I use for this step are:***

- Natural Body and Mind Connections
- Perfect Stillness - Inner listening
- Real . The Qi to Life. Reality, Energy, Attitude Life

## Step 2. Awareness Part B

### Becoming aware of Mind and Emotion

Emotion is a great aspect of life but emotion is a disturbed state of mind. No good decisions and very little clear thinking takes place in a state of positive or negative emotion. Emotion might be great for watching a movie, dating, and playing with life but when clear thinking and good vision are required emotion is a poor foundation.

People will not place their trust in a person who cannot control their emotion and they will not put their trust in a person who has no emotion. The point here is to know how to have emotional authenticity and yet, never act from that place. This is called mind control.

Mind control will rid you of emotional downers such as depression and mental stress. I recommend the process of natural law because it's easy, fast and absolutely natural.

***The skills I use for this step are:***

- Centering Techniques
- Mindful awareness
- Mind Balance

## Step 2. Awareness Part C

### Becoming Aware of the Feelings

Other people feel your thoughts before you speak them. Much of this awareness for people has been lost. Many people still say one thing and feel another but think no one can detect the difference. There is also a huge group of leaders with blocked feelings. They have buried those feelings for so long, they have lost touch.

This is a very important step in being an authentic leader and gaining support on your career path. When people detect, even subconsciously, that there is a lack of integrity between feelings, body language and words, they withdraw, and this is a disaster for a good leader.

In the program you can focus on this aspect in order to develop more personal authenticity.

***The skills I use for this step are:***

- Interconnectedness with nature
- Witnessing
- Relationship skills

## Step 2. Awareness Part D

### Becoming Aware of Objects

Objects have energy. Even a broom handle has energy. It's all about us and some people can feel this energy, some can't, but everyone is affected by it.

A room will carry the energy of the last occupants. A chair will have the energy of the last person seated in it. An office will have an energy based on the history and hopes of those who work in it. Trophies, photographs, art, pieces of paper, book spines: these all impact the mind, body and feelings in an office.

We do not pay enough attention to our environment handing it over to architects, interior decorators or even the office junior to manage. I believe an organization can increase productivity by 20 -30% just by environmental management within the offices. And, I believe that harmony in the office increases, health problems decrease and stress drops when environmental considerations are give as high a priority in leadership as human psychology.

***The skills I use for this step are:***

- Intuitive Awakening
- Inner Calm - Listening
- The Art of Transformation

There are great masters such as Emerson, Plato and many Asian Masters (Lao Tzu) who are convinced that if mankind lived life according to the principles of Nature, then we would be at peace with ourselves and with each other. It's a philosophy not uncommon in the ways of the East but has yet to be fully grasped by the western world. We are hoping this modern way of presenting this ancient theme will resonate with you, irrespective of your cultural or religious background.

## Step 3. Right Effort

### Focussing Life on Goodness

- Doing the right thing
- Fixing and preventing doing the wrong thing
- Be aware of causing the right thing
- Sustaining and holding the right space

Imagine. You are walking down the street and there reaching over the fence of the neighbours house, is a beautiful bush, and right there, at your eye level is the most gorgeous flower. Just blossomed. It will be open for another few days and you think to yourself, “what a beautiful gift to bring home to my love.”

What happens next? Do you look up and down the street to see if anyone is watching? Do you leave it? Do you just reach out and pick it? Do you knock on the front door and ask? What would you do if someone in that garden? Would it change your action?

Too much of what we do is trying to do the right thing, but only because someone else told us so. What is the real authenticity of human goodness and how do we operate from that unforced place? It is the belief of this author, that people are good, if only they could find the inner space from which that comes. Then, there would be no difference in the example above, whether someone was watching, someone was in the garden or it was the dead of night. Action would come from goodness, not, righteousness. People are good. They just get busy, hungry and fearful and forget it sometimes. This is an important awareness to have about the world we live in.



## Step 3. Right Effort Part A

### Doing the right thing

Is doing the right thing and doing what is right, the same? Who dictates what is right? Change a culture and change a circumstance and wrong becomes right and right becomes wrong.

When we choose this step we must differentiate between doing the right thing, and doing what is right. They are very different.

One will honour diversity and cultural differences. The other is about productivity, social conformity and community, team work.

Police make sure that people do what is right. Managers make sure leaders do what is right. But only the individual can choose to do the right thing.

This comes to the very foundations of self worth and self respect. Doing the right thing is the key to self confidence and, given that no one can do to you more than you do to yourself, doing the right thing is also the great key to leadership.

***The skills you can learn for this step are:***

- Heart to Heart Management
- Beyond Righteousness
- Separation Moral and Natural Law.



## Step 3 Right Effort Part B

### Fixing and preventing doing the wrong thing

Once time is lost it cannot be recovered. Once energy is wasted it is spent. If I could have spent time more wisely, and used my energy more effectively, I think I'd be sitting in the top floor of Trump Tower drinking champagne and doing this training program via satellite.

Fixing and preventing doing the wrong thing means taking the risk out of choices, taking the emotion out of decisions and defusing reaction before we do things we later regret.

It also means that 20/20 hindsight is not the basis for good decision making. Everything is easy in retrospect. It all depends on how you approach a situation. Consciously or unconsciously. Here, in this part of the program we look at the basis of personal values, choices and conscious awareness.

#### ***The skills you can learn for this step are:***

- Contemplations
- Personal Values
- Compassion the real meaning

## Step 3. Right Effort Part C

### Be aware of causing the right thing

As a leader we are responsible for 2 generic causal situations. The first is in the moment, right here and now, and the second is in the future.

The first cause, the here and now, is vitally important because if you, and those you lead are not content in the now, then there will be an innate unwillingness to adapt, play, participate and grow. When we are not happy in the now, we put the brakes on. Sure, we might reach out and want to change, we may be enthusiastic to get away from where we are right now, but, this is exhausting and depressing because the now follows us into whatever we do.

The second cause, the future, was traditionally the domain of marketing people to sell us a story about the future that was, where possible, inflated to meet our needs. Healthy skepticism has emerged with regard to promises that are designed to motivate action. Therefore, leads are not building castles in the sky anymore, with fancy words, but rather, providing evidence that, the future they promise has a clear path, and a reliable chance of manifestation. Motivations and fruit cake promises are no longer good leadership traits.

#### ***The skills you can learn for this step are:***

- Natural law - cutting out the rhetoric
- Understand human Nature - No surprises
- Balance the future - personal presence

## Step 3. Right Effort Part D

### Sustaining and holding the right space

Compromise is a leaders curse. Please others and annoy yourself. Please yourself and annoy others. Which is best, and when?

Doing the right thing and doing things right are all too often two different topics. Which, if you had to choose, would you choose. One will boost your career, the other boosts your self esteem.

Judgement is a cow. It leads us into all manner of confusions. For example: what is right? How do we know? Who said? Who told them? Why does being right mean more than being wrong?

This part of the Path is the most slippery, tenuous and therefore impactful. First because what we judge in others, we judge in ourselves so, less judgement means we're kinder to others and ourselves, hence less addictive demands.

Second, because the less we judge the less violence there is. There is nothing more violence activating than a righteous mind. This is the trigger for so much unnecessary turbulence and wasted energy. So, it's time to reconsider the foundation of right space in this session.

#### ***Skills you can learn for this step are:***

- Honouring diversity
- Understanding nature
- Self Guidance and Emotional Respect

People are good. They just get busy, hungry  
and fearful and forget it sometimes.

Chris Walker

## Step 4. Success.

### Creating an Outcome

- Diligence
- Energy
- Awareness (focus)
- Penetration

Now that you have reached a state where your heart is clear and your motives are sustainable, it is time to manifest the career aspirations and dreams you have. This is a crucial step and it will be easy, if the 3 previous steps are complete. Goodness and self awareness pay dividends in the form of leadership. People are attracted to those who have achieved the first three steps.

There are many who skip those steps and try to implement the laws of attraction. But they are only faking it. Nature builds on solid ground, deep roots, powerful foundations. If you have those first 3 steps, you have that foundation. Now it is time to reach forward and create the position of responsibility you and your family deserve.

## Step 4. Success Part A

### Diligence

I think diligence is a beautiful word. For me, it means really being good at something. A musician, for example, who is not good at playing music, will struggle for success, even if they really, want it.

Diligence for me means practicing between performances. It means repeating the scales over and over and over. It means reinventing yourself, refreshing old skills but always adding new ones.

Diligence in my experience really demands authenticity. I think people struggle with diligence because they really don't want what they say they want. Diligence is, in a sense nature's true test. Are we in it for the accolade, or because we're really inspired.

Diligence is the difference between the phoney, who claims to be invested, but really would prefer to be somewhere else. The beautiful thing about life and leadership is that it takes absolute diligence to reach our destination and sustain it. This is beyond short aberrations of success. Diligence really means you deserve to be where you get, and therefore, you can sustain it.

***The skills you can learn for this step are:***

- To detach from rejection and failure
- To link what you do to what you love to do
- To have a purpose greater than self.



## Step 4. Success Part B

### Energy

Qi is the Eastern word for life force. In the East, Qi is valued as the essence of life, and in the absence of a God icon, it is the power of creation, circulating within us. Translating this into Western culture's is complex. There are many fantasies and misinterpretations as well as a dearth of commercially created, schools and brands selling Qi.

There are many names for Qi. Life force, Prana, Kundalini, Tantra and more... In their authentic origins, they are powerful insight into the human condition. It is a lifetime of study to even scratch the surface of such awareness. And, to blend the different philosophies adds an even deeper level of complexity.

I have condensed these studies into four topics, all of which are intended to help leaders manifest success. The topics are: Building Qi. Storing Qi. Stopping the Loss of Qi and Directing Qi.

The last of these topics is about the direction of energy into the process of manifestation. Simply, it is the Eastern art of directing energy to cause manifestation. There are many variables involved, including: the completion of the 3 steps leading to success, willingness to direct the mind away from mundane things, and, timing.

***The skills you can learn for this step are:***

- Holding, Storing and Directing Energy
- Stopping the Loss of energy



## Step 4. Success Part C

### Awareness (focus)

It is estimated that the average person concentrates for a maximum of 30 seconds before they either cause or welcome an interruption. This, in addition to the stimulation of advertising, subliminal information, ambient noise, issue of worry and guilt and fear, make awareness in this day and age, a rare gift.

Success requires focus. People can achieve this in many ways. One is to be under massive pressure and therefore not able to be distracted. Another method is mind control and environment management. Another method is mind discipline and another method is to love what you do.

Which method is applied to create the focus needed by a leader is determined by the leader's choices. Massive pressure is how most function. By letting things slip and then going into repair mode the leader had periods of complacency followed by focus. There are other methods.

***The skills you can learn for this step are:***

- Finding the Zone
- Inner Stillness
- Awe Immersion
- Connectedness

## Step 4. Success Part D.

### Penetration

There are no half hearted success stories. Penetration, although similar to diligence means to be fully immersed in the art, study, practice and inspiration of your chosen art.

Penetration refers to the depth to which you take the skill. Easily distracted, by emotional drama, personal worries, financial instability it is difficult to achieve any penetration on any topic at all. However, with mastery of the first 3 steps this penetration will be possible.

It is in the art of patience that penetration gets it's strength. Each person can be presented with a thousands options, and the ability to say no may become a great asset. A person who can say no to those things that do not penetrate into the heart of their chosen art will succeed.

Penetration is challenged by many accepted behaviors. Compromise, emotional vulnerability, sexuality, food and spirituality can distract a person from the essence of their mission.

***The skills you can learn for this step are:***

- Natural Meditation and Stillness
- Nature's Secrets
- Recognising Order in Chaos

I would rather have the whole world against  
me  
Than my own Soul.

## Step 5.

### The Powers of a Leader

The five faculties of the leader lift us into positions of social responsibility. We become capable of guiding others.

#### 5 Powers of the Leader:

- The strength of Confidence
- The strength of Energy
- The strength of emotional and mental Stability
- The strength of emotional and mental Concentration
- The strength of true Understanding

Each person has within them an amazing set of powers. Intuitive powers that, if harnessed can create amazing change.

In this step, people harness those powers and choose a social issue to devote their energy to. These powers are, natural and intuitive. They are not the popular domain of those in survival mode, and they are not available to those who have not mastered the first four steps.

These skills are beautiful. They empower the sports person, the leader and the family alike. They are the skills of personal magnetism, the ability to influence the world and those you without physical action. They are inspirational.

## Step 5. Powers Part A

### The Strength of Confidence

Do you know the future? What can you promise people who follow you? Are you neglecting the greatest demand on a leader? To make the future more clear for people?

Where does the confidence come from to enable you to predict and create the future? Once this energy was the domain of the loud speaking motivational type, but this is no longer trusted.

The depth of your understanding of cause and effect will be reflected in your confidence. Cause creates an outcome and if you know that outcome you can trace it back to a cause, and then do it.

We respect the unpredictable nature of life. With certainty all we can absolutely know is that we will one day perish. When and how is often unclear. So, that aside we are left with a million options to make the best of this life. This moment. The future.

Confidence comes from reality. You are not your thoughts, you are not your car or your family. Those things are what you may love and be responsible for, but you are more than that. This is the source of real confidence. Knowing the path to create the future.

***The you can learn for this step are***

- How to find Inspiration

## Step 5. Powers Part B

### The Strength of Energy

The vitality of youth fades because our dreams fade. That vital energy can stay awake and alive and you see it in some aged people. They have more energy than some other youth who are 20 years old.

The more you give, the more you get. When the priority of your life becomes helping others, your energy will soar. This is the magic of leadership. If you can really help people achieve their dreams, your energy will reflect their gratitude.

Without vitality our strength and capacity diminishes. A good heart, kind and committed, focussed on guiding others will be filled with energy.

Depression and mental health suck energy. They exhaust people and the reason this happens is because that person has still not entered the stream. So, you can guide people into the stream. Help them find the Path, because you are the example of what it is like to live this way.

***The skills you can learn for this step are:***

- Life Purpose
- Special Diet
- Pranic Healing Techniques
- Emulating Youth

## Step 5. Powers Part C

### Strength of emotional & mental stability

Have you met people who are worried and tired and totally exhausted from it. We are always surprised to see how emotional and mental instability can exhaust people. Emotion and mental instability sucks life force.

Not only that, but by stabilizing your emotional and mental energy you attract people because you can be trusted, relied on to do what you say. Emotionally unstable and mentally confused people provide no grounding to what they do. It is all short term.

Finally, as a leader in the world, your energy can make a huge difference provided that you don't waste it. Of course, if worry and anxiety is always there you will be diluting your impact, de manifesting as fast as you create things.

***The skills you can learn for this step are:***

- Stillness (natural meditation)
- Mind Control (non reaction)
- Detachment



## Step 5. Powers Part D

### Emotional and mental Concentration

Drawing the mind to a single point of focus reveals a person's genius. In this art, it is like a laser beam. If you take the energy of mental and emotional stability and shine it like a torch light, it shines out, but the intensity is broad, diluted and general. This is good sometimes.

To be the cause of change, to manifest what you want, to create the objectives of your heart, you mind must drill down like a laser beam and focus on a single point of intent.

When we first start meditation we realize that our mind is like a caged wild animal. We command it to focus but it has so little discipline it just roams across a huge range of information. It's like watching the news on TV, one topic after the next, and the most dramatic is always on first.

By the time we learn to meditate correctly, our mind is still a beautiful wild animal but is our friend, we can ask it to focus when we need it, and it is happy to oblige. Taming the mind is a natural human capacity. One that every human being, especially those with ADD, or some other diagnosed issue, like depression or stress can benefit from. Leaders really benefit from this.

***The skill you can learn for this step are:***

- Powers of Observation - Mind Photographs
- Natural Meditation - Boundarylessness
- Healing Skills - Mindfulness

## Step 5. Powers Part E

### True Understanding

People spend a lot of time trying to solve life's problems when really, there are no problems to solve. True understanding is the deepest human relaxation because we see the world and understand our world with a complete affinity with what is natural.

If people try to fix what is not broken, then they simply add drama to the world. Rather than this, we advocate an optional awareness. Both the worldly conventional perspectives which dramatize and polarize emotions, and the worldly perspective which is real wisdom.

There is room for both. Our corporate cultures and society is driven by agreed rules. Our planet is driven by different rules. Even if everyone tried, they could not override the rules of the planet.

True understanding is the highest ministate and a perspective from which a leader can contribute to the team, the world and their community without ego or emotional drama. Therefore, it is the most efficient energy saving way to live and work.

***The skills you can learn for this step are:***

- Universal Laws of Nature
- Ancient Mysteries
- Silent retreats in nature - immersion - e.g. Nepal Treks

## Step 6.

### Awakenings

- Full attention
- The Universal Laws - Cause and Effect
- Energy
- Joy
- Ease
- Concentration
- Letting go

This is a very easy step. For those who have reached this point through the previous 5 steps, this step is almost automatic. There is little to be learned that is not already known. People get to this step and really most of the stages of have come alive naturally within them.

However, if people jump from the first step in leadership to this step, which is very common in the public domain, they will struggle because it will be false. Anything false cannot be sustained. It is like putting on a Buddhist robe with no authentic background the minute the robes are off, the person would revert to their old ways. This is false awakening. We are not interested in this.

## Step 6. Awakenings Part A

### Full attention

By natural process you will have come to experience the difference between half and full attention. People know when we are present with them and full attention means full presence. It is a listening, communicating, leading skill that becomes perfectly natural for those who have absorbed the steps on the path.

Many people talk about time as the core variable when discussing life balance. But this is not the only variable. Attention is at the heart of life balance.

If a leader goes home and worries about work, are they home? Does their family get the full experience of their presence or only half? So, the art of full attention means being fully present with whatever a person is doing.

If that person is washing the dishes, even if they do not like this task, they are fully present with it, and therefore, emotions fade and they are able to find peace in presence. We sometimes call full attention, mindful living.

***The Skills you can learn for this step are:***

- Life Meditations
- Active Listening
- Being in the Now.

## Step 6. Awakenings Part B

### The Universal Laws - Cause and Effect

All human eyes are turned to the future. The one who can cause the future is the leader.

Knowing the nature of cause and effect is a power that is a rare gift. It is natural at this point on the path.

When a person achieves this state of mind, it excites in them an appetite to understand a great and beautiful mystery. From the make-up of a plant to the movements of stars the whole beautiful story becomes magnetizing, exciting a child like inquisitiveness about what lies beyond.

This day is referred to as the day a human steps out of the darkness.

***The skills you can learn for this step are:***

- Balance
- Harmony
- Interconnectedness
- Evolution
- Love for all sentient beings.

## Step 6. Awakenings Part C

### Energy

At some point along the path, the leader realizes they have an amazing gift of healing others. They start to recognize that energy can be sent across amazing distances to help other people.

This is a new awareness for most people. Moving from the purely physical world they suddenly see that they have the power to affect people just through the power of thoughts.

It is a silent power. As soon as words are spoken this gift is lost. Yet, it becomes one of a leader's greatest assets.

***The skills you can learn for this step are:***

- Healing Energy
- Magnetism
- Energy Transference



## Step 6. Awakenings Part D

### Joy

As tears trickle down my cheeks I am lost for words to describe the experience I have with a joy I cannot describe.

What I once thought of as happiness seems to have been an underestimation. All that came before was conditional on a circumstance, hence it came, and it went. This joy is not circumstantial. It is unconditional and, depends on nothing for its existence. Whether the sun comes up in the east or west, there is this joy.

I cannot make the words to share this experience.

Even when I am sad, broken hearted and wanting release from pain, I have this joy. Even when I don't try I have this joy. It is not an experience I have had before this step on the path. It is not a step one can take while attached to conventional or fundamental beliefs.

Maybe it is a friendship with my soul? I have no words only tears to think that I could one day, guide another person to this place.

***The skills you can learn for this step are:***

- Removing the Obstacles



## Step 6. Awakenings Part E

### Ease

A quiet calm descends over a person when they reach this place on the path. It is a quiet confidence that:

Words are words

Thoughts are thoughts

Ideas are ideas

and

Action is action

But

Results are the only reality.

*The skills you can learn for this step are:*

- Open Heart thinking
- Giving
- Mentoring others
- Associations / friends
- Nepal Himalayas

## Step 6. Awakenings Part F

### Concentration

Emptiness is fullness. The ability to concentrate is not mastered by the amount we know, or who we know, or even what we know. The ability to concentrate comes higher and better, the less we know.

Emptiness is a state of unlearning. What blocks concentration is emotion, and emotions are driven by judgements and judgements are driven by learning. We learn to judge and in learning to judge others, we judge ourselves. This is the turbulence that blocks real concentration.

Concentration is best achieved by repeating the mantra:

I want nothing

I need nothing

and therefore

I have everything.

It calms the emotions and expands the absorption capacity of the mind. Here, we are not talking about knowledge, we are talking about knowing.

***The skills you can learn for this step are:***

- Single Pointed Focus Training

## Step 6. Awakenings Part G

### Letting go

My attachments have been my greatest block to my leadership. I have attached to so many impermanent things in my life trying not to let them go. And in doing so, had periods as a very incompetent leader.

We hold so tight to things because we think everything we create is permanent. Now, at this stage of the path, it is time to see that all is not permanent. The person who can recognize this in all areas of their life, will bring their leadership to the highest state.

The only permanence is the energy we bring to life. And of that energy, the only thing permanent is what we do with love. All else is eventually transformed. Letting go is never easy. We create and we attach ourselves to those things as some form of identity. But we are not what we create. Those things are lent to us. They are on loan, we borrow the energy and we return the energy, and not always when we expect.

Letting go is one of the most profound skills in all leadership mastery. It is a deeply personal experience, and, if it is not done completely, causes deep rifts between our heart, mind and body. That in turn sabotages our joy, our leadership and capacity.

***The skills you can learn for this step are:***

- Connectedness - Awareness Exercises

Whatever success means, the ultimate experience is to be in total contentment, to want absolutely nothing, to desire nothing, to be totally content with yourself where there is nothing lacking; there is no desire, no motivation to fix, or repair, or change. Then from this place all actions are taken voluntarily, inspired, not reactive. With contentment, whatever you touch, whatever you are doing or not doing -- even just existing -- is a peak experience. You are alive and that is enough.

## Step 7. Humility.

### Return to the beginning

Loving Kindness - Give joy and happiness to others.

Joyfulness - Happiness for ourselves and others that causes no harm.

Equanimity - Give and act unconditionally

Compassion - Remove suffering from others

There are four qualities that every leader could hold precious and it would guarantee the deepest and most powerful experience. Those four qualities represent the most direct, healthy and honourable path. They are:

Loving kindness, Joyfulness, Equanimity and compassion.

Now when people reach level 7, they have come to the highest level of self actualization. Then, people return to the bottom, level one, and start moving through the lessons all over again. This happens because circumstances grow.

However, on the second pass, the four values are established and the contribution is much more powerful, simple and natural. Here people move from local leadership to national and global leadership. Their immune system builds strength and their nervous system is ready to take the extra energy of more responsibility.

## Step 7. Humility. Part A

### Loving Kindness - Give joy and happiness to others.

On the first pass through this Path of learning, we are primarily focussed on Self. This is vital because we cannot give what we haven't got. So, the first step is sorting out our own wellness, opening our heart and making that state quite resilient.

On the second pass, we are no longer self-obsessed but instead, turn our whole being to the wellness of others.

We can only do this when we have fulfilled our appetite for self-gratification and then look for what more there is to life than collecting houses, and cars and holiday snaps. It is a step, and it can only happen when the time is right. But it does, at some time, for everyone.

For me, the recognition of this step was so vague that I kept trying to relive the past thinking that something wasn't right. In the end I realized that my motives had changed. I could no longer extract happiness or fulfillment out of the ways and process of my past.

This impacted my relationships, my work motive, my dynamic with people and my personal life greatly. It is a beautiful turning point, one we all need to see as soon as it arrives, lest we waist the opportunity for real contribution.

## Step 7. Humility. Part B

### Joyfulness - Happiness for ourselves and others that causes no harm.

When I was a youth, I stole many cars, broke into many shops and did enormous amounts of damage. I was angry and the only thing that seemed to make me happy was to destroy things or take from others.

40 years on, I am still confused.

I was given news that my friend would die. It was my duty to tell them. I asked my teacher, “what do I say and how should I approach this?” His reply was a strange contradiction to my instincts. “You must do no harm, so no harm and give no harm. You cannot say this person is going to die, just like you cannot say this person is going to live. All you can say is wait and see.”

All my life, since my youthful foolishness, I had been an open book. I had been very attached to telling it as it is. But here was new information. Maybe, on the second pass through the Path, it’s different to the first. Maybe on the second pass, we really do commit to do no harm, irrespective of the morally right or wrong argument.

***A worthy discussion***



## Step 7. Humility. Part C

### Equanimity - Give and act unconditionally

The concept of leadership giving and acting unconditionally is profound. Yet, it is drastically hard to do.

Bill Gates can give away \$40 Million dollars unconditionally. Mother Teresa gave her life to children in India unconditionally. Gandhi gave his life unconditionally. And there are many more who have done this. They gave unconditionally because they needed nothing in return. They were full.

If you have a lot of something, then giving some away might be a lot more easy than if you are scraping the barrel. So, maybe we all cannot give everything unconditionally. Maybe some are more wealthy, healthy, smart, talented than others and therefore can give more of their special abundance away unconditionally. But there is one thing we all have in abundance and we can all give, if we choose, Unconditionally.

And that is..... ?

## Step 7. Humility.

### Compassion - Remove suffering from others

What is suffering? Is it the starvation of a child? Is it the stubbed toe of your friend walking to their million dollar marble bathroom? Is it the woman abused and raped in Africa by evil forces of humanity. Is it the friend who lost their money gambling at the casino and now can't afford Christmas presents for the children? Is it the child who missed out on the latest nintendo for Christmas, and got a new TV set instead? What is suffering?

Is suffering the person who, at work, dependent on the income they get, hates their job and hates themselves even more than that for being in this situation? Is suffering, the child whose parents just died in the house fire? Or the disfigured and pain ridden body of an aged person with arthritis? What is suffering?

Pain has so many forms. Some of it self inflicted. The obese woman who complains about her inability to live a healthy life might do well to stop putting food in her mouth. Or the young person who falls in love all too easily and gets hurt over and over, giving away her sexuality every night?

What is suffering? It may appear to be rhetorical, but this question goes to the heart of goodness and leadership. All the great leaders whose contributions have left some mark on earth, have made it their mission to relieve the suffering of others. They have not shielded their heart from the witnessing of it, nor have they become angry at the perpetrators of violence, they have, instead, devoted time and energy to help relieve the situation for those who suffer. What is your commitment in this regard?

# Conclusion

## Time to Start Again

If it takes you a year to process these steps the first time, it will take you a month to do it the second time. And the third even less and the fourth less again.

The evolution of your consciousness does not mean that you escape from any step, you will always have anger and it will always need to be dealt with. As you reach the seventh step you step through a frustration, a band of self-imposed limit and then, you are on the bottom of the next level with 7 more steps to complete.

Western psychology helps solve the issues of western life, but, you need to be aware that western psychology is designed to harness and master the ego. Eastern insight is designed to eliminate the ego, step by step, until your action and leadership are not entangled with your ego at all. One science is obsessed with refining the ego to make it healthy and strong, the other with its annihilation.

These steps are designed to do neither. They are neither designed to eliminate the ego, or make it healthy and strong. The author believes that both of these options are, in essence, flawed. I believe that without an ego we cannot function in the business world so diverse and uncontrollable. I also believe that with the elimination of the ego, the individual becomes self-serving, self-obsessed, a cave-dwelling self-absorbed hermit.

These 7 steps are designed to free your heart from your ego, and free your ego

from your conditioning. They are about Choices.

The greatest freedom any human being can ever have is the freedom to choose. But not only choose, to choose wisely. For who would be happy to choose if all the choices were harmful to self or others.

I have built these steps based on the study of 3000 years of exploration of the human condition and, equally importantly, 35 years of trial and error. This material is not theory. I lived it, every step. I live it every day. I tried thousands of things, different ways, and these 7 steps are the result of it. The short cut to enlightened life, leadership and love.

I hope you can put aside your firm and beautiful attachments to your religions, beliefs, knowledge and values just long enough to taste the possibility of a life and a world functioning in harmony with natural law.

It may not eliminate all the drama, it may not make life and death easier, but I promise, it will make it all a whole lot more understandable and in this, there is a great pearl.

I say to my clients, “If the answer doesn’t come easily, you are asking the wrong question.” Life is beautiful and simple, and I hope for you, this course sets you on the Path to discovering just that.

Chris Walker

April 2010



# Exercises

# The Heart of Change

The Path to Self Leadership

# Methods



## Step 1. Entering the stream. Letting go of Ignorance and poor motive. Free from Ego.

- Beyond Anger
- Beyond Greed
- Beyond Hatred

# Practices

## Step 2. Awareness. Becoming aware of those things that support and challenge our Truth.

- Mindful of Body
- Mindful of Feelings
- Mindful of Mind
- Mindful of objects

# Ideas

## Step 3. Effort. Focussing life on goodness.

- Doing the right thing
- Fixing and preventing doing the wrong thing
- Be aware of causing the right thing
- Sustaining and holding the right space

# Skills

## Step 4. Success. Creating an Outcome

- Diligence
- Energy
- Awareness (focus)
- Penetration



# Process

## Step 5. Powers. Faculties, Capacities and Abilities in higher realms

- Confidence
- Energy
- Stability - emotional and mental
- Concentration - emotional and mental
- True Understanding

# How?

## Step 6. Awakening.

- Full attention
- The Universal Laws - Cause and Effect
- Energy
- Joy
- Ease
- Concentration
- Letting go

# Commitments

## Step 7. Humility. We return to the beginning.

- Loving Kindness - Give joy and happiness to others.
- Joyfulness - Happiness for ourselves and others that causes no harm.
- Equanimity - Give and act unconditionally
- Compassion - Remove suffering from others

# Self Study Questions

1. Good life, good work and good health it's all very natural. What blocks it?
2. By simplifying things we cut to the chase. We solve issues, deal with troubles and stay on track. What distracts you?
3. What are the five natural laws that help leaders?
4. Why didn't your grandma or great grandpa have to learn all this?
5. What is virtual reality?



6. Why do people get so up tight?
7. All people have five constitutions. What are they?
8. How do constitutions affect behaviour?
9. Describe the favorite word for each constitution?
10. What is dead stillness and how does it help you?
11. If you are sitting in stillness and a thought comes to your mind would you: a. Act on it? b. Send it away? c. Watch it?
12. How do you quickly achieve the helicopter perspective?
13. You can't manage anything that you can't .....?

14. Sometimes we need to do a helicopter on our life. Why?
15. What are the typical leadership styles of each constitution?
16. What are the different relaxation techniques suitable for each constitution?
17. What is Qi to Life?
18. How to centre yourself in 30 seconds?
19. The 30 second process for releasing toxic energy is?
20. Tension release method in 10 seconds is?
21. Your breathing has a huge affect on your mind. How do you calm your mind with breathing practices.

22. How do you activate your mind with breathing practices.
23. Emotional release through breathing technique is done by?
24. Youthfulness Body Posture Describe it please?
25. Youth does not hold tension because their body just flicks it off. To achieve this, even when you are way old, like 20, how?
26. Hand Mudras. What's the one for headache?
27. How do you calm your mind just using your finger tips?
28. What does Balanced Square breathing achieve for the mind?
29. Posture. Complete this sentence: You can't be

Unhappy and ..... at the same time.

30. People think balance is mental but it's mostly .....
31. Look in a mirror to see how your shoulders are balanced. Are they at the same height?
32. We think too much and the result is that our body posture becomes..... Fix it by .....
33. Describe how you'd use a wall to lift your posture and your energy?
34. List 6 of the best 10 minute methods for building your energy up.
35. Nerve tensing can really make a difference. How?
36. Without tensing one muscle, you can activate the nervous system in the most effective and powerful

way, it energizes you and makes your whole body feel young and vital. How do you do it?

37. Give one method you can remember of the five ways to create Personal Stillness.
  
38. You'll see many an athlete wasting vital energy jumping up and down before an event. That's the nervous energy they've tapped into and it's really wonderful stuff, but jumping up and down shaking it out, burns it with no reward. How do you stop this wasted energy?
  
39. Describe Yoga Nidra and how this can transform your nervous system?
  
40. The majority of people have no control between what their body decides to do, and what their intent is. Why is this a big issue?

41. Being healthy is one thing. Building energy is another. This is why we learn .....
42. What's a Power Nap and when would you use it?
43. Most tiredness is mental. What are the five major mind based fixes for tiredness ?
44. Emptiness is deep restfulness. The emptiness mantra is?
45. Be in the moment. Why?
46. Link what you do to what you want to do. Why?
47. One of the most terrible energy sucking mindsets you can have is when..... ?
48. And you overcome that by?

49. What has hope got to do with energy?
50. What is the lowest motive but an essential one?
51. What is a major single thought that can cause chronic fatigue and depression? (not biological)
52. Telephone sales people can burn out quickly. They get so dejected, their energy just burns out. So, my friend came up with an amazing idea. Can you describe this process?
53. Do things your way. What does this mean?
54. Nature has 3 powerful anti depressants. They are:
55. Good posture. Do a quick Sketch.



56. The breath. Inhalation inspires us, puts us into hyper mode. Exhalation depresses us, calms us. If we inhale long and exhale short, we markedly reduce ..... ?
57. Why is exercise, done at the right levels, a great antidote to depression.
58. Balance. How do you calm your emotions?
59. By venturing out into nature people are different. Why?
60. Righteousness is the cause of 5 major human dramas. What are they
61. How do you get past righteousness .....
62. Detachment teaches us .....

63. The person who connects to nature will become less attached to uppers, less egocentric and more immune from depression. Why?
64. There are four important steps in managing your energy. They are?
65. If you come home from work with less energy than you had when you went to work, you've got a self-management problem (unless you are a weight lifter by profession). True or false?
66. Many people are surprised to find that food and drink are only a small percentage of our energy source. Name three others?
67. Building Energy. Give three techniques

68. Storing Energy. Give three techniques
69. Stopping the loss of Energy. Give three techniques
70. Directing Energy - Manifestation - What are the 9 steps to manifestation....?
71. The Qi to life - Your centre is both a physical and a mental thing. Physically it sits just below the .....? This is the Hara and the power source of the human condition. This is where your centre is, energetically.
72. So, if you are in a meeting or doing help for someone and you lose connection to this physical place in your body you become .....?
73. Of all the issues of workplace ill-health, I think I can trace about 90% of them back to poor breathing

practices. We sit badly so our lungs starve, hence, we lower our blood oxygen content, hence we starve the brain, and bingo, we get sick. How will you remind yourself to BREATHE at work?

74. Half a breath, is half a life. What is full body breathing?
75. Yogi Breath - Describe it?
76. Nadi Sodana - Describe it?
77. Tension Release - Describe it?
78. Anti Depressant Breathing - Describe it?
79. Re-energizing Breath. - Describe it?

80. Relaxation breathing -- Describe it?
81. Connect. Your life force comes from your connection to things outside yourself. So, connecting to nature, your God, the universe, friends, family, lovers and your bigger self are the most potent way to build .....?
82. When we get stressed, worried, or ill we become self absorbed. This is essential because it draws us down into the survival mode of life. So, a person under self imposed pressure or externally imposed pressure can easily become completely self-obsessed. That means the only source of life giving energy is from their.....
83. Connecting to the source of your life force means acknowledging that you are a part of a pool of massive resource and that this resource is yours for the borrowing. You can tap it. This is the abundant mind, expanding out from the tiny confines of the head cavity or the heart cavity and out into the wider definition of Self. One that's connected to all things, a part of something .....

84. You have no doubt witnessed the hand movements of healers, priests, saints in history and holy people. Why do they do that hand waving, finger clicking thing?
85. Simple Bundha. What's a bundha?
86. What do you notice in common about people when they lose their spirit for life, get tired, burned out or depressed? How can they reverse that?
87. Few things store more energy than .....
88. Sometimes the way we treat people is expressed or repressed. HuH?
89. The key here is to see that we treat others as we treat ourselves. Huh?
90. So, the greatest self-help program on earth comes in

the form of how we treat .....

91. There are four attitudes that are considered to be the finest in the land. They are:
  
92. Sleep deprivation causes mood swings, depression, mistakes, emotional instability, tiredness, exhaustion, hunger, and addictions - so it's important to get it right - Give 3 important keys to great sleep?
  
93. Conserving energy begins with your .....?
  
94. Nobel Prize winning work was done by Candice Pert in her book *Molecules of Emotion*. Her work only served to consolidate what yogi's and nature masters have known for millennia. The body and the mind are .....
  
95. Know your mind, check your shoes. HUH?



96. Left side - Right side brain function. What are they related to and why do we need to know this?
97. Front body - back body. Ego versus subconscious. How can we use this?
98. Do you put your best foot forward? Body Language practice is important because????
99. There' a vast difference between pain and suffering. And the difference is...?
100. Trembling, tapping, stopping, uncontrolled movements, fidgeting, nervous movements, habitual actions (like bum or nose scratching) are really just ways we use to release ..... ?
101. Shocks, constant alert, excessive stimulation, over exertion, excess tension, rigidity, defensiveness put

the body on red alert. I shared a technique for nervous tension management, it is.....

102. By far the most common cause of lost vitality comes from the mind, mental loss. Low self-esteem, self-importance, self-indulgence, self-improvement, self-criticism. Add to this, anxiety, judgement, criticism, anger, pain, emotionality, grief, uncertainty and you'll start to get a picture of why people go home from a job in which they did very little all day, but feel exhausted from it. What's the collapse process and why is it a great tool?
103. A balanced mind is a ..... mind.
104. A scattered brain, chattering and fragmented can't focus and therefore wastes huge amounts of .....
105. Balanced Perspectives. What's that?
106. Ability to see order in chaos. How?

107. Humility. Fast track to Happiness How?
108. Every outcome has a balance of good news and bad. How can that help?
109. Contentment. Huh?
110. Now the importance of meditation is well documented. The benefits are well documented. How can you achieve those results without sitting on cushions listening to a sitar?
111. Meditation is actually the ability to put your mind in a certain brain wave frequency. 2-4 mhz to be exact. In that state your mind is calm and receptors are open. That state of mind does not require a meditation stool, smoke, flames, statues, crossed legs or even a head shave. How else can you get there?

112. There are four states of “life alert” we can place ourselves in. What are they and which are healthy?
  
113. Mind Control. Going into nature with a head full of problems is no different to going to bed with them. How do you empty your head of worry so that whatever you are doing, you do it with all your heart?
  
114. Being alone. Why is this important and what are the major obstacles to enjoying it?
  
115. It is said in the East that the first thing to be learned is to unlock what has already been learned and then unlearn it. This unlearning is what is called real wisdom. Knowledge is learned from the outside – wisdom comes from within. Huh?
  
116. To live and work inspired and in harmony with nature we must be willing to surrender to the awareness that one’s ideas and opinions are just a collection of erroneous facts that, through conditioning or experience have been adopted as truth. They are simply collections of data and knowledge that can be unlearned. Huh? What’s this got to do with leadership and happy people?

117. Balanced mind. Benefit is?
118. Balanced Body. Benefit is?
119. Balanced ideas. Benefit is?
120. Balanced Lifestyle. Benefit is?
121. Inner balance. Benefit is?
122. Only 5% of people die from old age, the rest die from .....
123. It's hard to do good if you don't feel good? Agree or disagree?

124. Be Honest – Are you Sick?
125. Is everything you do a big effort?
126. Have you started to lose your skin tone?
127. Are you slipping and not quite yourself anymore?
128. Do you wobble a little when you walk?
129. Do you get out of breath when you climb stairs?
130. How limber is your lower back?
131. Do your joints creak?
132. How well do you adjust to cold and heat?

133.     Sickness is Nature's way of showing you that you are filled with toxin. Dead people do not catch colds. Today, take the time to drink two glasses of the most beautiful water, sip it slowly, smile each time you sip, really enjoy two glasses of water, and give yourself the 20 seconds it takes to celebrate it.
134.     Healthy lifestyles dispel the wastes and toxins that kill many people. Make time to work, think, play, read, worship, help, love, dream, laugh, beautify, health, plan. The greatest enemy of long life is lack of respect for the needs of good balanced lifestyle.
135.     There is little doubt that people born with a sound constitution can, without difficulty, live to be 120. Ageing is a myth. Keep away from ... what foods?
136.     Rewards are granted by nature alone. She can give you long life and health. Why not be honest about it,



most people's health is suicide. Agree?

137. If you are carrying excess weight, stressed, worried, feeling emotionally disturbed acknowledge that you are doing the wrong thing by yourself. It's a human choice to do bad health. Some do it quick and some slow. Unhealthy people are choosing body pleasure over life, they are doing suicide faster than most. For every cubic inch of fat on the overweight person, the body must have 700 miles of fine tubes to nourish and sustain this excess fat – this puts a huge burden on the breathing apparatus and the normal function of the heart. The pulse and blood pressure are forced to raise to dangerous heights. Can we choose to change?
138. What is a professional 'rester'?
139. Getting out of your head. Why and why is it important before you go home from work?
140. "All human problems (including violence) come from our inability to sit quietly in a room, alone." Pascal  
- Agree

141. Long-lived people have one common denominator – they are deep .....?
142. In our competitive business world we build up tremendous pressures, tensions and strains and try to project a healthy image – it takes tremendous energy to project an image and uphold this image. Rest is something few people know how to do. Being still is something few people enjoy. We must schedule into our day time to rest. Begin to live as nature wants you to live. Demand of yourself a higher standard of health and happiness. You cannot receive higher health unless your body gets its rest periods to develop new vitality and energy. Regard your body as a machine under your care and supervision and every machine must have rest periods or you will build up too much nervous friction and tension. Seek a life of peacefulness and serenity as you grow older, away from the pressures and stimulation. Put yourself in Nature's hands and let her run your machine, heal your ailments. Your rewards will be many in renewed health, a calmness of spirit and a new awareness of the perfect natural beauties that nature has bestowed upon us so generously. So, describe the 7 steps to deep rest?

143. Anger Management - Give two techniques?
144. Do not over eat at any time. 1,2,3,4,5,6? handfuls per meal is ideal
145. Beware of nightshades. Especially Eggplant, raw onion, mushroom, and ....
146. Beware of excess sugar and sweets. It is not a .....
147. Beware of excess coffee, tea, alcohol, tobacco and the other stimulants. Why?
148. Beware of processed food. Especially white flour and Salt. Why?
149. Don't eat animal organs. Why?
150. Don't put excess food in the fridge to eat tomorrow. Why?

151. Good Decision making. Of all the energy draining possibilities, emotion is the largest consumer of human power, life force and .....
152. There are others too; The three most energy sucking emotions are .....
153. A loving person is never one-sided. Huh?
154. Take a smoko (without the smoke). What does this mean?
155. Shoulder bags. Why are they bad for you?
156. If there is a trace of frustration, elation, depression, sadness, self adulation in your emotional being when you walk in the front door of your home, you're .....  
.....?

157. If you think you are better than anybody else, people are going to .....
158. Nature's Bible - Your Body tells you so much. Can you read it?
159. People say put your heart into it; This means to become fully invested. It means to throw the full weight of your humanity behind something. We must be vigilant. When the heart goes out of something we .....
160. There's low emotion and there's high emotion, and your heart is the highest of them all. What are those 4 emotions?
161. Harmony. If the beauty is gone out of something, then we feel that it is false. In this way we cannot be fooled. There are many people and places which attempt to fake life, to decorate the façade of beauty, they look great and smell great, they feel great and act great, but they lack real beauty because they lack harmony. Huh?

162. Thoughts that go into something multiply its effect a thousand fold. Huh?
163. Architecture. The Greek mysteries included in their doctrines the magnificent concept of the relationship existing between harmony and form applied to elements. Architecture, for example, was considered comparable to musical notes. Huh?
164. Music. Many ancient Greeks were known to have used harmonics, through music, to cure disease. Pythagoras himself cured many ailments of the spirit, body and mind by playing certain specially prepared musical compositions in the presence of the sufferer. What is your healing Song? Your soothing song? Your Inspirational song?
165. The harmony of an office is referred to as it's culture. You can do a culture audit very quickly and see whether there is a good feeling. What are the 3 steps in the culture audit?
166. The Mood. What are people really saying?



167. The Intensity. What are people doing?
168. The Vision. What are their goals?
169. The Environment. Does the space inspire
170. The Teamwork. What do people share?
171. The Commitment. What pace are people working at?
172. Social Conscience. What are the humanitarian goals?
173. Good emotions; Gandhi used to say. “Before you act, consider the effect of that act on the poorest person you ever met in your life, and ask whether the thing I’m about to do will benefit them, and if it doesn’t, don’t do it.” This is pure intention. This is Gandhi’s way of checking in on himself, “am I acting from truth?” What’s your test?
174. Try stepping into the shoes of someone else today.



You can only do this by asking them “how does it feel to be you?”

175. You can't be thankful and .....at the same time.
176. With all the rushing about, goal setting, ambition, targets, deadlines, it's easy to become obsessed with how things could be rather than be thankful for how they .....
177. Unhappy people are always trying to get it .....?
178. If you don't appreciate it the way that you've got it, you won't get it the way that you .....?
179. Use the fuel of emotions to build your life rather than to destroy it.
180. Emotions are natural and wonderful but to follow them is the poorest of all. Huh?

181. The lower thoughts produce (emotions) of the lowest form. These include – anger, violence, aggression, infatuation, resentment, attraction, repulsion, and ..... of any nature.
182. Very few people wish they'd worked more when they are on their death bed. So, instead of being so hard on ourselves we need to develop self-compassion first.
183. Have you ever noticed that warm glow of inner comfort that comes over you when you do something for someone. Even if they don't acknowledge it, you will know the wonder of generosity. It doesn't take money, it can be words of encouragement, an apology, a sacrifice of the last piece of toast. Whatever you give, give it with all your heart and ask for nothing. .... is a great key to personal happiness.
184. Become your own best friend. Huh?
- 185.
- 186.

187. There are five key ingredients to a good life. They are:
188. What is contentment and why is important to feel that once or twice every hour?
189. It's hard to do good if you don't feel good - Why?
190. Getting out of your head - give me two good examples of how you'd do that fast...
191. "All human problems (including violence) come from our inability to .....” PascaL
192. Describe in a few words the best way to make great decisions
193. There are five you's... What does that really mean?
194. What is Unlearning?

195. The opposite to happiness is..... (not sadness)
196. Why is boredom so devastating to our real ability to be happy?
197. There are low emotions and there are high emotions
198. Please give 4 examples of both
199. When we talk about emotions are we condemning them or are we suggesting that expressing them is a waste of good energy?
200. Why do you think this is so?
201. What is the pendulum effect in relation to emotion and what is the surprising opposite side of things like
202. Why is a great days work such an important part of

happiness?

203. What is the key to a great day's work?
  
204. What stops people putting their heart into their work 100%?
  
205. What is the difference between self-worth and self-esteem and what does this have to do with the following:
  
206. When you walk in the door of your home, if you are up yourself (thinking you did more good than bad) you are going to attract what?
  
207. Nobody beats you up more than .....
  
208. Keeping the joy of work is the responsibility of:

209. According to Nature's universal laws - when we are unable to invest ourselves in our creative work we automatically.....
210. There are no half hearted .....
211. The highest emotional state you can achieve is to put your heart .....% into your work.
212. Why is a commitment to your work life such a high emotion?
213. How many hours a day does an inspired, 100% heart, totally committed and happy individual work?
214. At work, we rise to the level of our own incompetence. When most people feel incompetent what do they do?
215. When people talk about balance in life they imply that it needs time. But we know that time spent with someone when we are out of inner balance is discounted. (they feel we are not turning up). What



are the signs that someone has turned up?

216. What is the fastest way to change your mood?
217. What does unlearning have to do with turning up?
218. What would you do if one of your staff didn't "turn up" even if they actually arrived at work physically?
219. When someone comes to work, and they don't enjoy - (read love) what they do, are they really turning up? And if not, what would the real cost to the organization be?
220. Parkinson's law suggests things expand to fill the time you think they should take...
221. What is the difference between overwhelm and turning up?



222. Why do people resist change?
223. Why is human will so important?
224. People change because:
225. What is the function of the Ego and how do we naturalize it?
226. Bad habits, like excess drink and eating are really the lack of will power. What causes a person to lose their power like that?
227. Intuition is a powerful asset for anyone at work, at home and in self-consideration. How do we refine it?
228. Give a brief description of something you own, or a place you've visited that has an energy of its own. Like something that you inherited or was given to you....

229. Why is imagination more important than knowledge?
230. If you are waiting to have it in order to believe it, you'll be waiting .....
231. Describe one exercise that you have learned that will help you develop your intuition (think clouds)
232. Describe the steps of Manifestation (the law of attraction)
233. What is an inspiration?
234. How would you coach someone to help them create their vision?
235. Why is a vision and the hope of fulfilling it critical for anti depression?
236. Demonstrate on paper three anti depressant body movements (sketch)