

Walker's Wisdom ...

Spiritual

Handbook of the

Corporate World

By Chris

Any single page of this book can inspire
change for the better - evolve you.

The whole idea is to put the file on your
phone or computer and pick a page a day.
It's always enjoyable to learn.

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There's no copyright on truth....

**Develop a
new
approach
Global Shifts**

D **Develop a new approach - Global Shifts**

Develop a new approach. Work differently, relate differently and live differently. In a world where nature demands evolution you must tap into your innate gifts and use them. You will be one who leads the world into the future. Certainty, clarity, simplicity and energy a mind space in which new life is born. Healers heal in presence, artists paint, stocks are bought and sold, decisions are made with absolute certainty. Life unfolds to your inspired potential. It is your God given right to success.

Y **our Spirit shines through all you do.**

Your spirit shines through all you do and all you say. Your ability to harness this power, this point of true inspiration from the inside out will determine the essence of your performance. Inspired individuals are those who know their true spirit. They accept their power to manifest destiny. You can empower yourself and others when you know how to create through mind, body and spirit. Success, love, health and life are yours when you work with spirit. May your inner voice be louder than the outer voices of illusion.

“You wont find your heart in a temple until you find the temple in your heart”

You wont find your heart in a temple until you find the temple in your heart. Temples sooth the nerves, settle the anxieties and creates calm. But do you want to be in prison like this. To be limited to such places in order to achieve your inspiration is like living in a prison. Temple environments can be created at any time. They can be created while you wash the dishes, feed the baby, send a memo. Create your inner temple and carry it wherever you go. It is the temple of love. It is gratitude. Let your spirit speak through the power of silence. This is true freedom.

H **heart speak**

Heart speak transcends emotion. Heart speak comes from the true spirit of nature. It is love, wisdom and balance. When you speak from the heart you know Christ Consciousness. You are beyond judgement, emotion and fear. From the heart you can only speak love and gratitude. The true voice of your heart is really only silence. Heart speak is a process for inspiration and not desperation. Heart speak - speaks of dreams, visions and purpose. Heart speak acknowledges the power of the harmonious spirit in building relationships, serving others and developing transformational outcomes.

W **hat you appreciate grows what you don't appreciate depreciates**

Gratitude is the key to many of life's problems. Your heart speaks from gratitude and in gratitude there is appreciation. Ingratitude is your emotional body and long term ingratitude is immune system weakness. Your body responds to gratitude with alarming accuracy. Spirit guides you through your body. Are you listening to it. When you don't appreciate what you've got you loose it. Like a child who forgets to say thank you, you often become complacent about what wonderful gifts you have – until you loose it and then realise and appreciate the gift. Appreciation builds and grows – depreciation destroys. Can you try to shift those things you condemn as bad or ungodly into thank you's. You can't eliminate them, they are the work of spirit. Can you love them?

T **he wisdom lives within you**

Your spirit, inner self is a genius. Your emotions and judgements keep you isolated from that great wisdom. Identity is your protection from harm. Identity is the separation between you and love. Question your rights and wrongs – your beliefs and begin to attune to the voice of spirit. Nothing on earth cannot be loved. Built by God all is perfect as it is until you judge it otherwise. This is how you can grow. The inner voice of spirit can be heard by dissolving judgements, distractions and worries. Clearing your mind and becoming present is the dominant key. It is also critical for leadership, sales, health and performance. All of mankind's problems are caused by our inability to sit quietly alone in a room. Take a moment to resolve those

distractions and clear your mind. You'll live longer, be lighter, be more interesting and have more wealth.

First there was a thought and then.....

Vibration is all and all is vibration From the smallest particle to the mass of the sun all is vibration, including thought. Every thought you have is a vibration that affects not only your own body and destiny but the body and destiny of others. As a mobile phone can communicate from one side of the world to the other so can you. Feelings expressed through the heart travel through walls. Gratitude raises this vibration and consciousness is your ability to find the balance in a judgement To understand this is to understand life. All judgements are one sided perceptions. This is good this is bad, yet, all was built two sided. Only your mind can try to perceive one sided ness. Consciousness is a process not a place. Moving through judgements quickly is consciousness. You will never stop judging –only the speed of resolution can change.

Your inner Guide is waiting to be heard

Socrates said “All learning is recollection”. You are the genius. The noise and clutter of your life separates you from your genius. The Akashic record are known as the cumulative vibrations of every thought ever thought, including the original creative thought. Guidance is within you. When you listen to that inner voice you are inspired. Great immortals Gandhi, Einstein, Plato, Pythagorus, Emerson, Edison. All listened to their inner voice. Plato called it the law. It is wise to acknowledge the genius within yourself and others. It is wise to take the time to explore your wisdom, to create the space for your genius to shine through. You are connected to the greatest wealth of all.

Short term gratification versus long term inspiration

The emotional body is only interested in pleasure and pain. It is motivated to eliminate our depressions, pains and sadness. This is the nature of human kind. Seeking pleasure and avoiding pain is the structure of our human instinct. But to follow this instinct is to be consumed by emotions and mind noise. Nothing

of your lower senses will ever satisfy your soul. Forever be awake to the fundamental waste of life trying to satisfy the illusions of the lower mind. It is wise to follow your vision and not be distracted by pleasure and pain. Short term motivations produce short term results. Long term motivations produce long term results. The pain of regret always outweighs the pain of discipline. You can be assured that if you apply your every being to something it will manifest in the long term although it may be a struggle in the short term.

Illness and Disease

Your illness and disease is a pure guide to your imbalance in thought. When your mind, body, and soul are misaligned with the wisdom of spirit, you are in a twist. Spirit guides you to awaken this truth. When you are ill, it is time to re-think things. Illness appears in so many forms: illness of the body, illness of the mind, illness of the wealth, illness of employment or relationship, illness of spiritual awareness. You are given so many caring signals as to where your beliefs no longer serve. Align your vision, your body, your heart, and your soul.

Silence is the power of Spirit

Silence is the power of Spirit. Silence is the voice of the heart. He who knows does not speak. For when your heart is truly open, no words are necessary. And when your heart is not open, no words are possible. Silence is your heart's language of love. It's the silence between the words where the truth lies. When we listen between the words, we meet on another level. Yet we are people of words. So it is wise to spend time in silence each day, listening to the breath – celebrating life in silence and with gratitude will free your spirit and open your heart to a greater knowing.

Wisdom comes with time;

When I was 17, I thought my Dad knew nothing, but by the time I was 21, I was amazed at how much he'd learned in that time. Over time, blessings emerge for even the most terrible event. Your ability to see these blessings without the loss of time is your consciousness. Instantaneous recognition of blessings in all things is the wisdom of the sage.

Centred I have but one persona. Emotions I have many;

To the many (Freud) personas there is turbulence to the one there is simply perfection. You oscillate between personas depending on the situation. Each persona is created during some past remembered event or future feared event. They are the constructs of your mind. They are the cause of your sadness, depression, fears, guilt's, illness, failure. They are also the cause of your happiness, elation, fears, success and wellness. Like all things in the universe personas have two sides. When you tune into only one side you create a lopsided charge in thought. Something else therefore must be generated to balance that. Remember perfect balance exists even if you are unable to feel or see it at this moment.

Suffering is attachment. Your ideas are where you are stuck.

What you resist persists. When you think you've got it you haven't. When you think you won it you don't. The tighter you hold on to your beliefs the more pain you experience. Life is not an it, it's a journey. Movement and flow is essential for life and there's nothing on earth that doesn't move. Except of course some ideas we hold onto. This holding is going against the flow and that takes energy. Radical movement is revolution steady movement is evolution. Between the two is your ideal growth rate. Remember, to have something you must let go of it. To defend is to reveal your stuckness. To love is to embrace.

When you love an idea it is not a crutch in defence but a concept to be explored. You can use this knowledge to grow.

Your Spiritual heart has no Boundaries.

Your spiritual heart seeks and finds perfection. This is perfect balance. Harmony. It's ever present in the moment. Perfect in connection to the greater forces of life. It sees not good nor bad. It simply sees. All are simply events. All simply is and with tears of appreciation the spiritual heart looks upon this life without emotion.

It is wise to listen to the inner voice. Here is strength.

Your human heart suffers in compassion

Your human heart has boundaries. It sees the good and the bad from the human perspective. It shares the illusion of the senses and attracts to pleasure withdraws from pain. The human heart is protected from its fears with armour. Protection from pain. Such is the stuff of human suffering. Such feelings are the stuff of compassion. This is the path. It is these illusions and misunderstandings that separate man from the divine.

It is wise to acknowledge that perfection exists yet the human heart is often unable to see. Eventually through the personal mastery, the gift of time or spiritual awakening the truth is revealed, you find love.

Sufi saying; Trust in Allah but Tie your camel

We deceive only ourselves. To say I am spiritual is to quote the obvious. To say I am more spiritual is to lie. You are a spiritual being having a human experience not a human being having a spiritual experience. All is spiritual when your eyes are open. Not your human eyes but your spiritual eyes. We are forever learning new things and therefore continually moving to new ground. On new ground we tie our camel, unfamiliar and fearful we loose our trust. Over time or through process we again find our way and again we trust.

It is wise to know that you are never done. To say I am spiritual and he or she is not, is illusion. Illusion is to think that it is ever done. These are the deluded ones.

John 4.18 There is no fear in love but perfect Love cast out fear...

People can reject your expectations; they cannot reject your love.

Your true self, the spiritual heart asks for nothing, needs nothing and expects nothing. It loves.

Your expectations are your illusions. You want to change something, make it better or worse. How do you know what is right and wrong. These are your

environment. Conditional love is the way of exploration, unconditional love is the result. They are inseparable partners over time, they are the process of growth. While you inhabit a body, these are your companions.

Love passes through walls where no sound can travel;

In a state of presence and gratitude you are in the moment. In this moment you achieve great inspirations. In this moment your heart will be open and your energy will rise. Vibration is you and your vibration will rise. As one guitar string will cause all others to vibrate so too your resonant frequency will touch the hearts of others. This is the power of a heart felt vision. You become magnetically attractive when you are inspired by your vision.

Conditional love helps

We are bought up in conditional love all with good intent. There is warmth for good behaviour and cold for bad behaviour. We think this is the way. Yet, in warmth arrives cold and even in cold there arrives warmth. Our dreams and hopes become confused with need for approval. Should I run from my dream in case I fail, or should I stand with my conviction and not be tempted by your approving warmth. After time it is obvious that your warmth cannot nourish me when I deny my own calling.

It is wise to begin to know that nobody can approve of you if you don't. Your approval is no substitute for my own. From this you get courage to face your destiny.

Love is the fruit of all season and within reach of every hand; Mother Teresa

Making a difference.

We only want to make a difference in those things we don't understand. In the light of perfection what could there be to change. When we are comfortable we call this order. Order and disorder are two inseparable companions. To the degree we attract one we attract the other. Your maximum evolution occurs at the border between the two. Order chaos, order chaos. You can choose big swings or you can choose small swings. The choice

It is wise to acknowledge that genius is instantaneous recognition of the order in the chaos and the chaos in the order. Your freedom comes from this genius. You are freed to follow your inspirations. You let go of the huge swings from chaos to order and back.

Centred I have but one persona. Emotions I have many;

To the many (Freud) personas there is turbulence to the one spirit there is simply perfection. You oscillate between personas depending on the situation. Each persona is created during some past remembered event. They are the constructs of your mind. They are the cause of your sadness, depression, fears, guilt's, illness, failure. They are also the cause of your happiness, elation, fears, success and wellness. Like all things in the universe, personas have two sides. When you tune into only one side you create a lopsided charge in thought. Something else therefore must be generated to balance that. Remember perfect balance exists even if you are unable to feel or see it at this moment.

What is right and what is wrong?

Your beliefs are transient. In your heart there is no right and wrong there is simply appreciation for whatever it is that you can see. Perfect balance exists. The only place there can be no balance in this universe is in your mind. Your consciousness is reflected in your reactions. Your rights make you attracted to something, your wrongs make you repelled from something. Your illusions of right and wrong run your life. When you tune to the infinite you are rightless and wrongless. This is the state of maximum potential. This is your state of inspiration.

Suffering is attachment. Your stance on any topic are where you are stuck.

What you resist persists. When you think you've got it you haven't. When you think you won it you don't. The tighter you hold on to your beliefs the more pain you experience. Life is not an it, it's a journey. Movement and flow is essential for life. Holding is going against the flow and that takes energy. Radical movement is revolution steady movement is evolution. Between the two is your ideal growth rate. Remember, to have something you must let go of it. To defend is your stuckness. To love is to embrace. When you love an idea it is not a crutch in defence but a concept to be explored. You can use this knowledge to grow.

Nothing of the senses will ever satisfy your soul.

Your emotions reveal your consciousness. Your emotions are driven by your lower self and therefore seek pleasure and avoid pain. But you know from your journey in life that there is no place of pleasure without pain or a place of pain without pleasure. It is a fundamental law. Therefore when we act on our emotions we unknowingly seek a place where both pleasure and pain exist. We think we are moving to a greener field. In truth we are just moving the deckchairs around the titanic. Perfection exists right in the moment you are in now. There is order in the chaos. Your wisdom is to find it. Your soul guides you to places that are new to challenge and awaken this wisdom. You may resist and hang on for 50 years. That's why situations repeat themselves. Your soul, the universe, God, your body, partners, children, work all love you enough to keep giving you the chance to learn lessons. This is the gift of life.

The power of the unknown

For every one known there are a thousand unknowns. Have you ever seen an electron, magnetism or electricity. For every known there are 10,000 unknowns and as once we believed that the earth was flat we can now know that there are millions of unknowns yet to be discovered. So too spirit must be blended with matter. Wave and particle combine, they are inseparable. If, like me, you are keen to achieve your dreams then it is wise to include spirit in your power base, and all considerations of spirit in your plans, and all acknowledgment of spirit in your thank-you's.

Consider the principle of Vibration

We communicate electromagnetically. When you look with your senses you see only with your eyes and your thoughts. You have memories and you have imagination's. These three are the limits of your experience. But there is one more space unexplored by these senses. It is the space of perception. Up to 90% of your communication is non verbal. You “tune into” people’s attitudes, get a sense of where they’re at, you can tell by a persons vibes where they’re coming from. You’ve no doubt heard the comment “ I just get a bad feeling about him or her”. All is vibration. Light is vibration and everything else is simply light slowed down. The slower the vibration the heavier the matter. Same with you. The heavier your thoughts the heavier you get.

It is wise to remember; nothing is missing it simply changes form you don’t recognise.

Your maximum potential

You are magnetic. Vibration. Your maximum potential is when you are able to store your magnetism. That requires nerves of steel, a steady hand and a powerful mind because thoughts and worry are the greatest defeaters of magnetic power.

It is wise to be aligned with your life’s purpose, with your heart open, your body composed, healthy and flexible you are at your maximum potential you are inspired. In this state your energy is directed, your powers of perception heightened and you have clarity and commitment to a task bigger than you.

Gratitute Levitates

The power of the mind and body is electric. All thoughts are electrically received and distributed throughout your body. Your thoughts can either be grateful or ungrateful. Gratitude levitates, it raises your consciousness expands your capacity and heals wounds. Ingratitude runs you. Attraction and repulsion are both forms of ingratitude. Attraction infers that there is some place better than where you are, ingratitude infers that there is some place better than where you are, both are illusions of the unwise.

It is wise to follow your heart. It is only your personas that will chase after greener fields. Your fragmented and diverse personas searching for pleasures and avoiding pain. Your heart just does regardless of either pleasure or pain.

An attitude of Gratitude

Your stress is the result of your attitude. When you change your attitude the circumstances impact you differently. Your attitude to your health both internal and external, your approach to financial management, your attitude to others and ultimately your commitment to yourself and your journey. For what to one person is a stress is to another a joy. Your senses pick up the signals. Smell, taste. Sound, feel, sight, time and space. Your mind interprets those signals. What to one person is a joy is to another, a stress. Understand the dynamic that creates stress in the first place. Recognise that stress relief is a valuable tool yet it is far wiser to address the cause rather than the effect. You should be continually looking to deal with the source of stress rather than worrying about the result. Base your daily regime on the maintenance of a healthy level of stress. Create a special space through your own energy in which others are inspired to reduce their stress. Stressed managers infect others until an epidemic breaks out.

Emotional Reaction or inspired action

Human emotions undergo periodic oscillations; These are driven by emotional reactions of attraction and repulsion. The nervous system is attracted to pleasure and avoids pain. These oscillations are the emotional highs and lows experienced by humans when they listen to their lower mind. Emotions are energy in motion. Your emotional attraction and

repulsion's are energy in motion. Your lower mind drives your emotions. These are the ideas, events and things you have not yet come to be conscious of.

You cannot eliminate these polarities. You can only come to see their perfection.

E motional Baggage

“To change your life, Change your mind. To change your stress, change your beliefs.” Stress and anxiety are destructive emotions based on worry. Presence brings us to the moment and in this space there simply is no stress. It is wise therefore for you to invest in the process of being more in the moment than it is to invest in the process of resolving stress itself. Fear is a powerful motivator. Adrenals kick in, blood pressure rises and you can be rocketed into incredible feats of strength, endurance and performance. However at the end of the day the stress generated from over working can exhaust you. Eventually you will achieve the stressless state of presence, even if it is on your deathbed.

Your capacity to be in the moment and achieve your full potential is determined by your commitment to reconcile your emotions.

The body reacts to the messages of the brain.

When we are being run from the lower levels of the brain we seek pleasure and avoid pain. Whenever we seek pleasure, we run into pain. This is an endless cycle that drains energy and is physical felt in the gut. The higher Centers of the brain provide the greatest potential environment for balanced thought and actions. Balanced perceptions and thankfulness birth potential energy that the body expresses with power, precision and purpose. The higher brain Centers are connected to the heart, creating homeostasis throughout the body.

R educe brain noise

Brain noise occurs when you exaggerate and minimise. In other words when you lie and deny balance. Exaggerations and minimisation's result from emotions; distorted imagination and distorted memory. Mind noise is static in the receiving and broadcasting station

To focus the mind is meditation and to focus the mind on creation is the ultimate meaning. All great masters who have left eternal impact on this earth have been people who can, for varying lengths of time, focus their mind.

To focus the mind; Think in balance. Take the time out. Be intense. Have a vision. Be healthy, Take no credit, Take no blame, Manage your thoughts.

Bodymind

Your whole being responds to your state of mind. Your body, your finances, your relationships, your social life are all feedback to your state of mind. They are doing all they can to bring you to a particular state of awareness. When we are feeling ungrateful, resentful, unhappy in our work and are not doing what we love to do the very chemicals which maintain your body change. It has been shown that a person who is angry, bitter, resentful produces hormones and endorphin's which, over an extended period, lead to permanent imbalances in the body. Your mind and body are intricately connected and the science of this is the science of great healing. The depth and accuracy of the science of Bodymind is phenomenal and forms the greater foundation for Eastern Health.

Emotional Wisdom

Judgements are reactions. It is wise to act instead of react. When you react others are running your life. This is not what you want.

It is wise to transform the judgements to appreciation and love by examining where you have done what they are doing. Then balance your mind.

Function or dysfunction

What to one is functional to another is dysfunctional. And who is to say what is right. More wars are created in the name of faith than for any other reason. The creator is neither right nor wrong, it, he or she simply is. This is love. It is wise to know the magic of love. To see that there are two sides to every coin and to have gratitude for both sides. It is the mind of the creator manifest in your life. Then and only then are you free to be you.

The size of your questions determines the size of your life

So funny. Some people say, my mother made me do it, or I got that from my parents. And I ask did you do all that your parents said? Why did you select this to believe? Are you sure your blame is justified? We choose our thoughts. What made you believe that? What made you believe that? Whatever it is, it is simply where you are right now, it can be let go of and you can grow to your next place of learning. You are free only when you are willing to flow.

It is wise to ask ourselves questions. The size of your question determines the size of your life. Holding on is righteousness. It causes your pain. Growing means challenging your beliefs and embracing an ever increasing breadth of the wonder of life.

Depression is caused by elation

If you get depressed then search not for the cure to the depression but the wisdom to deal with your elation. All things have two sides. So too your emotions. They are just charges as a magnet holds north and south. Bring down your elation and your depression will rise as sure as the sun rises and falls each day. Seek the depths of the illusions you hold, the promises impossible to keep, the judgements held, the teachings absorbed, the expectations created. Return to your beliefs and find the source for it is this gift for truth that brings about the balance of body and mind.

It is wise to balance your mind. Instead of rescuing depressions we can seek the balance. Look for the beliefs that are stuck. Your body and mind, like nature are doing all they can to wake you to love.

Be thankful to a power greater than you.

It is wiser to think of the benefits to what is than it is to think about what isn't. Somebody far smarter than all of us designed this magnificent universe and it's only our beliefs that prevents us seeing the gift.

It is wise to open your heart to the power of creation. Open your heart to the reflection of the perfection. Open your heart to a power greater than you.

Love is the synthesis of emotion

If you can't see both sides of what you are drawn to, you are infatuated. Infatuation breeds resentment. Elation's breed depression. Self righteousness breeds self wrongteousness. Dissolve the lies and your vision becomes clear. Infatuation with heaven or the universe makes you want to be there. It is not better or worse than where you are. No space craft desires you, no person can't live without you. You must find and admire the creation right there in the palm of your own hand. The nerves, veins, tissue, cells. See this in order to bring yourself back to reality. It is here in the vessels, the veins, the cells the tissues.

It is wise to bring any lopsided perception back to balance. This is the most beautiful meditation on earth. Practical and mobile the food for your focus is life itself. Learning to be grateful for all, is the journey of life. No one is finished. No need to get all elated about your consciousness. You are no better or worse than anyone else on this planet. You are one with them.

Is it for you to know what right and what is wrong?

Your beliefs are transient. In your heart there are no right and wrong there is simply appreciation for whatever it is that you can see. Perfect balance exists. The only place there can be no balance in this universe is in your mind. Your consciousness is reflected in your reactions. Your rights make you attracted to something, your wrongs make you repelled from something. Your illusions of right and wrong run your life. When you tune to the infinite you are rightless and wrongless. This is the state of maximum potential.

This is your state of love.

Consider the principle of Vibration

All is vibration. Light is vibration and everything else is simply light slowed down. The slower the vibration the heavier the matter. Same

sense of awareness is not time dependant. Alive or dead your heart has the capacity to tune into another person whether they are right in your face or on the other side of the earth or not physically here at all.

Remember nothing is missing it is simply in a form you don't recognise.

Rescue .. Making a difference.

David Irvine shares a story in his book "Simply living in a complex world" As a child on the farm, I remember our neighbours chicks hatch. The chicks were pecking their way out of their shells, and in an effort to help them I cracked their eggs. To my astonishment , the chicks died. That day, I learned a very important lesson the hard way: help isn't always helpful.

Those chicks needed the struggle of hatching to survive and thrive. They needed to crack their own eggs.

We only want to make a difference in others that reflect those parts of ourselves that we have not come to love.

Your maximum potential

You are magnetic. Vibration. Your maximum potential is when you are able to store your magnetism. That requires nerves of steel, a steady hand and a powerful mind because thoughts and worry are the greatest defeaters of magnetic power. When you are aligned with your life's purpose, your heart is open, your body composed, healthy and flexible you are at your maximum potential your are inspired. In this state your energy is directed, your powers of perception heightened and you have clarity and commitment to a task bigger than you.

The Power of Breath

Use the power of the breath to centre body and mind. In ancient times the solar plexus was thought to be the seat of the soul. Since then the Yogi's have spent their lives mastering the art of breathing for awakening human potential. Pranayama is the Yogi art of Breathing. As you

Value your time.

There is a currency of life, it is time. It is the one gift you are given that you can not replace. When you appreciate what you have you get more. When you appreciate the value of the time you have been given you get more. Your life span increases, your capacity to do more increases and the stressful compression of events into limited time abates. You have the capacity to stop time and in so doing approach wisdom. Valuing time is an acknowledgment of your own mortality. It need not take the sudden jolt of a life threatening experience to remind you of the frailty of life. When you kiss a child, mean it; when you see a friend stop and feel it; when you say that you care, care. Tomorrow may never come.

Time is your greatest gift use it wisely and your life will take a whole new meaning. It seems unwise to wait for time to pass and look back on the missed opportunities to hug a child, to stop and share a moment or express the creative spirit you have within you. Besides, this is life, success, wealth and relationship.

Moderate and monitor what you eat.

Every 6 months your body is completely replaced by new cells constructed from the inputs to your body. Food is not the only matter that builds your body. The air you breath, the thoughts you consume, the books you read, the emotions you express, the care you give and the way you sit and stand are food. The way you pray, the way you look at the stars and the way you swim are all food. Your body is replaced by the inputs you give it each 6 months.

It is wise to take advantage of all those things that are free in building the best transport system the universe could conceive.

other than gratitude. You are the power of your mind. When balance is seen, life is revealed for its magnificence. Your mind has 85,000 thoughts each day. 70% of them are the same as yesterday. Yesterday's thoughts are conditioned by the past and the past is the creation of our perception. In other words life is how we see it.

It is wise to question our perception of the past so that we can become present. It is wise to challenge illusions of the future to bring this to presence. Focus your mind on your priorities filling your mind with inspirations. Peace of mind can only be achieved through presence.

Don't take credit - don't take blame

There are two sides to all things. To praise is to acknowledge the half. The truth of love is to embrace both sides. You put them up you will eventually put them down. Infatuation leads to resentment. If you praise somebody you must eventually reprimand them. I say do neither. Focus on the vision. Substitute praise and reprimand with gratitude. Teach rather than reprimand.

It is wise to be grateful. If you take credit you must take blame. If you praise you must reprimand. When you raise somebody up beyond their true worth someone will put them down.

Muscles reflects your balance of mind

When you avoid pain seek pleasure you are listening to your lower mind. Your lower mind controls the smooth muscle, sympathetic. E.g. heart, kidneys, etc. This means that the infatuations and resentments are you listening to your lower mind and creates oxidation in the body. Maintain homeostasis when you are out of the body and to test you. Therefore to the degree that we listen to our emotions we oxidise the body and decay and disease it.

Strident muscle is controlled by the higher mind and includes all organic muscle above and including the diaphragm. Heart, lung and brain. Inspiration organs versus maintenance organs which are the organs of maintenance below the diaphragm.

The Path

The deeper the roots the taller the tree. The further you are pushed into the mud, call it pain, the higher the tree can grow. The deeper your void the narrower the path. For some the edge between inspiration and desperation is fine. They are the blessed ones who walk a narrow path. For them one step off the path brings the realisation of divergence. Divergence is the fall into the emotions. You are blessed by your pain, it awakens the complacency, it challenges the uncertainty, it challenges illusions.

It is wise to have the courage to follow your path. It is often generated by the pain resulting from stepping off it. You will be bought back to reality by life itself, your illusions cannot last long.

Your judgements of right and wrong are your greatest illusions.

Your judgements of right and wrong are your greatest illusions. We should ask how can there be a right without a wrong. How can there be a good without a bad, how can there be a pain without a pleasure. These are your illusions. They lead you headlong to a state of delusion. Truth is never in the hands of the many. You are challenged to rise from the mass consciousness through either your commitment to challenge or your pain. Either way your purpose in life is revealed to you in its ultimate form in the awareness that nature destroys anything that is not fulfilling its purpose. When we hold onto the beliefs in our mind we hold back our growth. We tend to sabotage our potential. Your body, your wealth, relationships and all matter around you is testimony to your ability to rise to this level of performance.

It is wise to know that if you are not using your mind and your brain you deteriorate. If you do not use your body your body deteriorates.

Stress

Stress is the exaggeration or minimisation of what is. When we exaggerate the outcome we develop fears and guilt's. We develop uncertainties and worries we loose presence. On the other hand if we were to weight the plus and minus of the event we could eliminate the stress. We could draw ourselves to the position of awareness that in the moment all is

perfect balance. Your body reacts to these lopsided ideas, the charge or electrical impulses react to these thoughts. In the moments of truth you can be stress less.

Your breath can also balance your mind. When your mind is excited and elated you can slow it by breathing. When your mind is down and worried you can bring it up by breathing. Your mind and body are connected through your diaphragm. Breath is the connection between your mind and body.

It is wise to act on stress at the source. Grab it before it grabs you. Instead of fixing the result, fix the cause and the cause is within you. Nothing is caused outside of you. It is your reactions that cause your stress not the stimuli.

I f you're not willing to challenge yourself - somebody else will

Your self righteous persona will be challenged by others or yourself. When you don't do the work on yourself somebody or something else will. If you stay stuck or hold onto a belief your mind, body, money, spirit, friends and partners will bring you the next learning.

When you listen to your inspirations you are willing to challenge yourself because your beliefs are continually getting in the way of your dreams.

N o one can beat you down further than yourself

Blame never fixed anything. When you say he or she did this or that, when you say I feel this or I feel that about another person you are actually talking about yourself. When somebody says to me "he beat me" I ask "so why were you beating you?" It's an incredible turn of events to know that you attract to yourself; people, places, things and ideas that you need to bring you out of your illusions. If you are beating yourself up then you attract someone to beat you up. If you are judging yourself then you attract someone to judge you, if you are guilty then you attract someone to pour guilt on you. Getting them to stop is a fruitless exercise, because you will simply continue to do it yourself.

It is wise to give to yourself. Nobody can give you more love than you give to yourself. Nobody can care for you more than you care for yourself. Nobody can cheat on you more than you cheat on yourself.

No one can beat you up or put you down more than you do to yourself.

T **True self worth stems from within**

There's nothing you can do on the outside of you to build your self worth. It's how you feel about yourself. When you build yourself up higher than who you really are you attract someone to bring you down. When you beat yourself up you attract somebody to bring you down. We are naturally balanced and any mind state that we attempt to create that is either one side or another attracts a balancing mechanism. This is an essential ingredient of nature and evolution. Resistance is only possible in your mind but do so at your own peril.

W **ho says?**

This is right and that is wrong. Are you absolutely sure? Who said so? If you were to listen to all those rules by others you would be frozen because for every group who claim an action right another deems it wrong. Choose from a smorgasbord of ideas ideals and values.

It is wise to know that in silence of meditation and the centred calm of love that you will hear this wisdom and it is in this state of certainty that you will create your own laws. Rejection and acceptance are simply two sides of one coin. You cannot have one without the other. These are universal truths.

Envy is ignorance, imitation is suicide. Emerson.

P **ast and Future**

Sometimes I dream of the future. Sometimes I dream of the past. This is a wonderful gift, it helps me to escape the present. But, it is also my worst enemy. Because the boundary between real and illusion, between constructed and deconstructed becomes vague we can easily live a life of illusion. What is truth in this haze vacillating between the past and the future.

It is wise to be centred. Between past and future, between reality and fantasy is love. It's the un-judged moment.

Myth versus inspiration

Inspiration is a calling. A reason to do something bigger than you. You will be supported and challenged along your path. Motivation is crushed by challenge, inspiration rises above it. Most people want the hero myth but in my experience no body has ever had success without failure, or support without challenge.

Perfect symmetry and order

Symmetry proportion and order. When the mind is balanced the heart is open. When the heart is open your personal potential is released. Your heart, mind body and soul are in harmony. You are alive. Events are just events until you judge them. Life is life, death is death. An affair is an affair until you label it right and wrong and who is to which is which? Your judgements are your greatest illusions. They are always impacted on by your experience of life. They are always impacted on by the morals and ethics of your time, they certainly do not stand the test of time. As your needs change so too do your beliefs.

It is wise to listen within. Your mind has the ability to see in balance and therefore lead you to an open heart or your mind can be imbalance and lead you to a closed heart. When you see any event with more than a one to one perspective you, your body and all that you do is in lopsided. You become imbalanced and so too does your expression.

Your body is a chemical and an electrical machine

Your body is a chemical and an electrical machine. Nerve impulse can be measured electrically. Emotions can be measured chemically.

Your body seeks balance. Your senses seek the imbalance. In other words your senses seek pleasure and avoid pain they try to find places with more ups than downs. So your senses seek to label all things imbalanced.

The Law of 7's

7's is the state of perfect balance where the mind comes to poise, grace and rest. It is the point of optimum learning, optimum performance, optimum expression and therefore optimum love. Here there is no stress, it is a powerful launch pad for all action and expression and the most inspired place of giving and receiving. It is from this place that the great masters of the earth have given their all. To the other extreme lies the perfect imbalance. It is the mind state of illness and disease, of decay and ingratitude. It is the state of elation and depression and certainly the state of suicide and loss.

It is wise to achieve this optimal balance point for your life through the awareness of perfect balance.

After the Ball game

You meet a new partner. You look into his/her eyes and you are overwhelmed by that feeling of wow. Your blood pressure rises, the euphoria begins to seep through the cells of your muscle tissue, adrenaline is pumped, hormones rush to begin the physiological changes required for mate-ship, you are on a high.

6 months pass. You are bewildered by some of their behaviour. Truth is they haven't changed a bit. You are just becoming wiser with time. In the first instance you saw more positives than negatives. Now it's more negatives than positives. It's the law of rhythm. Like a pendulum tic toc from seven up to seven down.

It is wise to have the wisdom of time now. It is available in the heart at any time. The heart only sees in perfect balanced perception. I to 1. When you listen to the heart this is the message. Not infatuation or resentment.

Everything Serves

There is a fundamental law. The law of conservation. It means that nothing is ever missing it just changes in form. Things are always evolving or devolving. Entropy and Syntropy. When we deny conservation we fall in entropy - breakdown. When we acknowledge this conservation we rise through Syntropy -wholeness. Maximum evolution will occur at the border of entropy and syntropy. So we vacillate between these two extremes in our growth. Growing as a person, nation, globe we vacillate between order and chaos.

It is wise to seek the balance and love. This equity exists whether we see it or not. Therefore we are bathed in love all the time whether we see it or not. To the degree that we acknowledge that we have fulfillment. To the degree that we deny this we experience un-fulfillment.

Embrace both sides of yourself

Monopoles do not exist. Peace and war, happy and sad, right and wrong good and bad, conflict and cooperation, success and failure. Any attempt to create a monopole will create a corresponding depression or breakdown.

“Carl Yung, compensation of opposites” **an integrated solar lunar**, acknowledge this. Unless you are willing to embrace both sides of yourself then you cannot have a full experience of life. A group of monks tried to find one thing in the universe that was monopole. They were unable to find such a monopole. It's God.

Equilibrium is the will of God.

To a sun there is a planet. Orbits determined by the balance between push and pull. To an atom there is an electron and a proton, orbits determined by push and pull. To a volcano there is a pressure of inner and outer, to the earth's crust there is an earthquake to release and re-balance pressure. In you body there are muscular forces established to hold the core of your body vertical. Pain and pleasure are balanced to hold your life in presence, elation and depression to hold your consciousness in centeredness, support and challenge to hold your relationships in love. All in this universe seeks the balance. The master creates her own, the neophyte has it done for them.

Somebody training;

Most of our lives we seek the identity to make us somebody. Born, as we are to conditional love we understand the condition of warmth and cold. Here it is warm, here it is cold. Conditions imposed on our being determine the goal of seeking that somebody that will give us the perpetual warm. Yet, to the degree we seek it is the degree to which such seeking creates imbalance. The quest for the somebody I call the somebody school. To the degree that we subscribe to the quest is the degree to which you must repress some part of yourself. Is that healthy. To repress your self. To hide and make absent some essence of you with the objective of gaining acceptance is a paper chase, a pursuit that has no outcome, it's a cat chasing it's tale.

It is wise to use the power normally invested in somebody training to express and achieve your dream. You are the master of your destiny when you acknowledge all of you as being totally loveable. Perfect balance is love of the self. You can try to deny to cut short some part of you but it cannot achieve its end.

Mind Noise is simply Imbalanced thinking

When the mind is out of balance it begins to race uncontrollably on any topic we choose to give it. Alternatively when the mind is in balance it is calm and centred. Worry is imbalanced thought. When the mind is unresolved on an issue is seeing more pleasure or more pain in an event. However there is never more pain than pleasure in any event.

Whatever we judge we breed. We create attract or become.

When we have a one sided out of balance judgement we exhibit our unconsciousness. We are not present. We attract that which we judge to teach us to balance that judgement.

First there was a thought and then.....

Since the beginning of time all change and transformation of the universe can be explained in terms of vibration. From the smallest particle to the mass of the sun all is vibration including thought. Every thought you have is a vibration that affects not only your own body and destiny but the body and destiny of others. To understand this is to understand life. As a mobile phone can communicate from one side of the world to the other so can you. Feelings expressed through the heart travel through walls. Gratitude raises this vibration and consciousness is the level to which you can rise.

The great masters have attuned to high realms of inspiration through moments or periods of Perfect Balance

Emotions are energy in motion

Human emotions undergo periodic oscillations; These are driven by emotional reactions of attraction and repulsion. The nervous system is attracted to pleasure and avoids pain. These oscillations are the emotional highs and lows experienced by humans when they listen to their lower mind. Emotions are energy in motion. Your emotional attraction and repulsion's are horizontal. Your lower mind drives your emotions. These are the ideas, events and things you have not yet come to be conscious of. You cannot eliminate these polarities. You can only come to see them in perfect balance Are you being used by it or is it using you.

You are magnetic

Your body is electric. Filled with life force. Nerves conduct this power to all extremities of your being. You radiate this as personal magnetism. When your emotions override your inspirations, when your body becomes over stimulated or under stimulated when you are not doing what you love, you dissipate and waste this personal magnetism.

It is wise to know that life force is magnetism and the greatest integrating force of magnetism is gratitude. Beyond the fluctuations of positive thinking, the stimulation of victory gratitude is the thankfulness for the opportunity to be. Every cell in your being is a battery. You can charge and discharge this battery with thought. It is your charter.

T rue friendship is support and challenge.

We join support groups who are aligned with our beliefs. This is only one side of support. Your beliefs are keeping you safe. That's their role is identity. Yet, it is these beliefs that cause you to lose the fulfillment. Your beliefs simply reflect where you are stuck. True friendship, true relationship both supports and challenges these beliefs.

It is wise to welcome both sides of relationship. Support and challenge. To embrace both is to open your heart to the two sides of chaos and order. Here is growth. This is the gift of evolution and revolution merged into those you "like" and those you "don't". Love embraces both. All relationships have two sides, support and challenge. This is friendship.

I f you want to change something, love it;

Until you appreciate it the way that you've got it you can't get it the way that you want it. Gratitude is magnetic, ingratitude is repelling. Appreciation grows what you have, lack of appreciation depreciates what you have. A company who does not appreciate what it has will lose it, until it becomes humble and appreciative again. In a Yoga class people often curse their body because they can't reach the next level. It is more productive to say thank you for what you have as from this mind state there will be movement.

It is wise to know that nothing is missing it just changes in form. Gratitude for what you have births the magnetism to attract what you want. This is wisdom.

T he ungrateful mind attracts troubles

The ungrateful mind pulls light, sucks energy, it is heavy and unattractive. Gratitude is to rise and become lighter. Let there be light. Heaven on earth is gratitude. Hell is ingratitude. Of all the great teachings the most common theme is light, the source of life. Gratitude moves you in the direction of the light. Can you remember times in your life when you have been extremely thankful. The saving of a life, the safe birth of a child, the recovery from disaster. At these times even the most Atheistic one of us, raises his or her eyes to the heavens in words of gratitude.

Perfect balance, centredness, gratitude and love.

In your heart there is a perfect balance. Your heart seeks the balance, it already knows that there are always two sides to every coin. To the heart things that happen are simply events reflecting universal laws. To the mind events can be turned to either good or bad. This is your source of suffering. . Your ability to see that order is your consciousness. When you cry out in compassion this is your emotional body revealing it's mind of duality. When you simply love this is your spiritual heart revealed.

Tic toc

We tic toc between the two sides of emotions. Uncertainty prevails and our energy is dissipated while we consider the preference of either side. Seek pleasure avoid pain. Move between right and wrong. Trying to do right you can only create a fantasy. Who amongst you is never bad, in error. Such ideas are the fantasy of fanatics.

It is wise to know; You are all things and to love your self your must love both sides.

Rental space in my mind.

Your mind is a computer processor. It can process just so much information. Why should you allow low rent thoughts to occupy such valuable space. If you get no return for a thought discard it. Thoughts are the fuel that creates your destiny. Why not master that destiny and determine the thoughts that occupy the space. Thoughts of loss or gain, emotions of bad or good, elation's or depressions are not thoughts that construct your destiny. These are thoughts that build your house on the sand.

Brevity is Brilliant

- ✓ Less is more
- ✓ Simplicity is supreme

- ✓ Prioritise is everything

Maximum evolution occurs at the border between chaos and order

If you are attempting to experience only one side, the building up side, don't waste your time, you can't. Don't think you can get away with praise without reprimand, or build up without breakdown. Both sides are essential in the evolutionary process. Maximum evolution occurs at the border between chaos and order, reprimand and praise... As you master ever greater levels of gratitude you will not become as much swayed by the tic - toc of the illusive and polarising emotions.

I have clients who consistently come to me saying, 'I've got all this chaos and conflict in my life. I want to stop this. Can you do something?' As long as they are trying to get rid of pain and get only pleasure, and try to get rid of chaos and try to get only what they think is order and not recognise that, that **is** the order, they will never have their maximum potential.

As you believe so you achieve

Your mind has the power to fragment or integrate its thoughts. The power of the mind is at its full potential when you are focussed, single pointed, vital and intense. In this state of mind you are able to steer yourself in the direction of your dominant thought. You can create a lie simply by repeating the belief over and over again. People who believe themselves victims create themselves as victims.

Be mindful of your self talk. Put to your mind thoughts that support your dreams. Affirm to yourself your direction. But remember affirmation is only one step in the process of making things happen.

You move in the direction of your dominant thoughts. So ensure your dominant thought is in the direction you choose to go. Affirmation is your belief. Affirmation is action.

The Five Powerful Steps To an inspired Centred Mind;

The aim of most spiritual practice is the centring of the mind. The ability to focus on a single thought or awareness is also the ability to perceive the cognisance of life. Such practices take diverse forms from the tribal customs of burning flesh to sun-dance and meditations. Prayer is another form of mind cantering as is the chanting or singing of hymns. But most require separation from our day to day lives. The aim of this article is to help you to achieve this centred mind right at the coal face. At your job, face to face with an upset child or in those moments of debate about your own future destiny.

A centred mind is a key ingredient for happiness, health, productivity, emotional management and inspiration. It is the state at which you are at you maximum potential. Here's some great ways to achieve that state any time any place.

Step 1 Enjoy the power of the breath to center body and mind.

Step 2 Use the wisdom of the ages to seek the balance of any event

Step 3 Accept responsibility for any mis-perception and emotional upset

Step 4 Know that you cannot be unhappy and grateful at the same time

Step 5 Develop a powerful sense of your own life purpose

Use the power of the breath to centre body and mind.

In ancient times the solar plexus was thought to be the seat of the soul. Since then the Yogi's have spent their lives mastering the art of breathing for awakening human potential. Pranayama is the Yogi art of Breathing. As you inhale you are inspired as you exhale you are in contemplation, the balance is the centring of the mind. We have all seen or experienced a person in shock. They gasp for air, a sudden rush of air into the lungs. We have also seen or been depressed. The long sigh like a child who hunches forward and sighs out loud. Your mind and body are connected through your breath. To centre your mind simply centre your breath. Equal inhalation and exhalation. I find the best way to achieve this is through alternate nostril breathing.

It is wise to practice alternative nostril breathing. Just one round will help you achieve a centred state of mind. Fast and effective it's the perfect practice to awaken all your faculties just prior to that important meeting.

Nature is never out of balance

Use the wisdom of the ages to seek the balance of any event. As an observer of nature I've come to witness the fact that nature is never out of balance. No matter how hard we try she simply adjusts. Nature is in balance. So too are we and if we can translate this awareness into our interpersonal relationships our level of stress drops and our centre remains more consistent.

It is wise to know that underneath greener pastures lie the manure that makes grass grow.

SeeK the balance in all things;

The wisdom of the ages offers this advice. Seek the balance in all things; find the right in the wrong and the wrong in the right. Find the good in the bad, the happy in the sad and the pleasure in the pain. Nature is our witness. In the development of a centred mind and balanced body seeking the balance is the single most important ingredient. A young lady came to me with serious health problems. She wanted a cure. The first step for her was to love herself as she is. To be grateful for the disease, to seek the balance right where she was. She had the courage to explore her situation. She stopped resenting others for what they had, she stopped hoping to be other than herself and she became grateful for the gifts she has.

This young lady is wise. With her courage and determination to seek the balance transformed her life over night.

A ccept responsibility for any mis- perception and emotional upset.

Blame doesn't accomplish anything. It certainly doesn't build success or happiness. When you accept responsibility for where you are, for how you feel and what you are doing you take the first step in empowering yourself to grow. Your mind can see as you choose. Victim is a state of mind that suggests where you are is not of your doing. Am I to accept that some are born better or more lucky than others or that all people are equal and in their minds is the only separation.

When you can accept responsibility for all that is around you move into a class that is unique. Your eyes are tuned to respond to stimuli rather than react. You know for example that you create your destiny.

Nobody beats you down or builds you up more than you.

You cannot give what you haven't got. You have all the resources at your disposal to live an inspired life and the first step to that is knowing it. Your destiny is determined in your mind. Visualise yourself standing where you would love to be and then begin the journey of taking responsibility for being there. You will achieve your dreams only when you are prepared to treat yourself as you would have others treat you.

If you want nurturing nurture yourself. If you want affection then be affectionate to your self. If you want success then treat yourself as if you deserve it. If you want perfect health then began today to treat yourself as if you deserve it.

It is wise to take responsibility. It is the first step in manifesting your dreams.

Gratitute means being grateful for things just as they are;

For example you may have heard the old adage "what you fear comes near" or "what you resists persists" or "whatever you judge you create". It also applies that whatever you are not grateful for you attract. Have you ever met someone who's gone from one relationship to another and seems to attract the same issues over and over again? Or a person who is continually unwell or who

seems to sabotage their financial security repeatedly. When we judge ourselves or others we set up an automatic system of attraction and repulsion.

It is wise to learn we are being taught to eventually be grateful for life itself!

D evelop a powerful sense of your own life purpose.

In this way we can create an amazing motivation beyond the continually tic toc of the pendulum of right and wrong and focus like a laser beam on what we would love.

As we have suggested earlier you create your own destiny. In doing so we can be inspired by what we do or simply do what we do out of the chase from better to worse. Your energy is precious and vital. You can direct it toward a worthy goal, mission or vision or you can spend it moving backward and forward seeking pleasure and avoiding pain.

P ity loves a party. But that's about it.

People are looking to invest in inspiration. They're not interested in desperation. When a company talks about its problems, people won't invest in it. The fact that you made it too cheap, you just followed your own vibration. When you add inspiration you add value. So if you don't get inspired it won't work, and the people don't get inspired and they won't work.

The growth of a company and the marketing of a company and the reason for a company all have to have vision.

Spirit without matter is formless and matter without spirit is motionless.

On purpose we don't acknowledge rejection

Your purpose is not to be approved of. This is a fruitless hopeless venture. Your purpose is to do what you love and love what you do, to serve a purpose greater than you. You will be rejected and accepted for whatever you do. You'll be liked and disliked for who you are. The journey of trying to please people ends with you not knowing what or who you are. We grow up thinking that if we do what others like we'll be loved and if we do what people don't like we'll be unloved. The truth is we're loved no matter what we do. Rejection and acceptance are love. You are loved no matter what you do.

It is wise to know that everything serves and you are the worst judge of either. Do what you love and love what you do and you are on purpose.

All complete healing is activated through gratitude and love.

The power that creates the body heals the body. Your most natural and magnificent state of being is that of balance and gratitude. In this state you are centred and poised. This is the state of healing. Many people think that if you can make somebody happy you will heal them. This is a crock. When you make somebody happy this is a transient state balanced perfectly by the opposite side of sadness. You heal people by sharing gratitude. Gratitude for their state, gratitude for what they have. Usually illness stems from ingratitude. It's a state of lack of appreciation and what you don't appreciate depreciates. A lack of appreciation for life is a judgement on some event.

It is wise to know that love and gratitude creates a balanced state, the state of magnificent healing. Miracles are made of this stuff. Miracles are simply natural laws that people do not understand, manifesting results.

Certainty and presence intensify healing

If you believe you are well you are well. If you believe you are ill you are ill. Certainty is the willingness to follow your heart. This is the truest certainty. This is the deepest truth. What you believe you create. You go in the direction of your innermost dominant thought. Of course reality plays a significant role in this lawful expression.

It is wise not to fill your mind with a thought that is an imbalance. This is simply creating a fantasy. The idea of happiness without sadness, the idea of an all upside partner, the idea of an up without a down is an illusion that cannot manifest.

What laws are you willing to break to live your dream

Your heart knows it's dream. your heart knows its ambition. Your heart is not interested in pleasure or pain. Your heart simply wants to do what it is called to do. There is nothing you cannot love. Your heart is not affected by your illusions of pleasure and pain, right and wrong. The laws of society are constructed to protect people from their fears.

Did you do everything you could with everything you've been given.

It's about the feeling inside you that you are doing what you love and that this is appropriate.

Your one true being your soul is grateful for what is
Doing what you love is the key to fulfillment.

Focus on the horizon

Like driving a car with your head out the window, steering by the white line. If you live day to day you will be attracted and repelled. You go too and fro, looking for pleasure. Such is the waste of energy that causes most disease, relationship break down, bankruptcy, loss of spirituality. Focus your vision on the horizon for it is here that your heart is destined to flow. This wandering path is your life. This meandering road is your learning. The end is the aim, the process the journey,

It is wise have clarity of vision. The size of your life is determined by the size of the vision. When the inner voice speaks louder than the outer voices you are inspired. The senses are what takes you off the path seeking more pain than pleasure. Focus on the vision live in the moment.

Present Time Consciousness

You have a dream and you are here right now. If you lose your dream you die. If you are not present in the moment you lose life. Present time consciousness is the ability to focus right now on what ever it is you are doing. To be in the Zone without loss of concentration. To have the focus of a fighter pilot yet the calmness of a monk.

Emotions do not exist in the moment. In the moment of presence there is an inspiration and this transcends emotional baggage.

It is wise to know the essential ingredients of present time consciousness are; the ability to see the order in the chaos, gratitude for what is, the ability to read the signals and a commitment to a vision greater than you.

The journey of consciousness

To be in present time consciousness is an ongoing journey. You cannot achieve the state permanently. You are always to be challenged to rise to the next level of awareness. Why not. Life is about increasing levels of responsibility and this requires your personal growth.

The body is invested in this journey. Your breath is directly linked to your mind. Your body is doing all it can to wake you to your inspirations. It's a journey that can cost a life.

It is wise to know the ingredients for P.T.C

(Present Time Consciousness)

- ◆ Doing what you love and loving what you do
- ◆ Gratitude
- ◆ Purpose greater than you
- ◆ Emotional maturity
- ◆ Health in body and mind
- ◆ Focus, Clarity, intensity and Commitment.

Your body and mind are one.

Disease is the lack of ease of the body. Injury is the jury of the body and is caused by judgement. Your body is a present time conscious machine. Perfectly balanced and functioning to direct you toward your life purpose. It is a love-seeking organ. Your body is doing all it can to wake you up. You can read these signals. We say "I carry the weight of the world on my shoulders". "I don't want to hear this". "I am all choked up". "He doesn't have a leg to stand on". Your body and mind are one.

It is wise to read your body. It is guiding you.

Where does your mind finish and your body begin.

Where does the mind finish and the body begin. Every thought is an electrical impulse and every impulse sends signals to the muscles and nerves. Imbalanced thoughts activate imbalance in the body. Eastern and more recently western medicine is acknowledging what Plato said in his great works. "Never treat the body without also treating the mind".

It is wise to acknowledge the extension of the mind into the body. Your body has memory. Muscles and tissue hold those memories. It is wise to have flexibility, health and strength in body mind. Flexibility of thought, flexibility of mind; equals flexibility of body. Constipated thoughts constipated body. Twisted spine twisted mind.

The pain of regret outweighs the pain of discipline

The pain of regret outweighs the pain of discipline. Short term gratification seeks pleasure, long term inspirations seek purpose. The greater the purpose the greater the discipline. The power of discipline is results. The quest for gratification of the senses is a journey of learning. One that costs us dearly. We need not spend years learning what wisdom can teach in a moment. Inner technologies, the collapse process, can offer the gifts of time to those who are ready in moments. Your lower mind seeks pleasure and avoids pain. Your higher mind seeks purpose. Until you get a purpose bigger than you, you will be fluctuating between pleasure and pain And neither can exist without the other.

It is wise to have a purpose greater than you. To awaken the mighty powers of gratitude, inspiration and vision. To share that vision with all you know and become a leader more than a manager. Live to inspire others not teach. It is between the words and the lines that the great truth of your sharing is heard.

Most of what I worried about never happed

Your mind can go to and fro, thinking this and that, ticking and tocking, thinking and thinking. This is your energy burnt; usually on nothing. It's like putting a short circuit across a battery. When your mind is out of balance your heart cannot open, exhaustion results. On the other hand when you are in balance, your mind and body become one. Harmony is created, disharmony, chatter, confusions and uncertainty disappear. The inner technologies for this heightened state of awareness are available. First ask what's the worse that can happen if my worry comes true and know that there's never a negative without the positive. Next ask what can I do to minimise this, in other words if you want to reduce the downside you'll need to reduce the upside too. Next create an action plan to move you in the direction of where you want to go. That means a logical action plan. A short pencil is better than a long memory.

It is wise to focus your mind eliminate worry by awakening to the balance. This creates mastery and an awareness that is profound, make that point your dream, this is the laser beam of the human spirit, the greatest power on earth.

When the why is big enough the how's take care of themselves.

When the why is big enough the how's take care of themselves. A person who knows how will always have a job. A person who knows why will always be their boss. When the inner voice is speaking, this is the inspiration. The how is the outer voice this is the detail.

It is wise to align of the two. This is the power of creation.

Certainty and presence intensify healing

When your heart, mind, body and soul are aligned you are healing. There is no blockage to the energy that flows through you. Your alignment and electrical systems are functioning at their optimal levels. Your weight will normalise, your feelings will temper, your mind will calm and heart will open. Of course this is in preparation for your next level of learning which shouldn't take long to arrive. Your happiness is determined by the length of time it takes you to move from one level of learning to the next. If you stay stuck you are given bigger and bigger pushes. You have the capacity to rise to the level where you instantaneously rise through your learning's and therefore stay closer and closer to your your heart.

Move me I say, allow the wind to pass through my hair and I will grow without restraint and learn to move with the wind and love with all things that float on the breeze.

The power that made the body heals the body

Such a power could imagine the function of a kidney, a liver, the brain, a heart and the finite function of a cell. Such minute detail is the work of a great genius, and this is your destiny. Mastery is your training for such an end. May you follow your inspiration to find the one mission your heart will invest in to the death. May you give from this space to become the master of such expression, from the teacher of children, the gardener, the cook, and the corporate suit. Giving from you is your path to happiness.

The Source of Magnetism.

There are few cases of success which have not resulted from mastery of faculty and mind. Nature reminds us of the laws of success. Trees send branches and roots in search of sun and water, continually questing for better vantage, sending roots for support and water. It's an attractive force that binds us all. This force is life force, and there is no place on this earth where it is not found. It is the force of motion in molecule and quark, it is in the water we drink, the food we eat and the air we breathe. Not a single atom nor a chemical can exist without it.

**Bridging the rift
between work and
play, love and life,
spirit and matter
and heart and soul
in business**

Vision Inspiration and Purpose

The weekend athlete plans for the day. The mediocre athlete plans for the season. The many athletes plan for a few decades. The few athletes plan for a lifetime. The master athlete plans for generations to come.

Life Mastery - Act on your inspirations

How often do you get ideas and then lose them or see someone else manifest them. Imagine if the creator had only thought of earth and the universe and failed to develop the details. Your mastery and talent in your chosen field of endeavour is your prayer of gratitude. Use your gifts for life to honour creation itself. Build a city, a family, write a poem, kick a football, care for another, design a bridge. In your doing there is the expression of love. To give our gifts to the world.

It is wise to act on your inspirations. When the why is big enough the how's take care of themselves. Attention to detail is the patience of the Buddha, the faith of creation and the master plan of the universe.

VIP - Vision, Inspiration and Purpose

Are the voices inside of you louder than the voices on the outside? Your greatest power, certainty and leadership occur when your inner voice becomes clear. What clouds the inner voice is emotion - mind noise. When you tune to the frequency of your inner awareness you are tuning to your maximum potential. When you tune to your inner voices you are integrated when you tune to your outer senses you are fragmented.

Inspiration means being present. Aware enough, interested enough, challenged enough and committed enough in the moment to be present. Time stands still for those who are inspired. Time drags for those who are not.

The size of your vision determines the size of your life

When you are doing what you love and loving what you do you reflect

the focus and immersion of following their dream. When you are truly doing what you love and loving what you do, or when you can link what you are doing to what you would love to do you have the energy, vitality, harmony and integration of inspiration.

Management from the outside costs time and money

There are 7 levels of the brain. There are seven levels of thought. There are seven levels of being and seven levels of awareness. Unconscious is the lowest four. Conscious is the top 3. At the lowest extreme we say I've got to do this, or I have to get away from that. This is stress and the lowest thought level of the human specie. It also causes disease. The top three levels we say I'd love to do this. We bounce out of bed in the morning and say "I love my work". When we do this we have energy vitality and we need not be managed. When we are in the lower four levels we need to be managed and this costs.

It is wise to be self managed. To do this requires the elevation of thought process to love to. To do this we use a collapse process. Turn your got to's to love to's.

Results

Promises are promises, ideas are ideas, suggestions are suggestions but results are the only reality. There are as many belief systems that offer options for you on how to live your life. Results are the only reality. How do you feel? How much money are you making? Are you in the relationship you always wanted?

It is wise to create the clarity, vision and inspiration you want in your life.

Whatever it takes it takes commitment and courage.

The size of your life is determined by the size of your vision. You have the capacity to be an inspiration to yourself and others simply by following your hearts call.

It is wise to fear not. It can be no less daunting than staying still waiting for the mighty sword to fall as a needle might jolt a backside to rise quicker than it descended.

Hope

Another one commodity that individuals cannot live without. Hope. When you loose hope all is lost. But why could we loose hope unless we are reading with stained glasses. Why is a death such a disaster, why is a loss so bad. Challenge the foundations on which you build your ideals for some of them are but illusions in the art of marketing.

You're either living your vision or somebody else's

Inspired leadership requires vision from the inside, a vision larger than the individual. Managing your emotions is an essential ingredient of inspiration. Turning the wasted emotional energy into inspired vitality turns stressful judgements into true inspiration. Inspired leaders have a greater motive, something beyond the day, the week the year, beyond the 10 years and beyond that. Inspired leaders have motive beyond the product, beyond the customer and beyond the task and have an eternal vision.

Managing people is Managing boundaries

In management teams we are able to change the total dynamic of a business. Individuals can hold the company back. Managing people is managing boundaries. Interpersonal skills can be understood in the context of boundaries. Boundaries between you and others, between departments, suppliers and between company and clients. Your mission in your work is to be able to cross these boundaries with respect and finesse. Leadership requires that people follow you and step outside their boundaries.

Love lists

From your soul through to your heart comes wisdom and inspiration. Inspired visions, messages and feelings which spontaneously arise when you attain an elevated state of gratitude. When you are inspired and you

ask your soul to guide you, it provides you with direction. If you knew you couldn't fail, you listened to your heart and soul, and you wrote down what you would love to be, do and have in all seven areas of life, what would they be.

Life

The more finite you perceive life to be, in time, the more pleasure you pursue.

The more infinite you perceive life to be, in time, the more purpose you pursue. When the higher mind listens to the light of the soul and wilfully follows a master plan, to do what it loves and love what it does, the divine design for the higher mind is fulfilled.

The Higher mind makes the greatest difference when it simply loves and does not need to make a difference

Effort is a conflict of interest

Effort is only felt when there is conflict of interests in the mind. So long as fleeting and transient values are present some of their force is used to inhibit the processes concerned with the ultimate void/ value. Such inhibition is partial neutralisation of the brain energy which would otherwise be available for fluent thought and is converted to feeling or tension. The higher mind's thoughts are a stream that flows effortlessly and can only be inhibited by the lower mind's illusion.

Alignment body, mind and soul is the alignment between life purpose and ultimate void and value.

Values

Review your values and determine their priority. Review your voids and determine their priority. Your voids create your values. If the corresponding values do not match the voids then you are possibly subscribing to someone else's beliefs. To determine your values just ask yourself which of the seven areas of life you would give away if you had to lose it for life. In other words; if you were faced with a life and death situation

areas of life which would it be. Spirituality, finances, social life, health, career, mind, relationship/ family.

Changing Priorities

Sometimes we want to change our priorities yet, when the going gets tough our values hold us in old patterns.

Use knowledge, inspiration and intuition for quality of life

If you do not listen to your inspirations and intuition you will automatically sabotage your quality of life. A business that's going through ups and downs is automatically motivated from the outside, worrying about what other people want, worrying about what the trends are doing, worrying about what the competition is doing, instead of being inner directed by a uniqueness factor inspired from inside.

Leaders are inspired from the inside. They have an internal vision. They do what they're called to do; they do what they do and they do it regardless. And so right from the time a person doesn't have a clear vision that inspires them, a feeling that permeates right through the company, you're spending enormous amounts of money trying to rescue people, trying to get people motivated.

When you create boundaries you do so to protect yourself

When you create boundaries you do so to protect yourself. These boundaries create an identity, an impression of who you are, but in so doing you can actually isolate yourself from the world. Judgments are your boundaries, your morals and ethics, your approval and disapproval and your considerations of right and wrong,

These are your boundaries, they are neither right nor wrong, however in the development of a better quality of life they absolutely inhibit your experience and ultimately lower your self worth.

Science of motivation

The greatest teachings come from within. GURU is an acronym for Gee You Are You. This space is called presence. There is no thought of the future no thought of the past, just complete presence, it is the now. In this state great movies are made, great decisions are made, great songs written and performed and great understandings revealed. You need to develop this skill not only for half an hour morning and night but throughout the day, decisions are not isolated to specific times.

There is nothing you cannot achieve if you put your heart and soul into it.

Powerful energy comes from focussed thought and Crystallised Vision.

Leaders exude powerful energy. It's the result of focussed thought, and crystallised vision. Their people move faster, they do not waste time in idle chat. They get to the point. They have people with powerful presence. Work on time management. They value the importance of what they have to do in life and relatively short time they have available for it. They have huge visions and chunk that vision down into smaller goals. Innovate.

Honour simplicity.

Inspired leaders organise their day, the office, their time and money. They focus on the details and keep order to free the mind for creative expression. They are trend setters not trend followers. They focus on their inspirations and are in continual pursuit of improvement. They listened to their long term inspiration and have the discipline to ignore short term strategies. Know that if you don't take command of your life somebody else will. That takes vision, planning and focus.

Stay busy

Leaders know that when they focus their energy on what they love they grow in self worth. When we are not focussed, the work fills the time, then low priorities fill the space. They know that to cluster book their appointments is more effective and more efficient. The energy goes up. People like to deal with busy people.

To build greater business prioritise, cluster and stay busy.

Build on strength

Inspired leaders know the elements that are their trade mark and they harness and hone these. They know the importance of action and to do lists. They know the importance and the disciplines of job descriptions and performance appraisal systems. Strong leaders know that the best person to write a job description is the person doing the job. They know the importance of delegation. Strong leaders know that to delegate is to remain responsible and to communicate daily on the task. Strong leaders know that to chunk down a task is to make big projects manageable by teams. Set goals and give constant feedback on progress of these goals. That daily feedback on all goals keeps affirming the result and prevents procrastination. Prioritise every task, every delegation and every responsibility.

Inspired leaders know that if anybody spends time on low priority tasks they sabotage self worth and will eventually burn them out.

Develop Performance

Inspired leaders offer performance development programs for their people, an objective, 360 degree, self evaluation process with associated review and data security. They separate performance development from financial review. Leaders encourage the display of company, personal and group affirmations. The most dominant thought of an individual is the direction in which they move.

Never hire somebody you can't fire.

Because as long as you have emotional reactions to them you can't manage them. You can't manage that which is caught in the paradox zone. You can only manage something when you can transcend it (see two sides). Management is not about getting emotional with people. The great act of inspiration is about guiding them to greater purpose, to greater creativity, to greater productivity. And that means praise and reprimand equally.

You are the master

As long as we see a separation of cause and effect we are victim. As long as we always think that it is somebody outside us, another competitor, the environment, the government, the people below us, the people above us, and we are not accepting cause and effect, we're not mastering us, we're not developing presence, we're not magnetising opportunity, we're not the master.

The second we accept cause equals effect. The second we see that whatever we see around us is a reflection of us and we can change the perception around us and therefore change the state within us, we can then get back into command. Anything we have a lopsided perception about runs our life. Anything we have a balanced perception about, we run.

Victory is the sign of a master

So blame, excuse and victim are the symptoms of a neophyte, and victory is the sign of a master. A victor is not in competition. When we have envy for something outside ourselves and we imitate something outside ourselves, we self-destruct, because there is no imitation of the soul within. The soul is unique, the vision is unique, and each of us who leads the corporation and who is inspired by their unique soul - if we capitalise on our uniqueness instead of trying to be someone we are not, we maximise our potential, and we automatically rise to a level of incompetence if we do not consistently look for greater balance, humble ourselves to a greater intelligence and keep focusing on a bigger vision. We automatically reach it.

Nobody wants less.

We all want to grow, spiritually, materially affectionately and domestically. There is love in your heart and the power of that love is incredible. That love has the power to build, to create to design and to

succeed within the shortest and most fulfilling path possible.

To connect to this resource we need tools. Stresses sabotage our wealth, health and relationships we need to understand the human dynamic. This is the science of a conscious life.

Self Actualise through your work

“The imitative art is an inferior who marries an inferior and has inferior offspring” Plato

High consciousness leads to better decisions.

Information transfer has flattened the playing field. One element of a company is immune to competition. It cannot be duplicated, it has absolute certainty and is has continuity of performance over days, months and years. Security for both the individual and the firm. Consciousness is now becoming recognised as the dominant route to productivity, health, wealth, indispensability and family relationships.

Envoy is ignorance; Imitation is suicide. Emerson

The astute now talk in terms of inspirational companies. Visions and dreams are now being added to business plans. No longer do all companies expect people to take their personalities off with their coat at the door, the cost of attitude and family trauma is now recognised in the workplace.

Inspired companies are built on a foundation of vision,

They are a true reflection of the heart of the leadership which permeates the whole structure. Feelings pass through walls where no thought can pass, feelings reflect in words, actions, papers, products and income. Feelings of love permeate the furthest for they are the most powerful and integrated feelings of all. Feelings of love are the synthesis of all others, they drive and motivate, they free and inspire others to rise above the depths of survival and despair.

Great companies value what they have.

They value and appreciate the gifts they are given and focus on the gratitude for what they have and the benefits in what they have not. Great companies bring down any feeling of elation or credit for what they do and pass this on to a power higher than themselves. Great companies value their employees and recognize their individuality. Great companies acknowledge the journey and illusions of each employee and give them the space to find their own reality.

Change is growth.

If you haven't mastered what's going on inside you don't expect to master what's going on outside you. Peter principle is that you will automatically rise to your level of incompetence.

If you had 24 hours to live what would you do?

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Leadership for change

Companies are the conglomerate result of the total behaviour of those people who work within. **A company is as great as it's people.**

Resistance to company change usually stems from a resistance to personal change. There are two fundamental process for change in the corporate environment, voluntary and forced. The latter seems the inevitable in most companies .

The willingness to change varies with our level of consciousness.

The Power is yours

It is wise to develop the inner technologies for the transformation of fears to inspiration. Inner technologies are not excessive introspection, they are the prayers and process to move beliefs. Inner technologies do not take years of practice but moments. Inner technologies are the natural process of life. They are as old as creation itself. It's a mobile meditation.

Invest in inspiration don't rescue desperation

It is wise to follow your vision. Don't rescue desperation. You just buy yourself trouble. You will be taught to seek the balance. See if you can find the balance before you act. Remember God helps those who helps themselves. When you save someone from their lessons you prevent them from learning.

To everything there is a season and a time to every purpose under the heaven.

Order exists amongst the chaos. Life has a plan. Fear is generated by uncertainty and uncertainty is generated through unawareness of the order. Look for where the fundamental universal principles apply your mind will calm and heart will ease. Performance will improve. Look for the balance.

The pain of regret is greater than the pain of self discipline

You can choose long term inspiration or short term gratification. To stay focussed on your life purpose you need to apply discipline from the inside. Until you apply discipline from the inside you'll be applying it from without. You will achieve your goals and visions only if you are prepared to make the sacrifice of short term gratification.

Do what you love.

There is a magnet. So strong, so attractive and so single pointed that you have no choice but to follow it. You are drawn in its direction not by the pleasures it gives, you are not deterred from its direction by the discomforts of the way. Are you doing what you love. Are you doing something that you could do all day then why not be paid mountains of cash in the process. I asked a concert pianist, who was an internationally known master who has just finished a piece without any sheet music how he remembered the two hour concert. "I just love the work". Mind, body and soul were all in line, clear, focussed and present. The mind works well in this format.

Higher self is Purpose; Lower self is emotion

Your emotions reveal your consciousness. Your emotions are driven by your lower self and therefore seek pleasure and avoid pain. But you know from your journey in life that there is no place of pleasure without pain or a place of pain without pleasure. It is a fundamental law.

Therefore when we act on our emotions we unknowingly seek a place where both pleasure and pain exist. We think we are moving to a greener field. In truth we are just moving the deckchairs around the titanic. Perfection exists right in the moment you are in now.

So what are people like who are inspired about what they do?

They accept the pains and the pleasures in pursuit of the purpose. A person who's got a purpose doesn't let pains or pleasures interfere with the purpose. A person who has no purpose, no meaning, no vision, is automatically letting themselves self-sabotage to pains and pleasures. If something is painful they let themselves get burned out. If you are inspired about what you do, both the pains and the pleasures are few.

The invisible backhand is the levelling effect of life.

You cannot be lifted up by anyone or anything higher than you can lift up yourself. No one will lift you up more than yourself. You cannot be put down by anyone or anything any lower than you can lower yourself. No one will put you down any more than yourself.

In our work there is a balancing mechanism. When we forget and become over infatuated with our success the law of nature comes into effect, and we once again fall to be reminded of the basics and gratitude. This experience of 'tic - toc', or the pendulum emotions of self-righteousness and then self-wrongteousness; build up, then break down; ego boosts, then ego bursts; elation's, then depressions. You will be supported, then challenged, liked, then disliked and even considered good, then bad. One side builds you up greater than you are, the other puts you down lesser than you are. The two sides together help you be who you truly are; a centred and balanced being. Both, true confidence and humbleness, are integrated through this means.

When you are inspired by some greater purpose

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. You have access to your inspirations. Simply listening and working through the challenge is in itself the essential journey of life's path.

Anything you can accomplish is not your purpose.

All accomplishments are but stepping stones along your path. All accomplishment is transient, so strive unremittingly. Let yourself fulfil your life's purpose. Don't get snagged by an accomplishment and sit. Journey on. It's the journey, not the destination. As long as you inhabit a physical body you will be subject to varying degrees of this tic - toc. Your purpose is an expression of love.

Your life is not about getting easy

Your mission is to embrace the responsibilities and the chaos that come and transform them into order and take it on as a challenge, and the person who is doing that is alive. The person who gives up on that mission is automatically sabotaged. Entropy is ruling them - they are decaying. What you don't use you lose.

Living from day to day

When you are living for short term gratification you are living a life of desperation, you are living from day to day and will create the results at that level of vision. When you delay your gratification you can stay focussed. You'll focus on the inspirations and not be distracted by your pain and your pleasure. The heart is not interested in pain or pleasure. The heart is interested in focus. Laser like focus on your dream. Do what you love and love what you do. To the degree that you focus on this inspiration is the degree that you'll build your self worth.

It is wise. Your body knows when you are doing what you love. It is balanced, smooth and light. There is an up-stand in posture and a clarity of mind. Your body is aligned with your mind and your heart when you are on purpose. This is a chargeless state.

The Zone

That perfect moment where the sun is shining, the goal is achieved, the child smiles, your partner touches your hand. That perfect moment when the team just clicks, the jump goes forever. That perfect moment when you and all around you are one. That perfect moment is life and life in balance. You have the capacity to create that perfect moment one on top of the other. Day after day, night after night. You have the opportunity to be in the zone at will. The ingredients are. Gratitude, Presence, Certainty and Vision.

Achievement starts with a single great thought
I am a genius and I apply my wisdom
Your actions yesterday determine your results today

Consciousness

I can't manage anything that I'm not conscious of. If I'm not conscious of it, it's managing me. I may be highly conscious of some things in an area of life like finance but totally unconscious of things in another area like health. The average of the two is the definition of my consciousness. Consciousness is measured by your ability to see the balance.

If you are not being challenged, you stagnate.

The inspired company is the company that thinks ahead. The same company who invests in their employees, in welfare, productivity and development.

Inspired companies know that the company is only as strong as it's weakest link and therefore it is in the top down development of commitment that performance and fulfilment will simultaneously be achieved.

If you are not being challenged, you stagnate. Unless you have the commitment to develop and grow others will take your place.

Inspired companies focus on what they love

Inspired companies focus on what they love. They have service and support that reveals their love for the products they sell. They have a commitment to the benefits of their product and really mean it. They have receptionists who are so inspired that they brighten customers day. They have a vision which is not lip service but something that all people employees, customers, suppliers and competitors are moved by. They are not focused on the weeds but focused on the sunshine.

It is all in a change of mind, from outer motivation and the attempt to prop up sagging spirits with barge poles to inner motivation, where people just love to come to work in the morning.

Balanced Living

- Exercise/ flexibility Posture
- Water
- Sunshine
- Breathe
- Rest
- Nutrition
- Peace of Mind
- Vision

Performance

Words are Words;

Promises are Promises;

Excuses are Excuses;

Performance is Reality;

We teach best what we most need to learn.

Listen to your own words. We speak about that which we most need to learn. Silence is the ultimate teacher. Listen to the words of the teachers you observe and then examine their lives. Nobody walks their talk, we only limp our lives.

“The universe does not throw away old mechanisms but builds new ones on top, fewer in number, higher in consciousness.”

Deal with resistance

A powerful resistance always thrives during times of transition and it is pervasive today. Leaders are struggling to make decisions that are needed, organisations are not developing incisive transition strategies.

Employee burnout and ineffectiveness are epidemic at a time when creativity, quality and service are vitally important.

To succeed in this change will require the disposal of the belief that we must only be logical and intellectual at work.

Be Present

Know that we are held from being present by two elements: Fear of the future and guilt of the past. Both of these states are illusion and are therefore the lies that run our lives. Encourage all people, employees, customers and others to take responsibility and that the magnitude of the inner most dominant thought determines the size of persons their life. Inspired leaders also know that the magnitude of the inner most dominant thought of a company determines the size of the company and that the magnitude of the inner most dominant thought of the company is the sum of the inner most dominant thoughts of the individuals who work for, support, compete against and associate with the company. This is called the company culture.

What are you really inspired about?

People say, "I have to go to work, I need to go to work." These are 'down' statistics. Another one says, 'I'm inspired to go to work, I can't wait to go to work, I love to go to work.' these are 'up' statistics.

Now the question is how do you inspire people? You have to look inside your own heart and ask what do you love doing. A lot of times you are going through redundancy and doing the same thing every day, but you're not really looking and linking into what you really love. What are you really inspired about? If somebody asks me if I love what I do, it's what I dream about, it's what I focus on, it's what I study every day - it's my dream. You have to get to a point that whatever you love doing is incorporated into the business.

So the question is, how inspired about work are you?

Without having clarity and certainty of this mission you experience emotional tic - tocs with their oscillating fears and guilt, attractions and repulsions or **commissions** and **omissions**. Whenever you perceive yourself not aligned with your purpose you lower your self-worth.

**Any form of
life that
doesn't fulfil
its purpose
self-destructs.**

Conflict

So conflict is part of the game. In your life you are going to be praised and reprimanded. You are going to be liked and disliked. You are going to be patted on the shoulder and patted on the butt. And I believe there is more padding on the butt than there is on the shoulder, so most of us are ready for that form. We cannot escape that. People who try to avoid the patting on the butt, the reprimands and the criticisms and the crucifixions don't grow. And what is amazing is that the soul of the individual knows that, so it won't even let you avoid it. Because if you don't allow other people to criticise, you automatically criticise yourself.

It is wise to acknowledge. No one criticises you as much as you do yourself. No one will ever beat you up or build you up as much as yourself.

Support and challenge are the two sides of love.

The purpose of life is the fulfillment you achieve from conquering and embracing both happiness and sadness throughout your life. In fact, the saddest people I ever met are the ones who have the fantasy that they can be happy all the time. They live in a virtual reality, fantasising that they can be happy, and that's their sadness, because they do not realise that maximum evolution occurs at the border of happiness and sadness, at the border of chaos and order, the border of pain and pleasure.

Only the senses know pain and pleasure.

The wisdom of the soul accepts pain and pleasure equally and knows that every crisis is a blessing, and the wisdom of the leaders of a corporation knows that whatever crisis is going on there is a deep inside order and gift, and it is a reflection somewhere of the mission above. All organisms rise to a level where they reach a point where they cannot see the balance. Then they grow, they expand.

Wisdom takes the chaos and turns it into order. When we do that we see imbalance turned into balance. We look for the other side, for balance, the things that seem to be unbalanced. We stay calm.

Focus on the flowers and not the weeds.

It is wise to know that if you are inspired and follow your inner calling you are without competition, because nothing compares to an inspiration from the heart because all hearts are different.

A moment of inspiration

Inspiring eye tears
Nose tears
Mouth Tears
Unconditional Gratitude
Unconditional Love
Fearlessness and Guiltlessness
Speechless -- outward silence
Reduced inner brain noise
Lightness -- weightless
Non local, all Sense "presence of loved one"
Experience of light
Desire to embrace
Certainty of Truth
Uplifting of head and eyes
Domino effect a fuller understanding of past events

Maximising Performance

Maximum Performance in any organisation or individual is determined by how present you become. Presence improves communication, reduces mind noise, creates certainty, motivates productivity and inspires creative and refreshed action. The true desire for better performance must come from the individual. It's a desire for improved life style, fulfilment, actualisation and expression. And it's a powerful drive. Each of us has a dream that we would love to achieve. Those dreams vary in size and complexity, in external and internal, in personal and social, but they exist.

The role as an inspired leader is to link the personal goals and motivations of the individual to those of the company. The truly sustainable performance is driven by the inner desire of the individual.

Well balanced leaders

Well balanced leaders have no stress and tension to take home. They are aware of the multiplier effect of stress on others and learn the breathing, relaxation and stress relief techniques to handle excess stress before leaving the office. Such stress management tools as: Take 10 long deep inhalations and 10 long exhalations in slow rhythm while sitting in a comfortable chair with your eyes shut softly and mouth closed in a tiny smile. Take the time to focus on your body and learn to relax tense areas quickly. Especially the thighs, the eyes, the mouth, the jaw and the back of the neck. Know that a short pencil is better than a long memory is a critical path to a clear head. Understand the emotional link between self and other. That judgements are lies and conflict is important.

frames for the achievement of goals. Chunk down your dreams and goals into daily, hourly, weekly and monthly goals.

Retain employees

To retain employees inspire them; The work must challenge them. "I must have some sense of individuality". Their individual values must be met. The vision of the company must inspire and be greater than theirs. When an employee can link their values to the vision of the company you have a self motivated individuals. When they cannot, they will need constant management. Gratitude is an essential ingredient of people management. Praise and reprimand. If you build people up you must also build people down.

Grateful managers value and appreciate the assets they are given and focus on the gratitude for what they have. They bring down any elation for what they do and pass this on to a higher power than themselves. They value their employees and recognise their individuality acknowledging their journey and give them the space to grow.

Know that what you appreciate grows and what you don't appreciate -- depreciates. You are governed by the highest order. The universal laws of business are the laws that truly build great companies.

Vibration is Life

The great masters have attuned to high realms of inspiration through moments or periods of Perfect Balance. Atoms molecules and sub atomic particles. The forces constituting our environment are the forces of vibration. They are all a harmonic of a greater vibration. That greater vibration is a harmonic of an even greater vibration The Laws of Success constitute the understanding and conformity to these laws No Man or woman has a chance to enjoy permanent success until he or she begins to look in the mirror for the cause of all his or her mistakes. It is the personalities back of a business which determine the measure of success the business will enjoy.

In perfect balance.

Gratitude is the centre point. With gratitude we take no credit take no blame, we are moved to see both sides of any circumstance and be thankful. Gratitude is the very spiritual state of acknowledging the balance and honouring a dynamic that is bigger than ourselves. Nobody does anything to us greater than we are doing to ourselves. Nobody can beat you up or down more than you do to yourself. And when you are doing either of these you are out of balance. It means that you may have honoured only half a story. Any perception that there is something with only one side is a defiance of the universal law of nature. Your beliefs determine your path. Your body and mind are intrinsically one. When your mind holds a belief it is stored in the body. Your business is yet another body. Your beliefs are stored and reflected by your business. Those who manage business through emotion create tic toc, instability, stress and low motivation.

Those who cannot manage their emotions cannot manage their business. Emotions are the lower minded self dominating the heart. Follow your heart to your success.

Whatever you judge you create, attract or become

You move in the direction of your dominant thought. Reprogramming these dominant thoughts is possible but only when cause and effect are one. To reprogram a depreciating thought requires us to acknowledge that there are no victims, that blame does not serve. That we can only perceive imbalance in our mind, in truth there is always perfect balance. The hand of creation is in perpetual balance. The power of your mind is incredible. To harness it is to awaken your genius. Our judgements simply reflect where we are stuck, where our wisdom is yet to penetrate. Learning to love is to find the balance in all.

It is wise to explore the mystery of life and find the balance. This is the only true reprogramming. It is the return to the perfection of love. You will go in the direction of your dominant thought. It's this way in order that you learn balance in your judgement. You can save a lot of time by doing this balancing here and now.

S **tress is the exaggeration and minimisation of truth**

When your heart is centred in poise your mind reaches it's greatest potential. When your heart is centred your body is open and free. Your stress is a reflection of imbalance. A perception of a positive without a negative or a minus without a plus. What is there but perfect symmetry, proportion and order? What is there but an overwhelming cause for gratitude?

It is wise to learn from our stress. To question the mind state that could cause it and if we are ready move through it. It is wise to work on the cause of stress rather than the effects. At the heart of all things there is balance. In this place there is productivity, inspiration and love. It is the calm in the centre of the storm.

Y **our living capacity is equal to your lung capacity.**

Your inspiration is equal to your respiration. Breath, soul, spirit and inspiration have forever been as one. You wake on the first breath, you die on the last. The breath of God is creation itself. Breathe from your abdomen, expand your lungs, it is your source of vitality and magnetism. To excite your life inhale longer than exhale. To calm exhale longer than inhale. To be centred inhale and exhale evenly.

It's wise to use the gifts and resources of your body temple to achieve your true life potential. Take a holiday every breath. Exhale away stress, inhale the forces of life. You are one.

T **he most expensive seminar on earth is a hospital**

Your life is not meant to be challenge free. What you currently know you will consume in the advancement of your life. Then you will be challenged to know more, be more, have more, share more.

Razzmatazz can help motivate us to action, but it is wise to find and own our new found incompetence and take constructive action to improve our life expression. Stumbling blocks are our stepping stones.

It is wise to observe nature. Nature destroys things that aren't fulfilling their purpose. When people hold onto old ways it is slow suicide. The most

expensive seminar on earth is a hospital. Your body, relationships, business and career are all barometers of the degree to which we are on purpose.

The purpose of a relationship is not happiness

How long does it take for love to develop. Love is the balance of support and challenge. The illusion of only happiness is the expectation that crushes relationship. The purpose of relationship is support and challenge. This is love.

The habit of thinking in balance

It's good and it's bad. It's attractive and repulsive, it's fantastic and ridiculous, it's a good thing and a bad thing. There are two sides to every coin and when we can incorporate that seemingly obvious perspective in our thoughts we come to centre.

There is nothing on the planet that is not a spiritual entity and there is no part of a business that is not magnificent and there is no part of the company that is not part of a grander plan. Great companies know to ask “Where is God not?”

Know that health of the body for the individual is very important for a vital and inspired business.

Great companies know that a business has a body, it has lungs that get in and give out sales, it has a heart which is the source of life, the leadership. Great companies know that that hands, feet, legs, organs and brain of an individual help to serve the soul in the getting and giving of life's work. Great companies know that the organs and the limbs of the company are vital to the health of the company.

There cannot be peace without conflict, growth without decay, life without death.

You cannot be unhappy and grateful at the same time.

Gratitude opens the heart and inspires alignment of all your faculties, Body, mind and spirit. Our greatest happiness is achieved when we celebrate life. When we appreciate what we have. Anything you cannot be grateful for runs your life. Your journey, your maximum evolution is achieved as you move those matters you are not grateful for to gratitude. This is your maximum potential.

All of life is a mirror

Your true worth is determined by your love for what exists outside of you. For what is outside is pure reflection of what is inside. Your consciousness is determined by your appreciation of order. When you are able to see cause and effect as one you see order. For example this caused that. When you see chaos you are in denial of the wonder of life and your judgement is ruling your being. When you see the order you appreciate the universal laws and are aware of higher forces in the cosmos of life. When you see chaos you believe something is wrong. You judge and say. I think that what is should not be as it is and then you become the creator of your reality and then you are saying that God doesn't exist at this time. Your judgements are the definitive separation between good and evil. This is your mirror of consciousness.

Your life purpose is your pathway.

Heaven is your awareness of the divine and innate calling within you to reunite with your soul, your source and your original creation. Your evolution is maximised when you are on this path. This is not a happy place but a place of true destiny. When you follow your heart you are following this path, the shortest and most difficult path, home. It is the straight path. Direct and without diversification, without sidetracks for pleasure and pain, straight through the heart of opinion. You are on track on purpose when you follow this destiny this challenge to obey your innate calling to fulfil your mission. When you do what you love and love what you do you are appreciating the gift of life you are on track.

See the order in all events;

6 trillion stars make one galaxy. Our Sun is one star and we go around it at about 1 million miles a day. Our earth rotates every 24 hours and that means you on the surface are rotating with it at 1000 miles per hour. (plus the speed of your car if you are on the freeway). No human can reproduce the function of a cell, no human has ever seen magnetism, or electricity, or an electron or love. It seems that trees grow, oceans roll and rockets return to earth.

It seems wise to presume there is an order somewhere beyond, somewhere within, somewhere above and somewhere without. I wonder if, we may, with practice harness such order for our betterment.

Share your wisdom with others

Interesting when we shove dirt down a pipe that unless the other end is open it fills and plugs. Constipation means that whatever is inside just can't get out and of course becomes stagnant like a swamp. Your mind is a pipe. Flow is meant to happen, If it's not letting go of the old how can it fill with the new. Refreshment means making space and the best way to do that is to share what you know. Also, teaching is the ideal way to learn.

Yes, it is wise to share.

Details are important because without details it's an idea and ideas are free.

Words are Words
Ideas are Ideas
Thoughts are Thoughts
Excuses are excuses
Performance is reality

Know that there is no pleasure without pain

Nature abhors imbalance; The youth was at home working with his dad when a machine accidentally slipped from the old truck and crushed his leg. The village cried for him "oh, that is such bad luck", they said. The next day the army came to town to compulsorily recruit the young men of the town. All were taken to war, except the farmer's young boy who was unable to walk. The village cried "Oh, that's good news" and they felt good. The next day they realised that the boy's leg needed to be amputated and so the village cried "Oh, that's bad news" and they were sad. The next week after the amputation a young princess came to town looking for the prince she had seen in her dreams,blue eyes, fair hair and, yes, you guessed it and the town cried "Oh, that's good news....."

See the balance within

Yogi's are forever performing masterful feats of balance. It seems they are presenting a physical representation of a mental state. Balance is in all things, more obvious in some than others. Nature reflects the balance and harmony. Relationships are a balance of support and challenge, business is a balance of cycles, Pressures on the earth's surface are a balance. All things seek balance. It is called going with the flow, centredness and grace. Balance means not being sucked in, not getting lured into a position nor be repelled and therefore run by events. Balance is the middle path, the shortest path. It is wise to seek the balance as it is a natural law and will be working to find itself in you.

See yourself in others

When we judge someone we are actually saying I don't do that, or I am different. Really, if you explore this you will find yourself reflected in every drop of rain, and every person you see.

When we see ourselves in others we are able to relax and enjoy what is going on around us. It is a means to be a strong leader and to support others as well as ourselves.

Warning; Inspiration can strike at any time.

Your senses are your humanity. They perceive duality. Up down, good bad, hot cold. They are the emotional body, the nervous system. The co creator of your life and destiny. With arduous work the senses can be controlled. Pain tolerance, stillness, mind control, even the heart beat . All is possible.

It is wise to know that you were not born for ambivalence. You were born to grow and to be inspired by life. To rise above ambivalence requires the acknowledgment of a power greater than you. Gratitude is the one and only key to inspiration, certainty, presence and love. Gratitude raises you and opens the path of inspiration where the inner voice, the voice of creation, is louder than the outer voices, the voices of illusion.

Nothing of the senses will ever satisfy the soul.

It's never done!

- Maximum growth occurs at the border of chaos and order.
- In a business when it gravitates to order the competitors shake up the complacency
- In a business when it gravitate to chaos then they call in the consultants.
- When we loose our lifework we call in the dis ease to bring us back to growth.
- In a relationship when there is more support than challenge we get bored
- In a relationship when there is more challenge than support we get Burned out

Who, What, When, Why

Throughout time those who have claimed to have answers to the four fundamental questions have ruled. Whether by force, by faith, by fear or by guilt the search for these four fundamental answers has truly united the earth in search and mission in life. Career, relationship, recreation and financial wealth can all be related to these simple questions. Religion, eastern culture, war and peace are embodied here. Crime, rescue can all be embodied here. Know these answers with certainty and life unfolds.

Think and thank about what you want to bring about

If one atom in the entire universe were to stop vibrating the universe would self destruct. Every thought is a vibration. Every thought you have is a recorded message somewhere amongst the trillions of universal vibrations recorded forever in action and reaction. It is therefore wise to think about what you would love to bring about.

It is wise to see judgements as your illusions. All is in balance. It is wise to grow through your judgements as guideposts to your heart filled life. This is love.

All is determined by your state of balance.

Our ability to comprehend this polarity is our consciousness. More conscious the more we see in balance. Presence is the ability to see an event in it's perfect Balance. Presence requires the continual re adjustment of thoughts that are out of balance. As we adjust those thoughts in one situation the dimensions of that situation increase and we are again challenged to re-balance those thoughts.

I will teach them the illusion until they are ready for the truth

Bhudha

Are you ready to explore you beliefs. It is wise to ask yourself what you think is right and wrong and what made you believe that? We have beliefs that underpin some of our decisions. Right and wrong are two fundamental challenges to beliefs. It is wise to challenge the origin.

The Zone

The Zone is that sate of the whole being where;

- The mind is in perfect balance
- The body is in Perfect balance
- The heart is open.

Presence is achieved through balance.

Presence is right here in the moment. It requires a mind to be here in the moment and not in the future or the past. Therefore the mind must be in balance to be present.

To balance the mind we need to think. If we change the mind without the body then the body memory will trigger the old mind state. If we change the body without the mind then the mind state will bring back the memory. We are only conscious and therefore present with an event when both mind and body are in balance. Hence body and mind are one.

Visions and Callings messages from your soul

When you receive inspiring and illuminating ideas from your soul they become feelings of love in your heart. If you write these visions, callings and feelings down on paper in detail and put time frames on their accomplishments, and spend time thinking, visualising and affirming them, you will feel called into action with an inspiring and vital energy that you can create or transform with. If you don't limit the material substance available to you and have the thankfulness for whatever comes your way, you will manifest their details.

Visualise

Visualise your purpose and list of loves as often as possible. Three times a day is great. See in your mind's eye their fulfilment. See yourself in a picture where your loves are already being lived. What you see is what you get. Stretch your vision. Your vision is the spark which your actions make the inferno. Visualise and focus on what you do love.

Whatever you consistently see, germinates, grows and manifests into reality. Add clarity by clearly focusing your mind's picture. Focus on ever finer detail so as to become present with the image. Vividness brings vitality.

Focus on your vision

If you wish to succeed in any undertaking whatsoever, it is vital that you concentrate upon that which you intend to do. You will move in the direction of your dominate thought. Since thought is always emphasising something, it is wise to concentrate on your dreams, not your weeds. Until you can hold on to your picture in your mind, or the idea long enough for it to begin manifesting, your many other scattering pictures or ideas will overtake and weaken it. When any other picture or idea enters your mind, pluck it out and return to your chosen focus. By focusing on ever finer detail of the desired picture or idea you minimise other scattering pictures and ideas. Once you plant your flowers, don't let the weeds take over. Pluck out the weeds. Every time a weed is pulled, the flowers become more visible.

Your eyes are your radio dials that allow you to tune in to your mind's many stations. Each eye position tunes into a different station.

There is a magic in writing it down

Writing acts as the first step in translating intangible ideas into reality. Writing acts as a commitment. A short pencil is better than a long memory in bringing ideas into form. Writing crystallises your thought flashes. There is a magic to writing.. Be sure when writing your lists of loves, that you include reasonable space and time frames for their manifestations. Being as specific as you can in time and space helps your mind and its inhabiting body take more powerful actions with greater ease.

When you are present, your mind becomes clear and focused on what you love.

Think and thank about what you would love daily!

Purpose

Review your love list
reflect on their magnificence

Thank your soul for revealing to you this list of Loves.

Then ask your soul what it would love for you to fulfil. Ask for your mission, purpose calling vision your divine design.

Tune into what you would love to dedicate your life to

Write this revelation in the be do and have sequence below

Affirm

Every statement you make to yourself or others leaves an imprint on your own mind. Statements continually repeated over time whether true or false, whether to yourself or others, becomes believed.

For a new inspiring conviction to arise in you, you are to everyday, say the same inspiring words, hear the same inspiring words and at the same time apply these same words to your life. Words you say to yourself daily have power. They can help you transform your insides and outsides. They help put you in tune with what you are going to do.

Thoughts

Blended with feelings penetrate through barriers that no thoughts alone can travel through. When a intentional thought is blended with a feeling it is able to reach and extend out as far as the feeling will allow it. It will impact whatever resonates with the vibrations of the individual thought-feeling. A guitar, when strum at a particular note, will impact any nearby guitars with the same potential note or string tens-ion. Feelings set the tone scale.

When you attune to the higher balanced frequencies of your Soul you have the most penetrating power and can resonate on the most inspiring and love filled levels. So too, when you have gratitude, you open your heart and you allow the love filled inspirations to come into your brain to be put into transformational action. When you attune to the lower frequency vibrations of the bodily senses you draw to you their resonating emotional circumstances. These are fear and guilt based. They attract those experiences they resonate with.

When you tune to your Soul you act from inspiration

When you tune in to your Soul you act from inspiration, you act on the world around you. Reaction is less powerful than action. Action with inspiration is vital. Inspirations give order to mental chaos. They straighten out priorities and initiate wise action. Every morning stop and sit for a moment and ask your Soul for wise council or guidance. Ask for it's inspirational or intuitional prompting.. Write these actions down and follow them in priority. When you follow your priorities you rise. When you don't, you tend to fall. An orderly, prioritised mind has more power than a disorderly, un-prioritised one. Rise to the ABCs or you will fall for the XYZs

Straighten out priorities and initiate wise action

Life begins with the first breath and ends with the last.

The quality and quantity of energy you receive, transform and generate is a reflection of the quality and quantity of your breath. When you have a balanced breath you generate great power. As your breath wanders, so does your mind. As your mind wanders, so does your breath. Balancing and centring our breathing will balance and centre your mind. A balanced mind has access to enormous energy.

Change the Inside before you change the outside

There is an incredible opportunity to grow. Challenges force us into discomfort. Many people blame the circumstances but I suggest we underestimate the tools and gifts we are blessed with. We can transform our lives if we begin to strive to adapt to change instead of run from it. We can develop incredible resilience and skill and powers if we look for ways to increase capacity instead of induce retirement. When you are green you are growing when you are ripe you rot.

GratITUDE

Whenever you are thankful, your resulting inspirations and their corresponding manifestations tend to flow and grow. By being thankful for what you are, for what you do, and for what you have, you pave the way for growth. Without the ability to appreciate you wither. Practice being grateful for everything that comes your way. In the midst of every situation be thankful. You may not at first see or comprehend its immediate and hidden blessing, but blessing it is sure to be. Show appreciation towards yourself, others and the impersonalised universe or your personal God. Savour and enjoy each successful manifestation and even those which at first appear failures. Whatever you have love and gratitude for will be at your command. You deserve whatever you can love and have gratitude for. Just as you tend to continue rewarding others when they are appreciative of your gifts, so too does the universe continue rewarding you when you are appreciative of its gifts.

Set aside and take time for thankful prayer and meditation daily

Set aside and take time for thankful prayer and meditation daily. They help you know that all is done in accordance with higher universal design. Communicate with your highest spiritual nature, your Soul daily.

Prayer is talking to the universe.
So tell the universe, thank you.
Meditation is listening to the universe.
So listen to the universe and be thankful.

Walker's Wisdom

- No one can lift yourself up higher than yourself
- No one can beat you down further than yourself
- True self worth stems from within
- On purpose we don't acknowledge rejection
- All complete healing is activated through gratitude and love
- Certainty and presence intensify healing
- The power that made the body heals the body
- You one true being your soul is grateful for what is
- Doing what you love is the key to fulfilment
- The pain of regret is greater than the pain of self discipline
- Your body knows when you are doing what you love
- Loving what you do helps you do more of what you love
- As you believe so you achieve
- What do you feed ourselves
- You move in the direction of your dominant thoughts
- Achievement starts with a single great thought
- I am a genius and I apply my wisdom

- Your actions determine your results
- Whatever you put energy into today produces results tomorrow
- Idle time idle mind, illusions grow. If you don't plant flowers you forever pull weeds
- Cause equals effect in time and space
- Blessings result from your thought word and action
- Everything serves even if at first you don't see it
- Your health and wellbeing tomorrow result from you actions today
- Inspired dreams are the driving force of inspired action
- all you can conceive you can achieve
- When you follow your inspired dreams you attract the people places things and ideas to support you .
- If you don't know where you are going you'll end up somewhere else
- People think that they think
- Your motivation miraculously increases once you begin to act on your dreams
- your body is doing all it can to lead you in the direction of your dreams

- steadiness poise and inner peace are signs of clarity I direction
- Your limitations are in your head
- Whatever you judge is stopping you, is running you
- Self worth is a state of mind
- If we acknowledge rejection we are being run by others
- By being humble and truly honest with yourself you unveil our true potential and express your greatest self worth
- What you feel thankful for heals
- What are you doing here
- Why are you here
- Dedicate your life to your purpose
- anything you can accomplish is not your purpose
- Goals are stepping stones to accomplishment s in the direction of your purpose
- Your purpose is beyond your goals
- when you commit your life to your inspired calling you create an immortal impact
- ..Every problem is an opportunity to learn love
- anything you can't see both sides of runs your life

- you cannot build without destroying nor destroy without building
- you cannot build without destroying nor destroy without building
- you are never given a problem you cannot solve
- To solve the paradox you must rise to the metadox
- Are you full of life or barely breathing
- as your breath wanders so does your mind
- Are you making yourself sick
- Your body believes everything you think, do and say
- Gratitude rises the body. Ingratitude weighs the body
- Do you have passions or do they have you
- Moderate passions
- Passions are not to be condemn just moderated
- Nothing of the senses can satisfy the soul
- Money withers if it is lying around
- Abundance exists
- Money must circulate to grow
- You don't get something for nothing
- Don't invest in desperation

- Invest in yourself no one else will
- Inspired purpose attracts support
- You rise in glory as you sink in pride
- Link you daily deeds with your purpose
- Service performed with gratitude is a direct expression of unconditional love
- Infatuation leads to resentment
- Are you busy building pedestals
- Anyone or anything that you cannot see both sides of runs your life
- Infatuation is based on lopsided perception
- Who's running your life
- Everyone is a mirror
- Pay attention to your own advice
- The greater the void the greater the value
- What we think is missing is our greatest void
- Whatever you judge you breed attract or become
- Fear precedes every lie and guilt follows
- The quality of your life is determine by the quality of your questions

- Who made you believe that
- Inner voice certainty.
- One inspired question leads to another
- events are events until we judge them otherwise
- Perceptions exaggerate or minimise the truth
- Emotions are based on perceptions. Perceptions colour the truth
- Forgiveness is a self righteous illusion
- Nothing is created or destroyed it just changes in form
- The universe is governed by the laws of perfect balance
- Your heart and soul have the wisdom of the ages
- When you obey your hearts and souls guidance you become fulfilled
- hearts and souls express unconditional love
- A genius is one who listens to the light of their soul and obeys
- When you are grateful for what is as it is you open your heart to love
- Your soul is at one with all that exists
- Would you love to heart your heart?
- Gratitude opens your heart
- Unconditional love is the greatest force in the universe

Chris Walker

A MASTER IN THE ART OF LIVING

Draws no sharp distinction
Between their work and their play,
Their labour and their leisure,
Their mind and their body
Their education and their recreation.
They hardly know which is which.
They simple pursue their vision
Of excellence
Through whatever
They are doing and leaves
Others to determine
Whether they are working or playing.
To themselves, it always seems to be
That they are doing both.